

May is Mental Health Month

# Use reason to manage your emotional reactions



## ASK YOURSELF:

1

How do I  
feel about this  
situation?

2

What do I  
think I should  
do about it?

3

What effect  
would that  
have for me  
and others?

4

Does this  
action fit with  
my values?

5

If not, what  
else could I do  
that might fit  
better?

6

Is there anyone  
else who could  
help me?

You can change how you feel and react to different situations. The key is to recognize your emotions, understand why they are making you feel that way and apply reason to regulate your emotional response. Learn more. Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core).