

May is Mental Health Month

# 5 ways to manage your emotions

When you lose control of your emotions, you may do or say something you'll regret later. Emotions can be overwhelming and intense—it's part of being human. But you can learn better self-regulation.

- 1 Take a moment to breathe
- 2 Name your emotions
- 3 Express your emotions creatively
- 4 Know that emotions are temporary
- 5 Reverse your reaction



Learn practical tips you can use right away in this short video.

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