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ways of handling stressful situations without letting emotions get the best of us but some ways of coping work better than others Short term fixes that help us avoid or numb our emotions may temporarily alleviate sadness and anger but can also end up causing anxiety depression chronic anger and even physical health problems If you struggle with overwhelming emotions and feel trapped by unhealthy patterns this workbook is your ticket out *Mind and Emotions* is a revolutionary universal treatment program for all emotional disorders that helps you discover which of the seven problematic coping styles is keeping you trapped in a cycle of emotional pain Instead of working on difficulties like anxiety anger shame and depression one by one you ll treat the root of all your emotional suffering at once Drawing on evidence based skills from cognitive behavioral therapy acceptance and commitment therapy and dialectical behavior therapy this workbook offers all the techniques you need to manage unwelcome feelings in effective and productive ways Learn and practice the most effective coping skills Clarifying and acting on your core values Mindfulness and acceptance Detaching from negative thoughts Self soothing and relaxation exercises Assertiveness and interpersonal skills Gradually facing your strong emotions This book has been awarded The Association for Behavioral and Cognitive Therapies Self Help Seal of Merit an award bestowed on outstanding self help books that are consistent with cognitive behavioral therapy CBT principles and that incorporate scientifically tested strategies for overcoming mental health difficulties How to Help Yourself With Self-Help Martin

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