

Reduce your emotional vulnerability

To reduce your susceptibility to intense emotional states, it's important to pay attention to meeting your basic needs. You're probably already familiar with the situation that when you are tired or hungry, you tend to be more easily irritated.

You need to make sure you regularly get enough

- to eat,
- to drink,
- sleep,
- fresh air and
- exercise.

In addition, make sure to

- maintain a suitable work-life balance,
- relax and
- plan enjoyable activities (in your everyday routine).

Avoid/reduce

- stress by planning enough breaks in your schedule and
- your consumption of addictive substances.