

# Ways To Work With Your Emotions

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Dr. Futterman believes in close coordination with entire health care teams-physicians, nurse practitioners, acupuncturists, chiropractors, naturopaths and other mental health practitioners to get you on the right tract for your overall health and well-being. She uses cognitive/behavioral techniques, clinical hypnosis, eye-movement desensitization reprocessing (EMDR), energy psychotherapy, psychodynamic and educational strategies. Dr. Futterman applies current research to your customized care.

There are also things you can do on your own to optimize your health.

## **Keep a record**

This can assist you in answering the question, “What moods do I experience?” Work on becoming sensitive to the subtle changes that your body and mind undergo throughout the day. Record events, such as significant things that occur at work, your home life, your inner conflicts, menstrual cycles, onset of medical conditions, and so on. Make notes as to any changes in your medications and any change in dosages.

## **Tell others**

You may want to try to share your awareness of changes in your psychology with others whom you trust or with whom you want to relate closely. Your family, friends, coworkers, physician, psychologist, and other health-care providers can give you important information about how they perceive you, your moods, and your behaviors. They may have input into treatments that you might consider. Ask for research evidence from the health-care providers you work with.

## **Analyze your strengths and try new approaches**

Reflect on what approaches you use to cope with your changing moods. You may decide to change or discontinue some things that you do, or to put more energy into others. If you have any doubts about recommended approaches, seek additional opinions, read, and attend relevant seminars or lectures.

## **Ask for Help**

You may consult with your friends, family, physician, psychologist, psychiatrist, physical trainer, acupuncturist or other health care providers in order to develop a program for yourself. Remember that there is no “right way” to work with your symptoms. Make your own decisions based on the best information that you can gather. Empowering yourself does not mean following others’ advice blindly, but taking it into account as you commit yourself to action that feels good to you.

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