

# Discovering Wellness

## HANDLING EMOTIONS IN THE CLINICAL TRIAL DECISION PROCESS

### EMOTIONAL REGULATION

The process by which you influence which emotions you have, when you have them, how your experience and express your feelings

**The thought of, and participating in, clinical trials create a range of emotions**

- Clinical trial participants may experience feelings of sadness, fear, distrust, anxiety and isolation
- Caregivers may feel stress, fatigue, sadness, isolation, frustration and stress

### SELF AWARENESS

- Being aware of thoughts, feelings and emotions
- Name your emotions and be aware of the feeling that is controlling your mind and behavior

**Connect with resources to help guide you through this journey**  
1-833-PTC-HOPE  
(1-833-782-4673)  
In Spanish  
1-833-PTC-VIDA  
(1-833-782-8432)  
patientengagement@ptcbio.com

### EMOTIONAL SUPPORT

Strengthen social connections via family and peer support, group and individual therapy, allowing for unconditional and empathic acceptance

### SELF COMPASSION

Practice positive affirmations, self-care, gratitude, journaling, loving-kindness and music

### MINDFULNESS

Awareness of experiences without judgement to achieve focused relaxation, using meditation, breathing and sensory reflection

