



DEALING WITH FEELING: **TIPS FOR HEALTHY EMOTION REGULATION**

Emotion regulation is the ability to manage our emotions to achieve our goals. This skill is unique to each of us, and our strategies for regulation also are tailored to the emotions and situations we experience, as well as our specific goals.

QUIET YOUR MIND AND BODY

Breathe



Inhale slowly and deeply to deactivate the nervous system and create space for clearer thinking about a helpful response.

Reduce screentime ☐ OFF

Instead of scrolling, try stretching, breathing, going out into nature, or reading a book.

REDIRECT YOUR THOUGHTS

Use positive self-talk



Talk to yourself like an encouraging friend with notes of affirmation, admiration, and acceptance.

Reframe the situation



Ask yourself if there is another way to interpret a difficult situation from a more positive perspective that is less damaging or triggering.

Add these select emotion regulation strategies from Dr. Marc Brackett's book, *Dealing with Feeling: Use Your Emotions to Create the Life You Want*, to your toolbox.



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CULTIVATE EMOTIONAL STRENGTH THROUGH RELATIONSHIPS

Recall a shared, positive experience



During a stressful time with a friend or loved one, reminisce on a happy memory with that person to diffuse tension.

Never worry alone



Reach out to people you trust to support you in dealing with your own feelings, whether you need validation, a new perspective, or a thought partner in problem solving.

OPTIMIZE YOUR EMOTION REGULATION BUDGET

Move your body



Choose a form of physical activity that you enjoy. Add it into your schedule or use it when emotions are running high.

Choose high-quality food for your brain and body



Assess your diet to ensure you are getting whole food sources of complex carbohydrates, healthy fats, adequate protein, and enough water.

Improve your sleep habits



Aim for seven to eight hours of good sleep per night by minimizing screen time, vigorous exercise, and food and liquid intake a few hours before bed.

Expand your emotional intelligence



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