

A Guide to Understanding and Supporting Emotional Regulation



What is emotional regulation?

Emotional regulation is one's ability to effectively identify, respond, and stabilize emotions in the event of elevation. This does not take away an emotion; it lowers the intensity.

What is the importance of emotional regulation?

Emotional regulation is a social emotional skill that will be used daily. Emotional regulation:

- allows the individual to recognize and label emotions being experienced.
- allows for implementation of healthy and effective coping mechanisms.
- reminds the individual that there are no bad emotions, only unhelpful expressions of emotion. Therefore the individual is empowered to act as a monitor of thoughts and behaviors.
- reminds us that emotions are not permanent and can be changed.
- reminds us that our emotions are influenced by thoughts and body responses.
- allows us to check if our system is sending a distress signal.

How can adults be supportive and promote emotional regulation?

Caregivers can:

- open conversations about current feelings.
- assist in naming / labeling the emotion.
- identify bodily responses when the feeling appears.
- open space for a conversation about the origins of the emotion.
- notice triggers to overwhelming emotions.
- notice the intensity of the emotion and the corresponding response.
- share examples of when family, friends, or fictional characters experienced similar emotions.
- discuss productive ways to manage the emotion.
- Co-regulate with the individual. Regulate yourself.

Emotional Regulation Emotion Meters

Notice what is happening in your thoughts, your body, and your emotions.



SAD
LONELY
TIRED
BORED
RUN DOWN
DISAPPOINTED

BLUE ZONE



HAPPY
FOCUSED
CALM
CONTENT
PROUD
INTERESTED

GREEN ZONE



WORRIED
FRUSTRATED
EMBARRASSED
SILLY
UNFOCUSED
IRRITATED

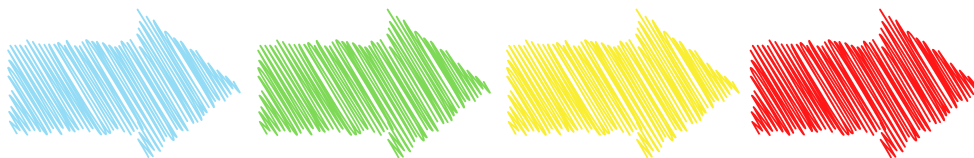
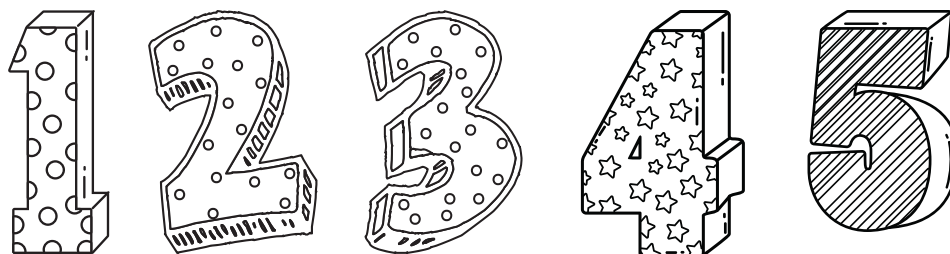
YELLOW ZONE



ANGRY
GRUMPY
HURT
SCARED
OUT OF CONTROL
DISTRESSED

RED ZONE

INTENSITY: HOW BIG IS THE FEELING?



What skills can help you in this moment?
Do you need additional support?
It is okay to ask for help.
Who are the trusted people you can reach out to for support?