

Emotional Regulation Tips

1. Doing the opposite

When we experience an emotion, a behaviour normally comes with it. Doing the opposite behaviour to this, will help in changing, or lessening the severity of, that emotion.

Emotion	Action	Opposite Action
Anger	Shout and raise voice	Talk quietly
Anxiousness	Pull away from friends	Ring or visit friend
Sadness	Prevent help	Ask for help

2. Check the Facts

Asking ourselves questions about the situation can help to see how accepting we need to be of the emotion that comes with it.

What has triggered this emotion?

What assumptions might I be making?

Does the intensity of my emotion match the situation?

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3. Recognising Positive Events

Sometimes we pay too much attention to the negative things happening to us throughout the day, without taking a step back to think about the positives. If there are no positives, create some!

Examples:

- Having a unrushed meal
- Eating something you enjoy
- Visiting friends and/or family
- Listening to music
- Allowing yourself space to do nothing
- Doing a hobby
- Going for a walk



4. E.A.S.E

Our mind and body are closely linked. If our emotions are high, and unreasonable or uncontrollable, then here are some tips to ensure we're looking after our bodies.

E - Eat healthy

A - Avoid unhelpful substances

S - Sleep well

E - Exercise

