

# EMOTION REGULATION SKILLS

Emotion regulation is important in mental health to promote well-being, build positive relationships, make sound decisions, and attain goals.

## MINDFULNESS

- Physiological regulation.
- This helps better immune function, decreases in hypertension
- greater focus and attention
- less anxiety and greater well-being

## SELF-CARE

### Nutrition

- Stay Hydrated
- Avoid processed foods if possible

### Sleep

- Healthy sleep includes both 8 hours and quality
- Disturbed sleep disrupts cognitive functions

### Exercise

- Decreases anxiety, stress, and depression; raises self-esteem
- increases concentration and attentiveness

## COPING

- Coping skills help you tolerate, minimize, and deal with stressful situations in life.
- Managing your stress well can help you feel better physically and psychologically and it can impact your ability to perform your best.

## HEALTHY RELATIONSHIPS

### Feeling safe, heard and connected

- Basic needs should be seen, heard, and met
- Setting healthy boundaries
- Empathy
  - ability to share and celebrate others positive emotions bolsters individual well-being and relationship strength.

## POSITIVE SELF-TALK

### Managing your thoughts

- Saying encouraging words in your head about yourself and the world around you.
- Helps to refer to yourself in 3rd person
- Positive re-appraisal helps you look at a situation through a different lens

## JOURNALING

- Journaling helps control your symptoms and improve your mood by: Helping you prioritize problems, fears, and concerns.
- Tracking any symptoms day-to-day so that you can recognize triggers and learn ways to better control them.

## GOALS

Managing your life smartly

- Modifying and selecting situations to prevent stress; having routines
- setting daily goals
- consistency in every day life.

## MUSIC

- Can be used to increase positive emotions and decrease negative ones
- For example, calming music can reduce physiological symptoms of anxiety, thereby activating a relaxation response.

Consistency is the key to success. A business won't succeed without constant work. A novel won't ever be written without regular writing. Diseases will never be cured without consistent research.



By helping those in recovery build a foundation of consistency while in our hospital, we can help them build the habits that will help them create the lives of their dreams.

DO YOUR PART.