

EMOTION REGULATION STRATEGIES

Are the "thoughts" and "actions" we use to prevent, reduce, initiate, maintain, or enhance emotions in order to promote well-being, build positive relationships, make sound decisions, and attain goals

PHYSIOLOGICAL REGULATION

Mindful breathing

- This helps us to activate the calming parasympathetic nervous system and inhibit the sympathetic system
- Better immune function, decreases in hypertension and asthma, improved respiratory and cardiovascular function
- Greater focus and attention
- Less anxiety and Greater well-being

SELF-CARE

Nutrition

- Stay Hydrated
- Avoid processed foods if possible.
- Avoid getting hangry!

Sleep

- Healthy sleep includes both durations (8 or so hrs.) and quality
- Disturbed sleep disrupts cognitive functions

Exercise

- Decreases anxiety, stress, and depression; raise self-esteem
- Increases concentration and attentiveness.

HEALTHY RELATIONSHIPS

Feeling safe, heard and connected

- We all have basic needs to be seen, heard, and met.
- We also need both "traditional" empathy and positive empathy
 - The ability to share, celebrate, and enjoy others' positive emotions bolsters individual well-being and relationship strength. Positive empathy more so than traditional empathy is related to social closeness, and well-being

MANAGING YOUR LIFE SMARTLY

- Modifying and selecting situations to prevent stress; having routines and setting daily goals; problem-solving
- Consistency in wake up time, meals, exercise, work schedule, play time, etc. helps.

DOING MEANINGFUL THING YOU ENJOY

- Consider one thing you could look forward to doing this weekend and make a plan.
- Write a gratitude letter to someone who inspired you and send it!
- Start a new photo album of friends and family.
- If available take a walk, try a new exercise routine. Shake-up your routine (sing!)

MANAGING YOUR THOUGHTS

Positive self-talk

- Saying encouraging words in your head about yourself and the world around you. It helps to refer to yourself in the 3rd person.

Positive re-appraisal

- Looking at the situation through a different lens

