

Emotion Regulation Strategies

Energy release	<ul style="list-style-type: none"> - Go for a walk/run - Rip/scrunch paper - Stamp feet, clench fists - Write down thoughts/feelings, option to scrunch/rip them up or keep them as record of emotional experience - Listen to loud music
Relaxation / Sensory	<ul style="list-style-type: none"> - Shower/bath - Hot/cold drink - Gentle walk - listening to music optional - Visualisation – go to your happy/safe/calm place in your mind - Progressive muscle relaxation – squeeze and release each muscle group from tow to head - ABC exercise i.e. My name is Anna, I’m from Avalon and I eat apples...etc - Grounding Technique – use senses to identify 5 things in the room - Breathing exercises <ul style="list-style-type: none"> - four-square breathing - Take Five (trace up and down each finger on one hand whilst breathing in and out at that pace)
Cognitive/Thinking	<ul style="list-style-type: none"> - Reframing i.e. pessimistic to optimistic, reduce catastrophic thinking (what is most likely to occur?) - Simple, calming, affirming self-talk i.e. I can do this, it will be ok etc - Reduce global terms i.e. always, never - 3 P’s of positive thinking <ul style="list-style-type: none"> - Pervasiveness refers to whether you see negative experiences as global or specific, or whether an event will affect all areas of your life - Personalisation - refers to whether you attribute a negative event to internal or external factors — in other words, whether it’s your fault. - Permanence explains whether you see an event as stable or unstable, or how long you think the negative feelings will last.
Social connection/release	<ul style="list-style-type: none"> - Talk to someone with empathy & good listening skills, with the ability to validate your emotions rather than minimizing them or focusing on problem solving. - Have fun & distract yourself with good company - Spend time with pets