

# TIPS for... SELF-REGULATION: TUNING IN

## 3 Steps to Manage Emotions

Self-regulation helps us to reconnect our mind and body, and ease overwhelming or stressful thoughts and experiences. It's about bringing everything back into a state of calm. It is important to find healthy ways to do so, so that we are able to be in control of our emotions and problem-solve in difficult situations.



Create a structured and predictable environment

Keep trying until you figure out what works for you.

### 1 Acknowledge It

It is important to notice that you are feeling something, and how it manifests in your body. Ask: How am I feeling? Are there tears in my eyes? Are my muscles tight?

### 2 Name It

What am I feeling? If you are feeling sad, are there any other emotions that might be there as well? Disappointment? Worry? Jealousy? Naming supports you to honestly navigate the emotion.

### 3 Answer It

Now that you know how and what you are feeling, you can begin to re-regulate by choosing something that makes you feel calm, happy, and secure. This may be trial and error. What works for some people does not work for others. And what works sometimes might not work other times. Don't give up!

## Self-Regulation Activities

Some easy things to do are:

- Slowly count to 10
- Notice things with your senses - list 3 things you see, hear, and smell
- Repeat a helpful phrase
- Listen to music that helps you feel calm and that you can access quickly
- Practice a mindful breathing exercise
- Meditate or sit in a quiet space for a moment
- Read a chapter of a book or an article
- Write down 3 things you are grateful for in your day in a journal
- Go for a walk or movement of any kind

