

Emotional Regulation Strategies

Emotional regulation is **the consistent capacity to fully experience one's feelings, particularly when they are intense and/or painful.** Below are practices that help with emotional regulation. Add more as you discover them.

Self-Regulation		Regulation with Others	
Notice breath at the nostrils, or at the abdomen	Notice nature: sounds, sight, scents	Community engagement: sports team, theater group, choir, spiritual group, volunteering group, etc.	One-on-one sharing
Extend the spine	Choose one body part to relax, or engage in progressive relaxation of the whole body	Collaborative projects with others	Shared physical affection
Put your hands behind your head to open the chest	Engage in a long exhale to the very end of the breath	Eye gazing	Shared growth through classes and workshops
Soften your face, mouth, and tongue	Count the breath	Chatting with a neighbor	Play and affection with pets
Bring up a positive memory, visualization, or mantra	Metta: wishing/praying for the well-being of yourself and others	Teaching or leading groups	Shared support through having a consultation group
Mindfully drink water, or eat something nourishing	Put your attention in your center and slowly expand it past the boundaries of your body	Exercising with another	Outings in nature with others
Self-soothing touch: put your hand on your heart, give yourself a shoulder massage, etc.	Name or narrate your experience: What just happened? What’s happening now?	Cooking together with others	Getting a massage, or energy work
Do a body scan: slowly move your attention over your whole body a little section at a time	Tapping: tap gently on the upper sternum or heart center	Laughing with others	
Tighten your whole body and then release; do this several times	Engage an inner smile	<div><h1>Wise Heart</h1><p>Practical Skills for Personal Transformation & Thriving Relationships</p></div>	
Roll your shoulders back and drop them	Engage in vigorous exercise		
Waking up and going to bed close to the same time everyday			