

## **Emotional Regulation: Simple Tools for Real-Life Emotions**

Taking care of your mental health is not just about recognizing when you're struggling – it's also about having tools ready for the moment you need them. This month, as part of mental health awareness month, we are focusing on emotional regulation. Emotional regulation is the ability to manage and respond to your emotions in a healthy, effective way. Here are some common emotions and practical steps to help you navigate them when they show up:

### **Feeling Angry?**

Try this: Go for a brisk walk- even if it's just 5 to 10 minutes out of your day.

Ask yourself: *"Is there another way to look at this problem/situation?"*

Physical movement helps to burn off intense energy, and a fresh perspective can allow for a calmer disposition.

### **Feeling Sad?**

Try this: Make plans with a friend, family member, or peer. Or, do an activity you used to enjoy – even if the joy doesn't come right away.

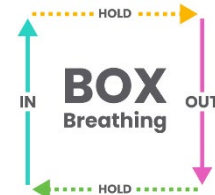
Remember: Action often leads to motivation.

### **Feeling Anxious?**

Try this: Practice box breathing: Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat 3-5 times.

Ask yourself: *"What's one thing I can control right now?"*

Focusing on what's within your power grounds you in the present.



### **Feeling Stressed or Overwhelmed?**

Try this: Write down a list of everything on your mind. Then, circle the one item that matters most in the next hour and start there. Small wins can lead to clarity and confidence.

### **Feeling Embarrassed?**

Try this: Say to yourself *"I'm human, and it's okay to mess up"*. Even if you don't fully believe this saying yet, this kind of self-talk helps your brain begin to rewire for self-compassion.

### **Final Thought:**

Emotional Regulation isn't about ignoring how you feel—it's about learning to respond rather than react. With simple tools and practice, you can build emotional resilience that supports your mental well-being every day. Take a moment this month to try one of these strategies – or share them with someone who may need them. Small steps matter!