

EMOTION REGULATION SKILLS

Understanding feelings and choosing how to respond

AT A GLANCE



Emotion regulation is the ability to notice, understand and respond to emotions without being overwhelmed or suppressing what is present.

KEY IDEAS

AWARENESS

Name the emotion, its intensity and where it is felt.

ACCEPTANCE

Allow the feeling to be present without judgement.

GROUNDING

Return attention to the body, breath and immediate environment.

WISE ACTION

Choose a response aligned with needs, safety and values.

WHY IT MATTERS



Emotions carry information. Regulation helps us use that information while reducing impulsive or avoidant reactions.

PUTTING THE IDEA INTO PRACTICE

1

PAUSE

Create a small gap before acting.

2

SOOTHE

Use breath, temperature, movement or comforting sensation.

3

REFRAME

Ask whether another interpretation may also be possible.

4

CONNECT

Seek co-regulation and support when needed.

REFLECTION PROMPTS

1

What emotion is here?

2

What might it be signalling?

3

What response would help rather than harm?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.