



**10 Ways to get calm
when you're
overwhelmed and
dysregulated**

Free E-Book

SPIRA LOTUS

What is Emotional Dysregulation?

Emotional dysregulation refers to the inability of a person to control or regulate their emotional responses to provocative stimuli. It should be noted that all of us can become dysregulated when triggered. However, with some persons, particularly those with a history of psychological trauma, there are multiple triggers; additionally, the periods of dysregulation may be prolonged, causing major disruptions in relationships and daily functioning. Emotional dysregulation can also lead to or be associated with depression and anxiety.

When a person becomes emotionally dysregulated, they may react in an emotionally exaggerated manner to environmental and interpersonal challenges by displaying bursts of anger, crying, accusing, passive-aggressive behaviors, or by creating conflict. It is not unusual for a person to have poor reality testing when dysregulated—this relates to sensory pathways being shut down during the period of high emotional reactivity.

What Can You Do?

Here are 10 Ways to help yourself get calm and centered.

- 1. STOP. Pull over if you're driving, leave the room, go to the restroom...whatever you need to do to get yourself somewhere safe.**
- 2. Get grounded by getting into your body. Start by paying attention to your breath. Just notice it. Notice the quality of your breath.**
- 3. Do some diaphragmatic breathing. Breathe deeply through the diaphragm and try to elongate your exhalations.**
- 4. Feel your hands by making fists, squeezing and letting go. Repeat this a few times.**
- 5. Feel your feet on the ground. Notice how they feel against the ground or floor. Stomp your feet if you'd like. You can even announce it to yourself..."left, right, left, right"**

6. Give yourself a hug. That's right. Cross your arms in front of you and squeeze. If you are with a loved one, have them squeeze you and hold you for a bit.
7. Eat a snack. Try to skip sugary or carb-laden snacks and stick to protein snacks like a piece of cheese, yogurt, or a handful of nuts.
8. Wash your hands. Take your time. Feel the water running over your hands, lather up well, notice your hands as you wash.
9. Take a cold shower. This will help you feel refreshed AND reset. If that's too much, try splashing cold water on yourself for a minute or two.
10. Sing or hum. Singing is similar to diaphragmatic breathing. It activates the parasympathetic nervous system to help calm you down quickly.

I hope these techniques help you in a pinch. We could all use a little help sometimes.

xoxoxo, Spira

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