



PEPTALKS360

The Nuts & Bolts of Emotional Regulation

Stressful can be successful!

Reaction vs. response

When we are feeling intense emotions, our ability to respond to situations isn't possible. How we are present in these situations is mostly beyond our control. However, when we're able to be our best selves, we are often able to respond to situations in the way we would like and choose how we show up in the situation.

Goldie Locks and the 3 Bears

Overwhelmed: Porridge is too hot. Bed is too hard.

Underwhelmed: Porridge is too cold. Bed is too soft.

Just right: Porridge is just right. Bed is just right.

BRING IT!

Body Scan

We're going to pretend that we're laying our bodies on a computer scanner. (You don't actually have to lie down, sitting or standing could also be fine for this activity, what matters is what feels right in your body)

Get comfortable. (this is often best done with eyes closed, but again doing whatever feels comfortable for you)

So I want you, if you're open to it, go ahead and do that now.

Start to imagine you are lying on a computer scanner.

Settle in here.

Next, you're going to imagine that the scanner is starting at the top of your head and will move very, very slowly to the bottom of your feet.

As the scanner scans your body from top to bottom, allow it to pause at any areas that have tightness or tension.

When the scanner alerts you to this, give a gentle "hello" to that part of your body and breathe in slowly for three breaths through our noses and out our mouths and then have the scanner move along.

Refocus Breathing

We will focus on the number we count on our breath in and breathe out.

You're going to count your breath in and out, but attempt to make your breath out a bit longer than your in breath, so for example if I breathe in for a count of 8, maybe I aim to make my exhale a count of 10 or 12. Again, the importance here is to not overdue anything and if anything feels wrong in doing this, don't use this tool.

Internal Check In

How am I doing right now?

Am I doing okay?

Am I not? If I'm not, is there anything I can do to help things improve? For example, asking for help, calling a friend, stepping outside to breathe for a moment.

Noticing

Look at the things around you. Take some time and notice your physical surroundings right now.

Grounding

Grounding is the process of tapping into our senses.

In this activity, you'll want to get comfortable again.

First, you'll notice 5 things you see.

Next, you'll touch 4 things.

Then you'll listen to 3 things you hear.

And 2 things you can smell.

Finally, 1 thing you can taste.

Isolate

Take a 5-10 minute break for yourself away from others. Check in to see how you feel afterwards. Notice whether this was a helpful skill for you in this situation or not.

Tame It

Call out your feelings.