



# AUTOREGULATION OF EMOTION

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**AUTOREGULATION OF  
EMOTION** IS THE ABILITY  
TO MANAGE AND MODIFY  
ONE'S EMOTIONAL  
RESPONSE TO A  
CHALLENGING OR  
TRIGGERING SITUATION. IT  
IS A LEARNABLE SKILL  
THAT CAN BE  
STRENGTHENED THROUGH  
CONSISTENT PRACTICE.





# COMPONENTS OF AUTOREGULATION OF EMOTION:

- **EMOTIONAL AWARENESS**

*YOU CAN'T REGULATE WHAT YOU DON'T RECOGNIZE.*

START BY IDENTIFYING YOUR EMOTIONS THROUGH PHYSICAL CUES AND SELF-REFLECTION.

- **COGNITIVE REAPPRAISAL**

SHIFT YOUR PERSPECTIVE ON THE SITUATION—LOOK FOR THE SILVER LINING OR A MORE CONSTRUCTIVE INTERPRETATION.

- **IMPULSE CONTROL**

PAUSE AND TAKE A DEEP BREATH BEFORE REACTING. THIS HELPS PREVENT IMPULSIVE, REGRETTABLE ACTIONS DRIVEN BY INTENSE EMOTIONS.

- **EMOTIONAL ACCEPTANCE**

ACKNOWLEDGE YOUR FEELINGS WITHOUT JUDGMENT. ACCEPTANCE IS ESSENTIAL FOR PROCESSING EMOTIONS EFFECTIVELY.

- **COPING STRATEGIES**

USE TECHNIQUES SUCH AS MEDITATION, BREATHWORK, TAKING A BREAK, GOING FOR A WALK, OR JOURNALING TO CALM YOUR MIND AND RESET.

## HEALTHY REGULATION

- IDENTIFYING EMOTIONS
  - "I FEEL ANXIOUS FOR THIS PRESENTATION BECAUSE I AM SCARED I MIGHT MESS UP."
- REFRAMING THOUGHTS
  - "MY PRESENTATION MAY NOT GO AS PLANNED, BUT I CAN LEARN FROM THIS OPPORTUNITY AND IMPROVE NEXT TIME."
- MINDFUL BREAKS
  - BREATHING EXERCISES, MEDITATION, PHYSICAL ACTIVITY, JOURNALING HOW YOU FEEL
- ACCEPTING EMOTIONS
  - "I FEEL ANXIOUS TODAY, AND THAT'S OK."
- REACHING OUT FOR SUPPORT

## UNHEALTHY REGULATION

- SUPPRESSION OR DENYING EMOTIONS
- RUMINATION AND OVERTHINKING
- OUTBURSTS OR SHUTTING DOWN
- AVOIDING OR ISOLATION



Works Cited:

Susan McGarvie, Ph. D. (2025, May 5). *Emotional regulation: 5 evidence-based regulation techniques*. PositivePsychology.com.  
<https://positivepsychology.com/emotion-regulation/>