

90 SECONDS SELF REGULATION TECHNIQUES

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90 SECONDS RULE ✨

According to Dr. Jill Bolte Taylor, when you experience a strong emotion, like anger when someone says something rude to you or frustration because your partner didn't help as you expected, the physiological reaction lasts about 90 seconds. These 90 seconds are crucial because how you handle your reactions during this time can determine how you respond to the situation.



After these 90 seconds, the emotion should begin to dissipate naturally, unless you continue to think about the triggering event, which can prolong the emotional response. The idea is that how you manage your reactions during this 90-second window can significantly influence how you ultimately respond to the situation.

By recognizing that the intensity of an emotion will naturally decrease after this short period, you can choose to respond more thoughtfully rather than react impulsively.

90 SECONDS SELF SOOTHING PRACTICAL STRATEGIES



- 1.

Deep breathing: Inhale deeply for 4 seconds: When you inhale, you should do so deeply, allowing your belly to expand.

- a. **Hold for 7 seconds: Holding the breath allows oxygen to saturate your blood, which can help calm your nervous system.**

- b. **Exhale for 8 seconds: The slow exhale allows you to release tension and fully empty your lungs**

- c. **repeat at least 3 times**

- 2.

5-4-3-2-1 Grounding:

Spend 15 seconds identifying 5 things you see,

15 seconds on 4 things you feel,

15 seconds on 3 things you hear,

15 seconds on 2 things you smell,

and 15 seconds on 1 thing you taste.

- 3.

What i would tell a friend

Ask the Question: Think, 'If my best friend were in this situation, what would I say to her?'

Make a mental or written list of at least three things you would tell her.

- 4.

Sensory Reset with Cold Water

Run cold water over your hands or wrists for a few seconds.

Splash some cold water on your face, focusing on the sensation.

- 5.

Name and ask

Say to yourself, 'I'm feeling upset,' 'I'm feeling frustrated,' or 'I'm feeling overwhelmed.'

Ask yourself, 'What could have triggered this feeling?'

Do not react after you feel calmer



Final Tip

Meet Your Biological Needs

Always ensure that your basic biological needs are met. When you're hungry, tired, sleepy, or dealing with other unmet physical needs, your emotional reactions can easily spiral out of control. Taking care of these essentials can make a big difference in how you manage stress and emotions.

If you're interested in a more personalized set of strategies tailored to your specific needs, don't hesitate to explore my guides or set up an appointment. We can discuss your unique situation and find the best approaches for you.

Visit rethinkingparenting.net for more resources and to schedule a session.