

Emotional Regulation Workshop Notes

This worksheet is a companion to the video workshop and is not intended as a stand alone worksheet. Please consider your own confidentiality when writing, storing and disposing of this sheet.

What sense do you have of how you deal with your emotions and how you regulate them?

What feelings are you inclined to hold in or hide, e.g. fear, anger or anxiety?

How does this affect you?

Do you feel that you get overwhelmed too often and do you have an idea of what brings this about?

Looking to your past, what would you say you learned about managing your emotions and how well does that serve you now?

Where in your life do you think it would help to be more accepting of your emotions?

Can you identify anything in your life that hinders this?

Fight or Flight

Fight or flight changes our body. Our pupils dilate which helps us take in our surroundings. The blood goes to our arms and legs to help us fight or run and to our lungs to help us get more oxygen. How have you handled this in the past and how could you change it?

Deep breaths to deal with emotional overwhelm

Relax your neck, your shoulders, your arms, legs and face muscles. Breathe deep into the body and very slowly breathe out, focusing on relaxing as you breathe out. Is there anything else that helps you to get into the mindful space?

Using your senses to become grounded during emotional overwhelm

- Sight – trees, wall, floor, people, things around you, try to use sight to come out of upset.
- Sound – traffic, birds, wind, rain, electricity, pipes or any sounds around you.
- Smell – strawberries, chocolate or whatever smells are around you.
- Touch – feel your feet on the ground, your muscles either clenching or relaxed, skin touching your clothes, maybe massage yourself.

Which of these are helpful for you and how do you use them to become grounded?

Other grounding techniques include

- Mindfulness
- Breathing techniques
- Doing something physical
- Exercise
- Self soothing
- Being kind and nurturing to yourself
- Reading or music
- Make a soothing drink or healthy food

How can you reduce emotional overwhelm. Also, what preventative steps can you take to manage it? Do you have a plan or need a plan?

Create a mood journal and use it to reflect on the following. Are there certain times when you are more likely to get overwhelmed like when you are tired, hungry or first thing in the morning? Can you answer any of these already?
