

Emotional Regulation

Emotional regulation means that emotions have fewer peaks and valleys and your ability to meet them is consistent. Below are practices that help with emotional regulation. Add more as you discover them.

Self-Regulation

1. Notice breath at the nostrils or at the abdomen
2. Extend the spine
3. Hands behind head to open the chest
4. Soften face, mouth, and tongue
5. Bring up a positive memory, visualization, or mantra
6. Mindfully drink water or eat something nourishing (not sugar)
7. Notice nature - sounds, sight, scent
8. Choose one body part to relax or engage in progressive relaxation of the whole body
9. Long exhale to the very end of the breath
10. Count the breath
11. Metta: wishing/praying for the well being of yourself and others
12. Put your attention in your center and slowly expand it past the boundaries of your body
13. Self-soothing touch: put your hand on your heart, give yourself a shoulder massage, etc.
14. Name or Narrate your experience: What just happened? What's happening now?
16. Do a body scan: slowly move your attention over your whole body a little section at a time
17. Tapping: tap gently on the upper sternum or heart center
18. Tighten your whole body then release, do this several times
20. Engage an inner smile
21. Roll your shoulders back and drop them

Regulation with Others

1. Community engagement: sports team, theater group, choir, spiritual group, volunteering group, etc.
2. Collaborative projects with others
3. One on one sharing
4. Shared physical affection
5. Eye gazing
6. Shared growth through classes and workshops.
7. Chatting with a neighbor
8. Play and affection with pets
9. Teaching or leading groups
10. Shared support through having a consultation group.
11. Exercising with another
12. Outings in nature with others
13. Cooking together with others
14. Getting a massage or energy work
15. Laughing with others