

WHAT IS EMOTIONAL REGULATION?

Emotional regulation refers to the ability to recognize, understand, and manage our emotions in healthy and adaptive ways.



MINDFULNESS

Awareness of one's internal states and surroundings, observing one's thoughts, emotions, and other present-moment experiences without judging or reacting.

"Breath Anchor"

1-3 minutes (ideal for study breaks)

- Set a timer, can also use calm background sounds.
- Sit in a comfortable and relaxed position.
- Focus on the physical sensation of breathing:

the air entering and leaving your body, your belly rising, the sound of body.

- If you feel distracted by other thoughts, gently return to the breath without judgment.
- When the time is up slowly return to your activities.



POLYVAGAL

A neuro physiological framework that explains how our autonomic nervous system (ANS) regulates emotions, social connection, and survival responses. It emphasizes the body's role in emotional states.

"Soft Eyes + Whisper"

(to activate safety)

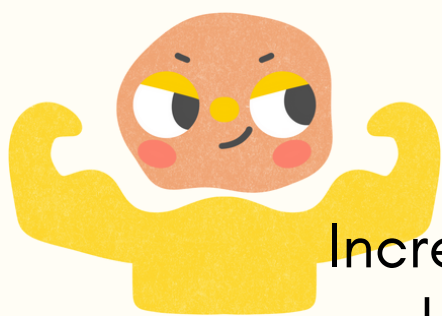
- Relax your eyes muscles and look at something neutral with a calm expression.

(look for things that do not remind you of anything stressing, like your computer or your phone)

- Very quietly say something pacing

"I'm here, I'm safe. I am not in danger."

- Place a hand on your chest for warmth.



ACT

Increase psychological flexibility, or the ability to enter the present moment more fully and either change or persist in behavior when doing so serves valued ends.

"Name and Distance"

(for intrusive thoughts)

- Notice the stressful thought

"I'll never finish this paper"

- Add: "I'm noticing I'm having the thought that..."

"I'm noticing I'm having the thought that I'll never finish"

- Thank your mind and refocus on action

"Thanks, brain, for trying to help, let's write one paragraph now"