

## What is Emotional Regulation?

It is the ability to be aware of Emotional Disturbance and Self regulate in such manner that repeatable behavior changes helping mind to expand to more conscious choices

## The Common Strategies to Emotional Regulation

Let's look at 7 strategies that can help to manage emotions in a healthy and helpful way.

Identify and reduce triggers. ...

Tune into physical symptoms. ...

Consider the story you are telling yourself. ...

Engage in positive self-talk. ...

Make a choice about how to respond. ...

Look for positive emotions. ...

Seek out a therapist. (\*)

## Why those Strategies are no longer Useful in Disruptive Situations

Those Strategies might work in less intensive disturbances but when it comes to survive, our brains are coded to take action to resolve the disturbance and once again , we find our selves trapped into the 4 common behaviors

## Take your time to Reflect

And you did you ever tried to resolve disruptive event using one of the above strategies ?

How did it work?

How those strategies have failed?

Did you ever experience taking control of your emotions?

(\*): <https://www.betterup.com/blog/emotional-regulation-skills>