

What is emotional regulation?

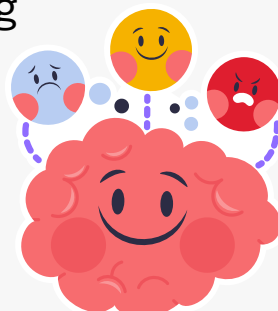
The ability to understand and manage your **behaviour**, **thoughts** and **feelings** in appropriate ways to meet situational demands.

- Control emotional reactions like anger, excitement
- Positive peer interactions
- Able to focus on tasks
- Control impulses
- Share/take turns in games
- Cope with stressful situations

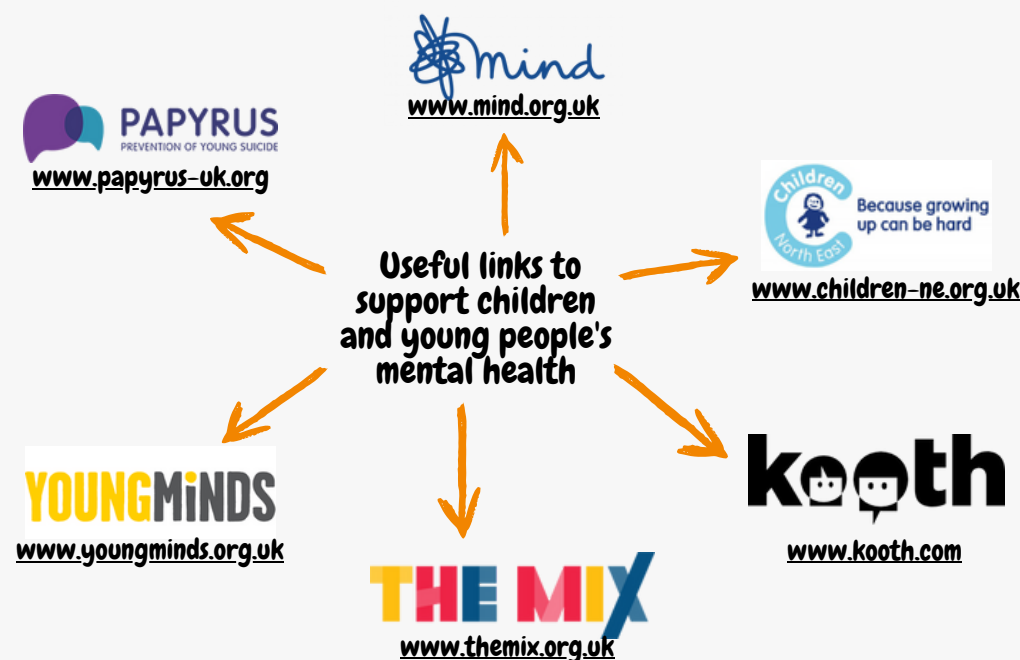
Emotional literacy: where we can name what we feel. Poor emotional literacy can lead to poor emotional regulation as we don't understand why/what is happening.

Dysregulation

- Outbursts/tantrums
- Destructive/risky behaviours
- Withdrawal/difficulties interacting with others
- Difficulty sleeping



Further Support and Information



Helpful Apps



Headspace
A meditation app that acts as a personal guide to health and happiness.



MoodGym
An online cognitive behaviour therapy program for depression and anxiety.



Smiling Mind
A meditation program to help bring mindfulness into your life



Calm Harm
An app that helps young people manage the urge to self-harm.



ThinkNinja
Designed for children and young people (10-18 years old) to help with anxiety and low mood.



Clear Fear
An app that helps you face your fears and reduce the physical responses to anxiety.

Emotional Regulation

Information for Parents and Carers

Find us online...



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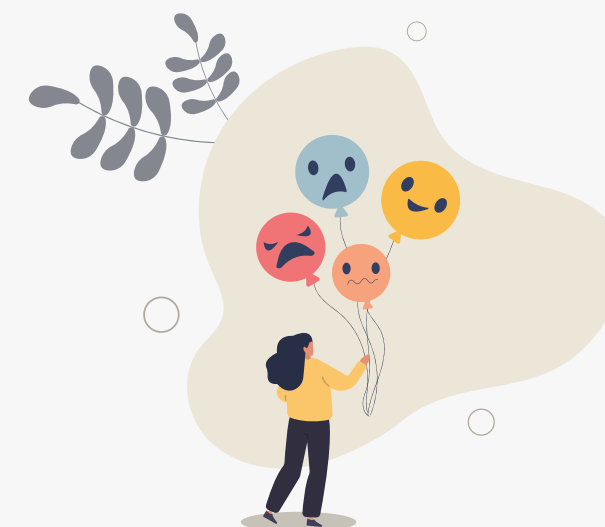
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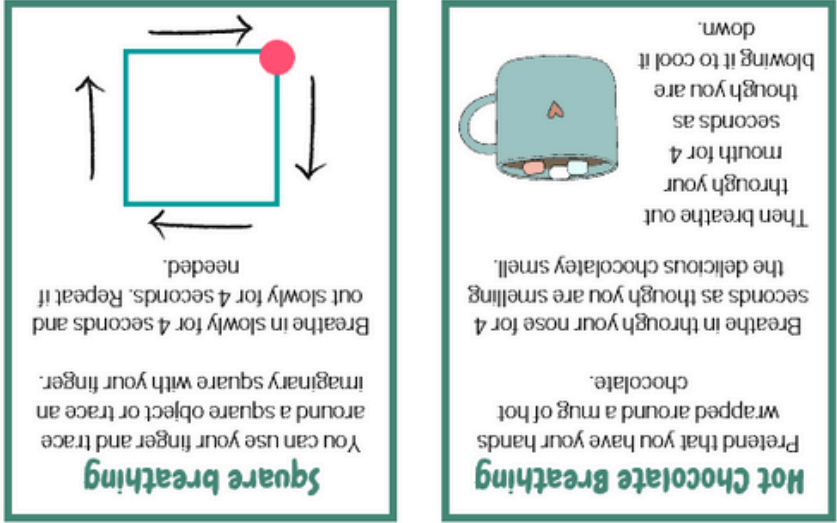
Zones of regulation



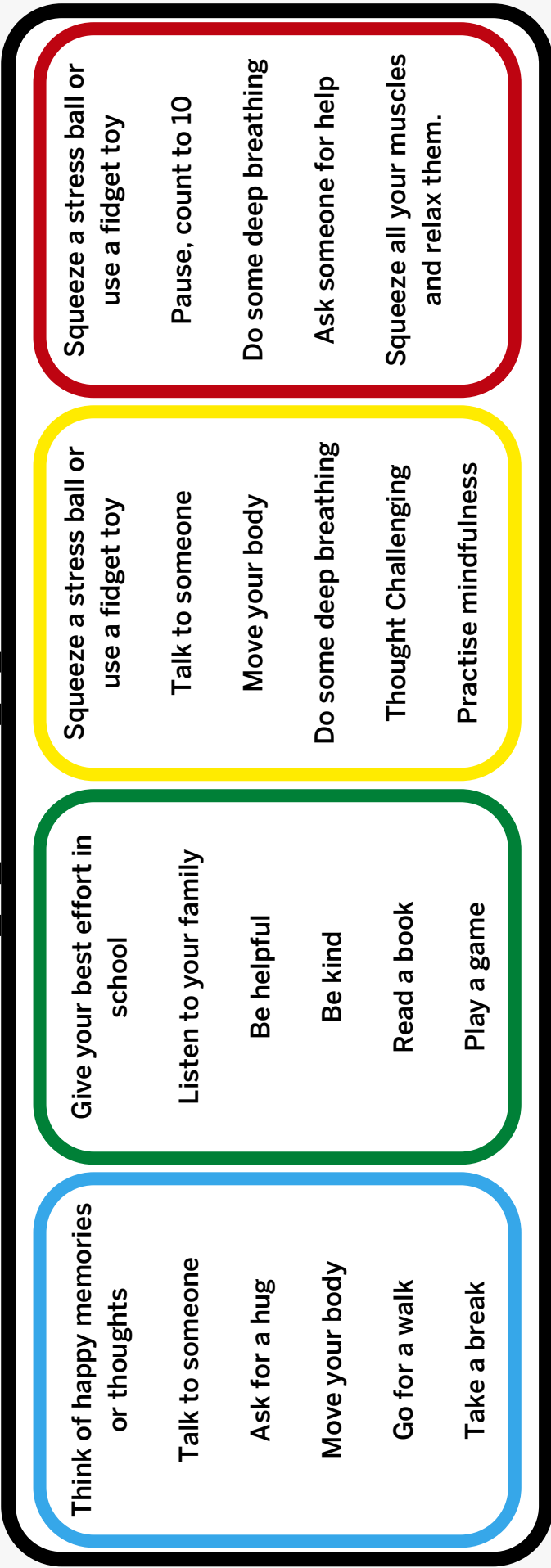
Modelling good emotional regulation

We are not born with self-regulation skills.
We learn self-regulation from the adults around us
and copy how they deal with situations.

Name emotions- Name them to tame them
Say how you are feeling- I am angry, I am sad, I am disappointed.
Say what you need - I need to calm down, I'm going to take a few deep breaths, I need some space.
Use I statements - I feel.....when.....I need...



Zones toolbox



Zones of regulation aims to simplify emotions - making it easier to talk about, notice and regulate.
Feelings, states of alertness and energy levels are organised into 4 zones.
There is no 'bad' zone - help normalise a range of feelings.