What is Emotion Regulation?

"Emotion Regulation" is a term generally used to describe how people's ability to effectively manage and respond to emotional distress. Many people unconsciously use emotion regulation strategies to cope with difficult situations throughout the day.

**Common Healthy Emotion Regulation Strategies**
- Talking with friends
- Exercising
- Meditation
- Self-care
- Cognitive restructure
- Deep breathing
- Physical activity
- Relaxation techniques
- Engage in practices that help calm you down

**Common Unhealthy Emotion Regulation Strategies**
- Abusing alcohol or other substances
- Executive Social Media use
- Overeating

**Emotion Dysregulation**

- Inability to regularly use healthy strategies to diffuse or moderate negative emotions.
- It is the misperception of the emotion that tends to stir up feelings and a sense of not being able to tolerate them.

**Breaking the Cycle**

- Learning how to understand and work with the vulnerability between thoughts, feelings, and behaviors.
- Pay attention to the way the thought-emotion-behavioral relationship works for each of us.

**Male and Female Differences in Emotion Regulation**

**Male**
- Expresses both positive and negative emotions directly
- Needs effective emotion regulation skills
- Has difficulty controlling calming or soothing behaviors
- More process than reflection?

**Female**
- Expresses both positive and negative emotions indirectly
- Less effective emotion regulation skills

**Tips for Regulating Emotions**

- **Goodnight’s trick**
  - Do a goodnight’s trick before you go to bed.
  - Stay positive.
  - Honor your body.

- **Don’t rush**
  - Take a pause or do something else.
  - Don’t rush or rush to make a decision.
  - The harm of rushing your emotions is four times.

- **Evaluate what you are feeling instead of reacting to the emotion.**
  - What is it that really pushes my buttons?

For More Resources

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