

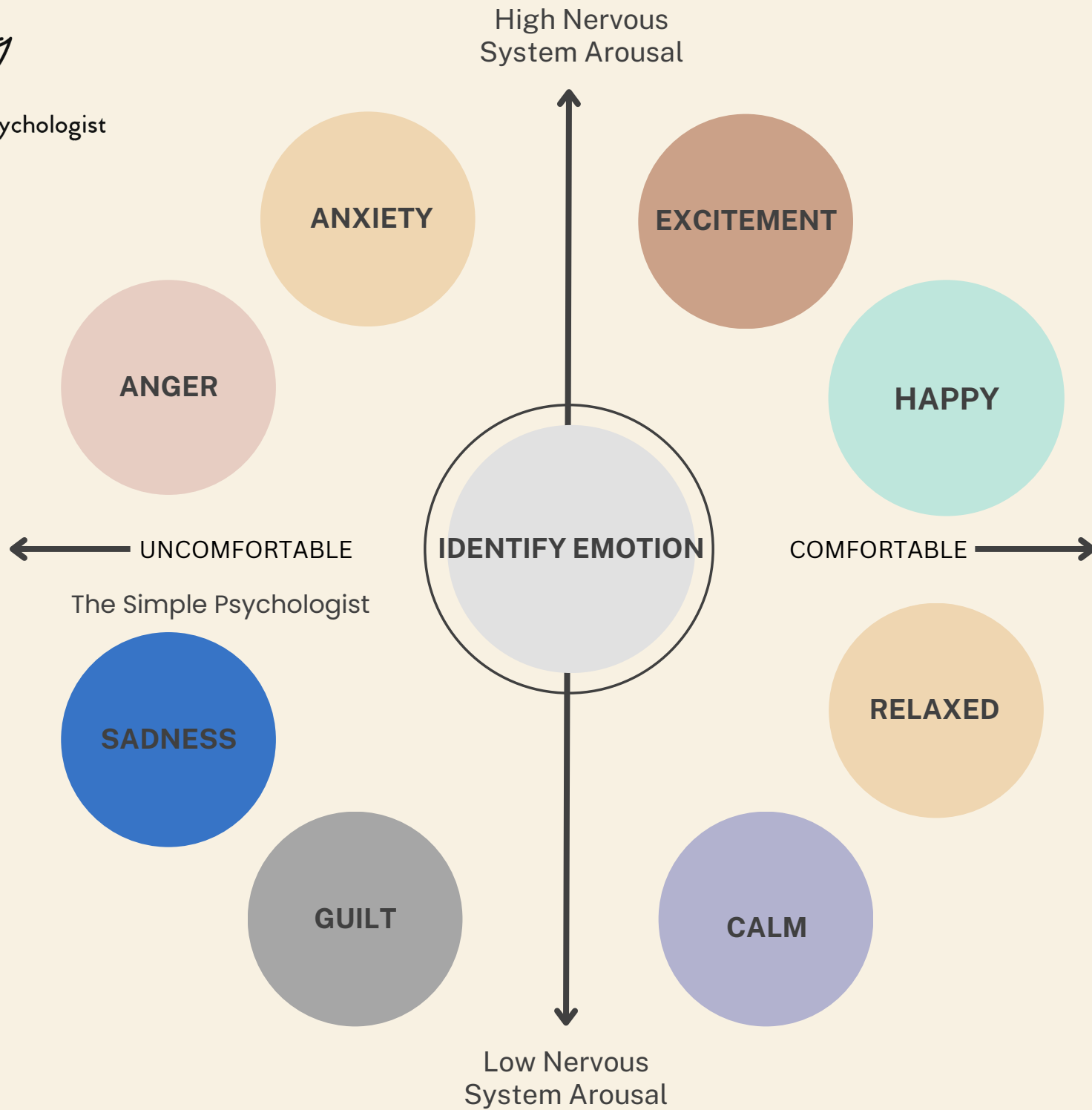


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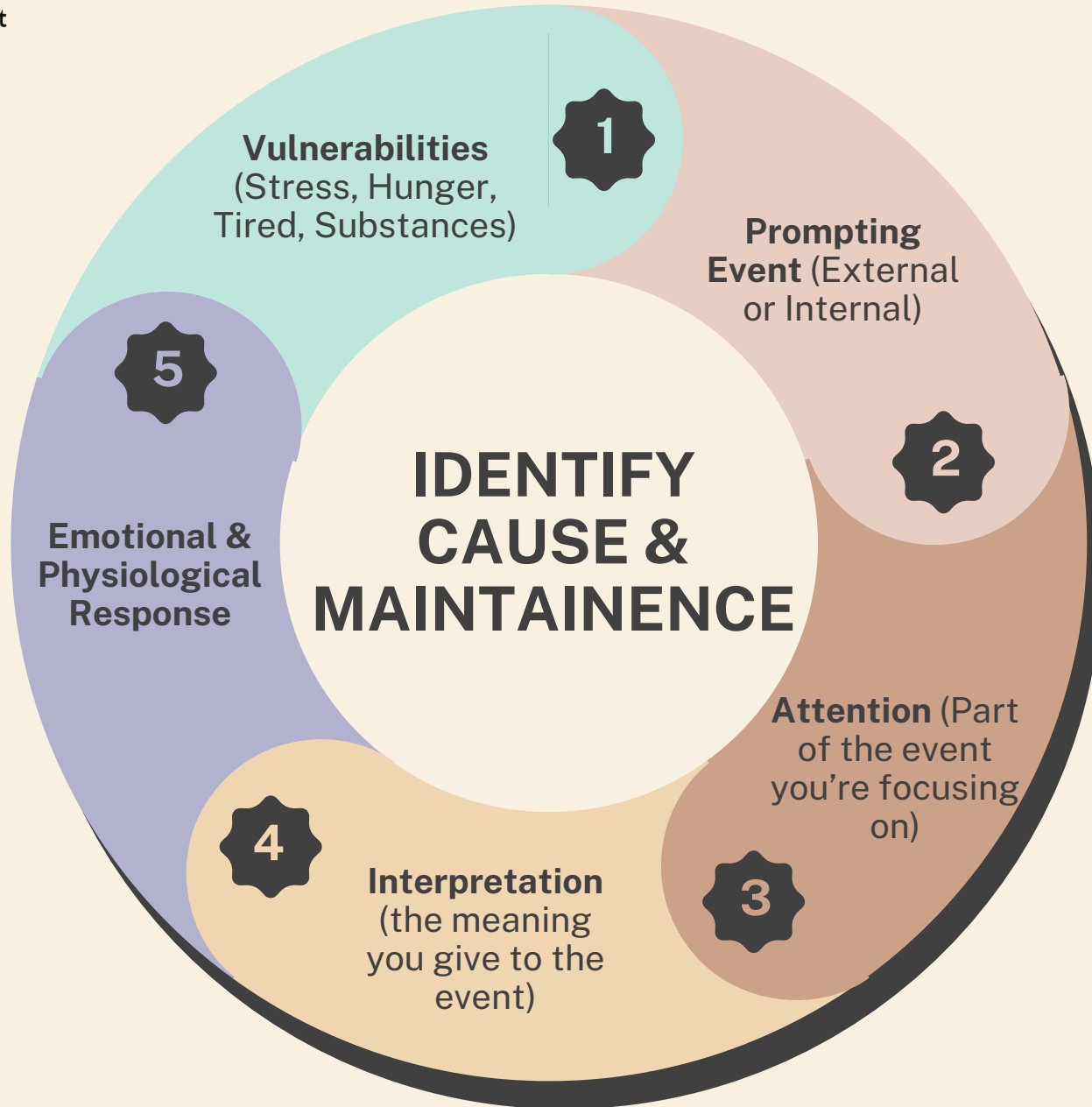
Steps To Regulate Emotion



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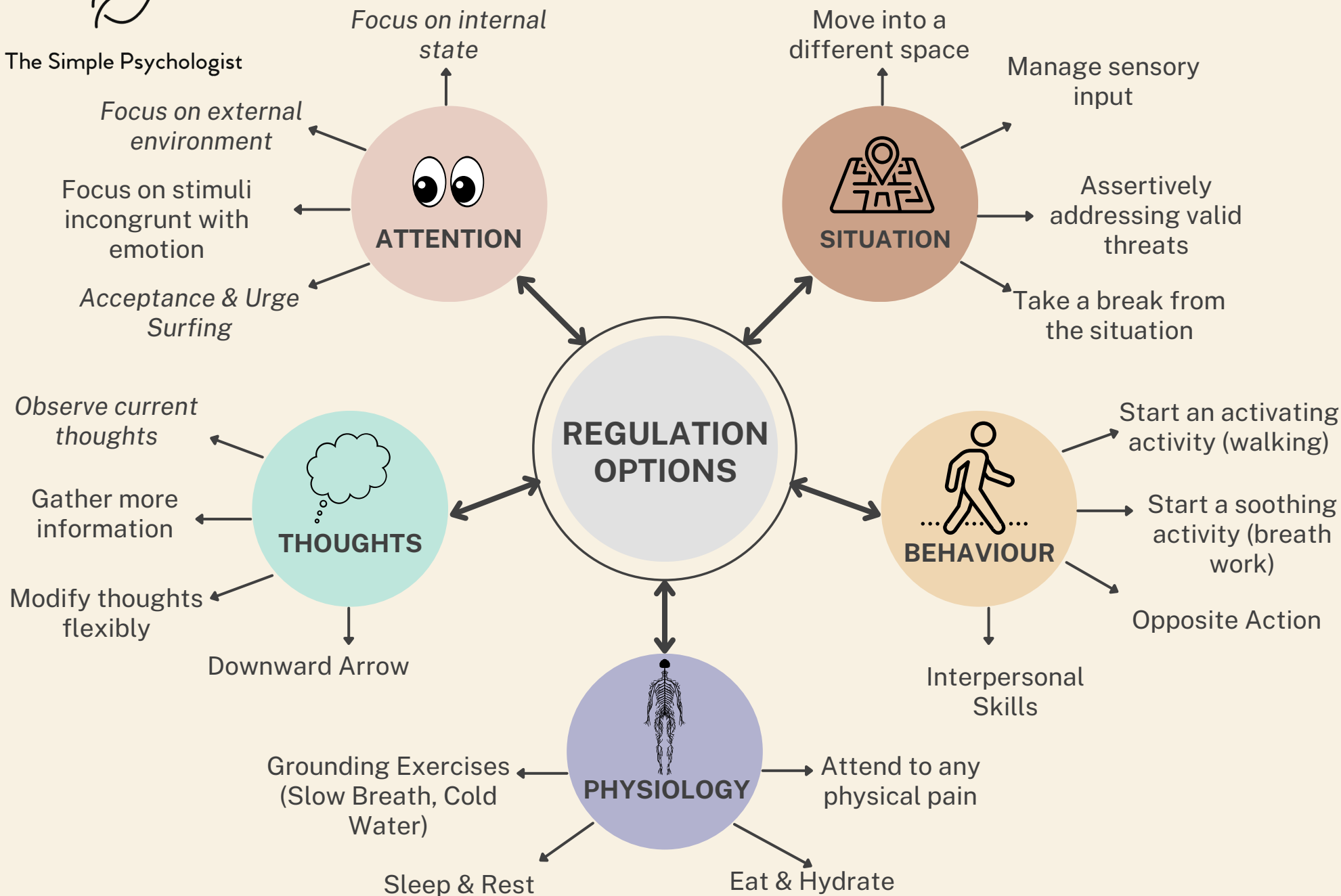


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Note: Strategies in normal font are 'control /improve' strategies, whilst *italics* are for 'acceptance/tolerance'



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Tips on Implementation



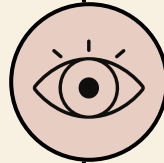
Practice

Regulation strategies are effective if effectively practiced.



Select Appropriate Strategy

Low Intensity = Thoughts & attention.
High Intensity = Physiological & behavioural.



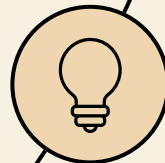
Monitor

Pay attention to the level of change and pivot to another strategy if needed.



Balance Acceptance and Change

Some emotion can be controlled and improved, but some will need to be accepted and tolerated.



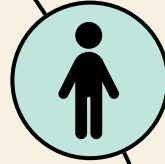
Develop Broad Range

Have 1-2 strategies well developed from each group, rather than trying to learn every skill from one group.



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Troubleshooting



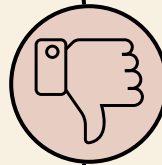
Check Biological Vulnerabilities

Address any biological factors, take medications as prescribed.



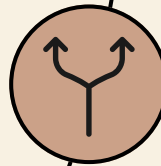
Unrealistic Expectations

Aim to only reduce distress; not to remove all of it, as this may cause more stress.



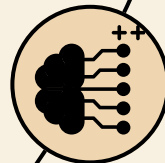
Judgement or Nonacceptance

Attempts to suppress emotion, or negatively label them, will cause more distress.



Change Strategies

Select appropriate strategies. Prior practice is required for them to be effective.



Check for Reinforcers

There may be aspects of your surroundings that are reinforcing distress.