

7 COMPONENTS OF RESILIENCE ECOURSE

LESSON 1

Emotional Regulation

Striking A Balance To Keep Your Ship
Steady While You Sail Through A Storm



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Introduction

When you are faced with a stressful event or a traumatic situation, how do you react? More to the point, how do you collect yourself after? Resilience is a key component in your ability to overcome, and emotional regulation is a key component of resilience.

The root word of resilience is resilio, Latin, and it means to retaliate or bounce back. It's essentially a lifestyle choice that you make, and it is entwined with self-compassion and self-belief.

Individuals who lack emotional resilience may struggle with managing their emotions, leading to increased levels of stress and anxiety. As a result, emotional regulation is an essential component of resilience.

Building emotional resilience means relying on intrinsic motivation – the inner force that will carry you all of life's strife. When you are faced with a negative experience, it is your emotional regulation that will help you navigate it.

The Connection Between Resilience And Emotional Regulation

"According to the focal article by Britt, Shen, Sinclair, Grossman, and Klieger (2016), it seems conclusive that all definitions of resilience involve an experience of significant adversity, regardless of whether it is examined as a trait or an outcome. This experience of adversity is inherently emotional. When considering the ability or outcome of "bouncing back" from a stressful or chronic event, one must recognize the emotional experience and consider how individuals may cope with their emotions. This said, there is a clear connection between resilience and emotion regulation." (Sophie A. Kay (2016). Emotion Regulation and Resilience: Overlooked Connections. Industrial and Organizational Psychology, 9, pp 411-415 doi:10.1017/iop.2016.31)

It might feel like a battle you need to win, but emotional regulation and resilience are more about striking a balance to keep your ship steady while you sail through a storm.

Prevent A Melt Down

Of course, there is the most obvious benefit which is that emotional regulation can help you prevent having a full-blown melt down when facing challenges, obstacles, and adversity in any form.

When stuff happens the most common reaction is to panic and become overwhelmed by stress, and this does nothing to help you remain objective, focused, and able in sailing through your issue. Emotional regulation on the other hand enables you to regain composure and to better deal with the problem at hand.

Act From A Place Of Self-Confidence

When we are emotionally regulated, we can focus and act from a place of truth of who we are. We can use our strengths and accept and address our weaknesses as we weather the storm.

Avoids Emotions Dictating Your Decisions

When our emotional state is out of control, it will affect our thoughts, actions, and behaviors. But, being emotionally regulated facilitates the making of intentional decisions that are made with thought and careful consideration, versus those which are dictated by emotions.

Prevents Self-Destructive Choices

When we are dealing with challenges stress and subsequent emotions can lead to making unhealthy and self-destructive choices. An out of control emotional state can lead to emotional eating, drinking, smoking and drugs in order to try and deal with an out of control state.

On the other hand, emotional regulation helps prevent such dysfunctional coping mechanisms, and allows us to look to more self-supportive coping skills. It's basically the difference between emotionally reactive and emotionally proactive.

Function From A Place Of Peace

When you are emotionally regulated, you can function from a place of peace, versus a place of chaos, pain, overwhelm and pain. This helps you navigate the storm with a more calm and purposeful focus.

A Better Mood

Facing adversity and being in resilience mode can be challenging. Depending on the intensity of the adversity, things can get pretty bad, and this can negatively affect your mood for the long-term. Emotional regulation allows you to avoid being a victim to your emotions, which can destroy your mood and make things more difficult all around.

What Is Emotional Regulation

According to Psychology Today,

"Emotion regulation is the ability to exert control over one's own emotional state. It may involve behaviors such as rethinking a challenging situation to reduce anger or anxiety, hiding visible signs of sadness or fear, or focusing on reasons to feel happy or calm."

The Berkeley Wellbeing Institute says,

"Emotion regulation is defined as the ability to affect one's own emotional state. It can involve either increasing positive emotion, decreasing negative emotion, or both. Generally, it involves changing your thoughts or behaviors, sometimes in conscious and sometimes in unconscious ways."

Emotional regulation is the ability to control one's impulses. We've all been there before—feeling so overwhelmed with emotions that we lash out in anger or say something we later come to regret. In those moments, it can seem like we have no control over our impulses. That's where emotional regulation comes in.

Emotional regulation is the process of controlling one's emotions, impulses, and reactions in order to achieve a desired outcome. When we are able to regulate our emotions, we are better able to manage stress, resolve conflict, and communicate effectively.

It's biting your tongue and giving yourself to calm down after your partner makes a snide comment. It's choosing to walk away from a colleague who is trying to get under your skin. Everyone has emotions and everyone experiences their emotions differently. Emotional regulation can be an automatic response, but it can also be a conscious, controlled response.

You experience a variety of emotions daily, and they run the gamut. There are days when it feels more like an emotional rollercoaster, but the point is, emotions are a normal part of the human experience. They just happen to come in different levels of intensity.

A Look Into Emotions

There is a concept of basic emotions, from which all other emotions stem.

This concept dates back to the Book of Rites, a first-century Chinese encyclopedia which speaks of 7 "feelings of men":

- Joy
- Anger
- Sadness
- Fear
- Love
- Disliking
- Liking

In the 20th century, it was Paul Ekman who identified 6 basic emotions:

- Anger
- Disgust
- Fear
- Happiness
- Sadness
- Surprise

Psychologist Robert Plutchik created the Plutchik Model in which he identified 8 basic emotions, which he grouped into polar opposites:

- Joy-Sadness

- Anger-Fear
- Trust-Distrust
- Surprise-Anticipation

Of course, there are hundreds of emotions that stem from the basic ones, and humans can we feel a surprisingly high variation of emotions daily.

The Definition Of Emotion

Emotion is often described as a strong feeling triggered by a specific situation. While this is certainly true, emotions are actually much more complex than that.

Emotion is made up of four different components: physiological arousal, cognitive label, expressive behavior, and subjective feeling.

Each of these components works together to create the experience of emotion. For example, when you see a dangerous animal, your heart rate begins to increase, and you may start to sweat.

This physiological arousal is then interpreted by your brain, which labels the sensation as fear. This label triggers an expressive behavior, such as screaming or running away.

Finally, you experience the subjective feeling of fear, which is what we typically think of when we think of emotions.

While all four components are important, it is the subjective feeling that has the most impact on our everyday lives. Emotions can be positive or negative, and they can range from mild to intense. However, no matter what they are feeling, everyone experiences emotions in basically the same way.

The Purpose Of Emotions

Emotions are an essential part of our lives, shaping our thoughts, behaviors, and relationships. But what exactly are emotions? And what is their purpose?

Most experts agree that emotions serve four primary functions:

1. To communicate our inner state to others.
2. To motivate us to take specific actions.
3. To help us remember important information.
4. To regulate our physiological systems.

In terms of communication, emotions serve as a type of social glue, helping us to bond with others. When we see someone smile, for example, it triggers a positive emotional response that makes us feel happy and more inclined to approach them. Similarly, when we see someone looking angry or sad, it can cue us into their emotional state and help us decide how to respond.

Emotions also motivate us to take action. The feeling of fear, for example, can prompt us to run away from danger, while the feeling of anger can motivate us to stand up for ourselves or fight back against an aggressor. In both cases, the emotional response helps ensure our survival by prompting us to take action.

Similarly, emotions can also help us remember important information. The sight of a snake, for example, might trigger the emotion of fear and prompt us to remember that snakes are dangerous and should be avoided. Likewise, the smell of freshly baked cookies might trigger the emotion of happiness and help us remember where we found the recipe. In both cases, the emotion serves as a type of warning system or reminder that helps keep us safe.

Finally, emotions play an important role in regulating our physiological systems. The emotion of fear, for example, can cause our heart rate to increase and our palms to sweat in preparation for fight-or-flight.

Similarly, the emotion of anger can cause our blood pressure to rise and our body temperature to increase as we prepare for confrontation. In both cases, the emotional response helps ensure that our body is prepared to deal with the situation at hand.

While emotions may sometimes seem like they are nothing more than a nuisance, they actually serve an important purpose in our lives. They help us communicate with others, motivate ourselves to take action, remember important information, and regulate our physiological systems. Emotions play a vital role in ensuring our survival and well-being.

Next time you find yourself feeling angry, sad, fearful, or happy. Remember that your emotions are there for a reason and try to appreciate them for all that they do.

Identifying Your Emotions

When put to the test, many people struggle to accurately identify the emotions they are experiencing as they happen. It can be overwhelming.

Emotions are stimuli, they are the outcome of how humans interpret chemical sensations and reactions. We respond to that stimulus.

If you are faced with a perceived threat, your body is flooded by stress hormones, and those hormones will push you to fight, freeze or flight. Having a stellar emotional regulation process provides you with time to process the stimulus before you fight, freeze or flight. It gives your cognitive thinking a chance to take over and reason your way through the situation with rational thinking.

Most people learn to recognize their emotions in childhood. Children do this by seeing how the adults in their lives respond to a situation. In a perfect world, all adults have strong emotional regulation skills.

Unfortunately, we know that this is not true and the reason for this is that they didn't learn it in their own childhoods. One important strategy children learn (or should) is to count to ten when they feel angry or frustrated. Taking that time to distance yourself from an intense emotion is a positive move. Every action has a consequence, so it's important that you don't allow heightened emotions to guide your path.

When it comes to emotional regulation, there are three key components.

- Initiating actions
- Inhibiting actions
- Modulating responses

All three components are triggered by your emotions. You are not defined by your emotions. You can experience sadness even though you are not clinically depressed. You can feel anger without growing violent. You choose your reaction, but that is incredibly difficult without emotional regulation.

Why Is It Important?

When you are regularly bombarded by emotion-provoking triggers you have to know how to act. Your body triggers you to drink and eat, sleep, and stretch, walk, and interact. Many people view emotions as an evolutionary adaptive response that helps filter information, so we respond without fear or stress.

There are obvious benefits like wellbeing, better relationships, and increased work performance. And there are those benefits that might not be as obvious, such as assertive behavior, problem-solving, and avoiding regrettable situations, decisions, or actions.

It's worth remembering that emotions are contagious. Anyone with a perennially grumpy boss knows how that can infect an entire workplace. Likewise, someone with an upbeat cheery boss can feel that mood spread.

Your emotions can affect your mood, and it's worth mentioning that moods and emotions are not the same. However, learning emotional regulation can help you improve your overall mood, which can lead to an increase in empathy and compassion.

It is much easier to regulate your emotions than it is to regulate your mood. Emotions are fleeting and generally triggered by or directed at something specific. The brain identifies emotional triggers in less than a second.

Your mood is influenced by a handful of inputs, including emotions, environment, thinking, and physiology. While an emotion can last a split-second or minutes, a mood can linger for days.

You don't need to carry shame with you when faced with unwanted or uncomfortable emotions. It's a natural part of the human experience and it's something everyone experiences, just to varying degrees.

It's what you do with your emotions that really matters, and if you have strong emotional regulation skills you will find it much easier to cope. Emotional regulation helps balance feelings and can reduce anxiety. Emotional regulation skills vary.

While some people were raised to have excellent coping skills, others did not receive the necessary behavioral guidance. It's a skill, and while you are better off if you learn it early, it is never too late to get started.

At some point, you will deal with spiraling emotions. Whether it's in response to a mistake or failure, an argument that has provoked your emotions, or you are worried about someone you love, unchecked emotions can cause regret.

Negative emotions are not the only emotions capable of causing harm. Excitement, stemming from joy, can be negative if it crops up in the wrong context. Ultimately, knowing how to cope with your emotions will help you avoid damage.

Strategies For Managing Emotional Impulses

We all have emotional impulses. Those sudden, overwhelming urges to scream, cry, or lash out in anger. They can be triggered by a variety of things, from a stressful situation at work to a personal conflict with a friend or loved one.

While it's normal to experience emotional impulses from time to time, they can become a problem if they're constantly overwhelming you or resulting in negative actions. If you're struggling to manage your emotional impulses, here are four strategies that may help.

1. Harvard Business Review says, "Own the emotion. Emotional responsibility is the precondition of emotional influence. You can't change an emotion you don't own." This means really analyzing and identifying the actual emotion you feel and more importantly its sources.

2. Recognize your triggers. What situations or circumstances tend to lead to an emotional impulse? Once you're aware of your triggers, you can begin to take steps to avoid them or deal with them in a more constructive way.

3. Take some time for yourself. When you feel an emotional impulse coming on, take a few minutes to step away from the situation and clear your head. This will give you time to calm down and think more clearly about how you want to respond.

4. Talk to someone you trust. Sometimes it can be helpful to talk through your feelings with someone who will understand and support you. This could be a friend, family member, therapist, or anyone else who can offer a nonjudgmental listening ear.

If you find yourself constantly struggling to manage your emotions, it may be worth seeking professional help. A therapist can provide guidance and support as you learn how to better deal with your emotional impulses.

How To Identify Your Personal Triggers

We all have triggers- things that set us off and cause us to react in a negative way. Identifying your personal triggers is the first step to managing them. For some people, triggers can be obvious, like a certain person or place. For others, triggers may not be as apparent.

It can be helpful to keep a journal and track your emotions and reactions to different situations. If you notice that you tend to react negatively in certain situations, there may be a trigger there. Once you've identified your triggers, you can start to work on managing them.

This may involve avoiding certain situations or people, or it may mean learning how to deal with your emotions in a more positive way. Learning to identify and manage your personal triggers can help you to lead a happier and more successful life.

The Different Types Of Emotional Impulses

All of us experience emotional impulses, but did you know that there are four different types?

- **The first type is known as the appetitive impulse, which is characterized by a strong desire or urge.**
 - This could be anything from a craving for chocolate to a strong need for companionship.

- The second type is the consummatory impulse, which is associated with feelings of satisfaction and pleasure.
 - This might occur after eating your favorite food or reaching a goal you've been working towards.

- The third type is the aversive impulse, which is characterized by negative emotions such as fear, anger, and sadness.
 - This type of impulse might occur in response to something threatening or overwhelming.

- Finally, there's the protective impulse, which is associated with the desire to care for and protect others.
 - This might manifest as a desire to help a friend in need or stand up for someone who's being treated unfairly.

Next time you experience an emotional impulse, take a moment to identify which type it is. Knowing the difference can help you to better understand your own emotions and reactions.

The Ability To Effectively Communicate One's Emotions

A key component of emotional regulation is the ability to effectively communicate one's emotions. When individuals are able to express their emotions in an appropriate manner, they are better able to cope with stress and deal with difficult situations.

In addition, effective communication can help to build and maintain relationships. The ability to effectively communicate one's emotions is an essential skill that can help individuals to lead more resilient and satisfying lives.

How To Effectively Communicate One's Emotions

One of the most important aspects of emotional regulation and becoming resilient is being able to effectively communicate one's emotions. When we can express how we feel, it gives us a better opportunity to be understood and to connect with others.

However, many people struggle with communicating their emotions in a way that is both clear and respectful. If you find yourself in this situation, there are a few things that you can do to improve your communication skills.

- First, try to be as clear as possible about what you are feeling. This means using words that accurately describe your emotions, instead of relying on vague terms like "mad" or "sad." It can also be helpful to give some context for your emotions, explaining why you are feeling them. This will help the person you are speaking to understand your perspective.
- Finally, remember to listen carefully to the other person's response. If they seem confused or hurt by what you've said, take a step back and try to explain your feelings in a different way. With practice, you can learn to effectively communicate your emotions and connect with others in a deeper way.

Benefits Of Effective Communication Of Emotions

From a young age, we are taught the importance of effective communication. We learn that it is vital to our relationships, our careers, and our overall well-being. However, we often don't realize the role that communication plays in our ability to cope with difficult emotions.

When we communicate effectively, we are better able to understand and process our emotions. We can also more easily express our needs and receive support from others. As a result, we become more resilient in the face of adversity. We are better able to weather the storms of life when we have the skills to communicate our emotions effectively.

Examples Of How To Effectively Communicate Emotions In Different Scenarios

There are many different ways to communicate emotions, and the best method will vary depending on the situation. In some cases, it may be best to simply state how you feel. For example, if you're feeling angry, you could say something like, "I'm feeling really angry right now." This can be effective in helping to defuse a situation.

In other cases, it may be better to express your emotions through body language or nonverbal cues. For example, if you're feeling happy, you might smile or give a thumbs up. Or if you're feeling sad, you might lower your head or cross your arms.

The key is to be aware of the situation and the people involved, and then choose the communication method that will be most effective in that particular scenario.

Emotional Regulation Skills Can Be Learned And Developed Over Time

Our emotions are powerful things. They can shape our moods, our thoughts, and our behaviors. They can even affect our physical health. That's why it's so important to learn how to regulate our emotions.

Fortunately, emotional regulation skills can be learned and developed over time. Just like any other skill, the more we practice them, the better we become at using them.

Emotional regulation is a key ingredient for resilience. People who are good at emotional regulation are better able to cope with difficult life events and bounce back from them more quickly. If you want to improve your emotional regulation skills, start by identifying your triggers, practicing deep breathing exercises, and making time for self-care. Here are some tips for developing your emotional regulation skills.

Know Your Triggers

The first step is to become aware of what situations or events tend to trigger strong emotions in you. What situations or events tend to set off your emotions? Once you know your triggers, you can start to develop a plan for how to deal with them in a healthy way.

Practice Relaxation Techniques

When you feel yourself getting tense or stressed, take a few minutes to relax your body and calm your mind. There's all different techniques you can try like deep breathing, progressive muscle relaxation, or visualization.

Start with deep breathing because it is a simple but effective way to calm yourself when you're feeling overwhelmed by emotion. When you start to feel yourself getting worked up, take a few deep breaths, and focus on the physical sensations of inhaling and exhaling.

Be Aware Of Your Thoughts

Our thoughts can influence our emotions, so it's important to be aware of the thoughts we're thinking. If you find yourself having negative or anxious thoughts, try to counter them with positive or constructive ones.

Connect With Others

Emotions are contagious, so spending time with people who make you feel good can help improve your own mood. Conversely, spending time with people who bring you down can make it harder to regulate your emotions. Choose your social interactions wisely!

Take Care Of Your Body

Physical health is closely linked to emotional well-being, so it's important to take care of your body as well as your mind. Eat healthy foods, exercise regularly, and get enough sleep. These self-care habits will go a long way in helping you manage your emotions more effectively.

Make Time For Self-Care

Self-care is any activity that we do intentionally in order to take care of our physical, mental, and emotional health. When we make self-care a priority, we're better able to cope with stress and manage our emotions. Consider adding some self-care activities into your weekly routines, such as exercise, journaling, spending time outdoors, or spending time with friends and family.

The Relationship Between Self-Awareness and Emotional Regulation

We all have emotions. Whether we like it or not, they are a natural part of the human condition. What we can control, however, is how we react to and express our emotions. This is where self-awareness comes in. Self-awareness is the ability to be aware of and understand your own emotions. It's about knowing what you're feeling and why you're feeling it.

Self-awareness is important for emotional regulation because it allows you to take a step back and examine your emotions before reacting to them. When you're self-aware, you're better able to manage your reactions and stay in control of your emotions.

This is especially important in stressful or difficult situations. If you can remain aware of your emotions and regulate them effectively, you'll be better equipped to handle whatever life throws your way.

Self-awareness and emotional regulation are closely related. In fact, they rely on each other to function properly. Emotional regulation cannot happen without self-awareness.

You need to be aware of your emotions in order to regulate them. Likewise, self-awareness is useless if you're unable to regulate your emotions. The two go hand in hand; one cannot exist without the other.

The Benefits Of Self-Awareness For Emotional Regulation

- When you're self-aware, you're able to take a step back from your emotions and examine them objectively. This allows you to respond to your emotions instead of reacting to them impulsively.
- Additionally, self-awareness gives you the ability to see your emotions for what they are—just feelings that will pass eventually. This perspective can help prevent you from getting too wrapped up in your emotions and lashing out impulsively.

- Lastly, self-awareness can help you develop healthier coping mechanisms for dealing with difficult emotions.

If you want to improve your emotional regulation skills, start by working on your self-awareness!

15 Tips To Improve Emotional Regulation

Talk To Yourself In A Supportive Way

When we're constantly berating ourselves, we get caught in a downward spiral of negative emotions and self-doubt. However, when we talk to ourselves in a supportive way can improve our emotional regulation and resilience.

When we treat ourselves with compassion, we're more likely to bounce back from setbacks and feel better in general. So, the next time you start to criticize yourself, try to say something supportive instead.

Awareness

There are actually two types of awareness that can help you build your emotional regulation skills.

Self-Awareness

Self-awareness is a key component of emotional intelligence. It helps you recognize, label, and process each emotion you experience. A lot of people don't have the vocabulary necessary to label their emotions so start by exploring the feeling. Where do you feel it manifesting physically? Is it in your head, stomach, or heart? Explore it so you can label it, but also take the time to grade it because emotions are felt at varying intensities. This will help you regain a sense of control.

Identifying your emotions is one of the biggest benefits of developing self-awareness. What's going on in different areas of your body? Once you explore this, investigate further to identify the trigger, as well as how you would describe it.

Sometimes, the process will be straightforward, but other times it won't be. For example, you are passionate about a certain subject, and you see someone you love making light of it on social media. You think you feel angry, but after investigation, you realize it's a disappointment. Or maybe there is anger there, but there is an underlying feeling that accompanies that anger, perhaps it is disgust or maybe it's betrayal. The more emotions at play, the more challenging the process, but it is worth it. Just

remember to do this with a mindset of curiosity rather than approaching it in judgment.

Mindful Awareness

This is a grounding exercise that encourages you to focus on five things with your sight, four things with your touch, three things with your ears, two with your nose, and another with your tongue. It's a way to calm your system while you identify what's going on.

Reframing

This is also known as cognitive re-appraisal, and it simply means that you try to look at the situation from a different perspective. Its most common form is taking a negative situation and trying to reframe it more positively.

Self-Compassion

Self-compassion is another way of describing self-kindness because it is simply about showing yourself kindness. You should set aside time for yourself every day, whether it's to go running, sit quietly, read a book, or just enjoy your favorite snack. Learning to speak positively about and to yourself is an important part of the process, and you can use a gratitude journal as a reminder of the incredible things in your life.

Adaptability

When you struggle with emotional regulation it might be because you can't understand what it takes to adapt to the situation. That makes a lot of people nervous about trying to change, but through objective evaluation, you can learn to be more adaptable.

Think about someone you know well and love. Imagine them experiencing what you are feeling and going through and think about the advice you would offer them if the situations were reversed. You might be surprised by how much better you cope as a result.

Practice Mindfulness

When we are able to be more present and aware of our emotions, we can manage them more effectively. We may be better able to understand why we are feeling certain emotions, and how to best deal with them. This can lead to improved resilience, as we are better equipped to cope with challenging situations.

Resist Judgment

While it was noted earlier, approaching your emotions without judgment is important enough for its own moment. You experience anger, and as a result, you feel shame. Why would you feel ashamed about having a natural anger response?

Anger can feel irrational. It can feel like an outsized response to whatever you're dealing with. It's small if you compare it to what some other people are going through. But that's why you shouldn't make comparisons because you are allowed to experience your emotions. So, when you are working on regulating your emotions, do it without judgment.

Find The Message

It's worth taking the time to understand what your emotions are trying to communicate to you. Your emotions are useful to you, when you turn into them you learn to recognize your needs and you can act on those observations and adapt.

There is a major difference between acting on those observations and acting on the feeling itself. If you were to constantly act on your feelings, the outcome would probably be poor.

Those emotions might drive you to react to your partner or to say unkind things to your colleague or boss. This is more about investigating your emotions to find information that helps you cope with those emotions rather than encouraging you to act on them directly. So, when you are experiencing an emotion, ask yourself what it's trying to tell you.

Hit The Snooze Button

Have you heard of couples who hit a pause on arguments so they can take a break from the intense emotions and get themselves together before they continue? That's what this is.

Ultimately, you won't be able to hit the snooze button every time you are faced with an uncomfortable emotion. But there are cases where you can.

So, once you have taken a moment to label the feeling and accept it rather than pushing it aside, you can hit snooze. It simply means recognizing it and setting it aside to address later. If you're dealing with a small emotion, it won't take up much of your time to resolve. But for those more intense or outsized emotions, there might be a lot of work involved to address it.

Don't Bottle Up Your Emotions

When you're used to suppress your emotions, it can be tough to know how to deal with them when they finally come out. Instead of bottling up your emotions, it's important to find healthy outlets for them.

Talk to a trusted friend or family member, journal, or participate in a creative outlet like painting or writing. Expressing your emotions in healthy ways can help you to better understand and regulate them, making you more resilient in the face of challenges.

Develop Strong Relationships

This can be a challenge because when you struggle with emotional regulation, it can negatively impact your relationships. But building strong relationships with your friends, family, and co-workers is an important step.

Strong relationships widen your perspective. Those relationships often alter how you see yourself and the world around you. As social creatures, humans take strength from those around them and use that strength to endure, evolve, and overcome issues. And that is a key part of developing emotional regulation and building resilience.

So, work on deepening your existing familial and platonic relationships. Look at building new relationships. Consider how you can improve your professional relationships. In doing so, you improve your ability to communicate and relate to others, which are key skills in developing emotional regulation and resilience.

Distract Yourself From Rumination

Rumination is defined as repetitive negative thinking about the past or future, and it can lead to a spiral of negative emotions. However, rumination is a normal part of the human experience, and it's only when it becomes excessive that it can become problematic. There are many different ways to distract yourself from rumination, but some of the most effective include exercise, journaling, and spending time with loved ones.

Exercise releases endorphins that can improve your mood, journaling allows you to process your thoughts in a constructive way, and spending time with loved ones can help you to feel supported and connected. All of these activities can help to break the cycle of rumination and improve emotional regulation and resilience.

Embrace The Positivity

When you are dealing with overwhelming emotions, you need to kick negativity out and engage in positive self-talk. Don't kick yourself or anyone else, inject compassion and empathy into the situation and find ways to be encouraging. It's a quick way to mitigate those overwhelming emotions. Be frustrated if that's how you feel, but don't assign blame.

You can also look beyond negative emotions to find some positive ones. It's easy to give into those negative emotions, it's easy to seize on shame, sadness, anger, and disgust. But it's powerful to choose gratitude and contentment because you have to reach through a torrid wave of negative emotions to find those quieter positive ones hiding in the back.

Find Balance

Emotional regulation and resilience are the trajectories of a normal functioning person who experiences a moment of adversity. It's a delicate balance, and it's one that you develop between your emotions and how you allow them to impact you and your life.

There are plenty of different ways you can achieve perfect balance in life.

- Maintain a daily schedule that outlines your responsibilities and assignments so you can organize your day and act accordingly.

- Keep a list of priorities and make a note of where your partner(s), children, family, self-care, social life, work, etc. fall in order. Don't worry, your children and partner can share a line if it's too difficult to choose or if you want to avoid hurt feelings.
- Revisit your priorities often and rearrange them as required. For example, you may have a heavy week of deadlines where work has to take priority over everything else, but the rest of the time, work may be much lower. It's okay to change it up as the demands of life shift and alter. Commit yourself to give your highest priority items quality time.
- Be an active, open, and honest communicator with your partner. Be open to discussing the rollercoaster that is your life and be willing to confront problems head-on instead of trying to escape them.

Spend Time In Nature

According to a study done by the University of Sussex, time spent in nature can have a profound impact on our mental health. The study found that people who spent two hours a week in nature were significantly more likely to report good health and higher levels of psychological well-being.

Furthermore, the study found that time spent in nature can help to improve emotional regulation and resilience. This is likely due to the fact that time spent in nature helps to reduce stress levels and promote relaxation. In addition, time spent in nature can also help to increase self-esteem and feelings of connectedness.

Practice Makes Perfect

It probably sounds like a lot. It is. But the more you do it the better you will become.

Eventually, it will become second nature. Believe it or not, those people who had parents with strong emotional regulation skills, grew up modeling those behaviors and do it without much thought.

You just came to it later in life and as a result, you need to condition yourself to make it a habit. The more you do it, the deeper you will instill these skills.

Resilience refers to a person's ability to cope with difficult situations and overcome adversity. Emotional regulation is a key component of resilience. This refers to a person's ability to manage their emotions effectively, especially in times of stress.

Individuals who are emotionally resilient are able to regulate their emotions in a healthy way. They are able to identify their feelings, understand how these feelings impact them, and manage them in a constructive way. This allows them to better cope with stress and adversity.