



TRAINING NETWORK

EMOTIONAL REGULATION SKILLS

TEEN RESOURCE

It's okay to feel.
It's important to manage how you deal with it.



Emotions are like waves – they rise, peak, and pass.
You can't always control your emotions, but you can learn how to manage them.
You've got the power to choose your response.

★ WHAT IS EMOTIONAL REGULATION?

It means understanding your emotions and choosing healthy ways to manage them.

It helps you:

- Handle stress
- Build better relationships
- Make good decisions
- Feel more in control



It's a skill – and like any skill, it gets better with practice.

😊 COMMON EMOTIONS (ALL ARE OKAY!)



Happy



Sad



Angry



Worried



Excited



Anxious



Frustrated



Disappointed

You don't have to like every emotion, but you can learn from them.

👍 WHY REGULATE EMOTIONS?

- It helps you stay calm under pressure
- It improves your mental health
- It helps you think more clearly
- It strengthens your relationships
- It helps you bounce back
- It leads to better choices
- It helps you feel more like YOU



When you regulate your emotions, you take back control.

TOOLS TO HELP YOU REGULATE

1 PAUSE

Stop and take a moment before you react.



Pause = Power

2 BREATHE

Slow, deep breaths calm your body and mind.



Try: 4-4-4-4
(Inhale-Hold-Exhale-Hold)

3 NOTICE

Name what you're feeling. Where do you feel it in your body?



Awareness is the first step.

4 CHOOSE A STRATEGY

Use a tool that works for you. (See ideas below!)



Different tools work for different times.

REFLECT

What helped? What can you do differently next time?



Learn. Grow. Keep practicing.

STRATEGIES YOU CAN TRY

- Go for a walk
- Listen to music
- Write in a journal
- Draw or color
- Talk to someone you trust
- Do a physical activity
- Use positive self-talk
- Take a break

Find what works for YOU. Keep it in your toolkit!

RIDE THE WAVE

Emotions rise, peak, and fall. They don't last forever.



Remind yourself: This feeling will pass.

TIP THE BALANCE

Unhelpful Responses

Avoiding
Exploding
Shutting down
Blaming others



Helpful Responses

Expressing
Calming down
Asking for help
Solving problems

Balance feels better than either extreme.

WHAT HELPS IN THE MOMENT?

G
R
O
W

Get grounded
5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste

Release tension
Stretch, shake, or take deep breaths

Observe
Name your emotion without judgement

Work on what helps
Use a strategy from your toolkit

Use G.R.O.W. to reset and regain control.



UNHELPFUL THOUGHTS vs. HELPFUL THOUGHTS

Unhelpful Thoughts

I can't do this.
This is too hard.
I always mess up.
No one understands me.
It will never get better.

Helpful Thoughts

I'll take it one step at a time.
This is challenging, but I can do hard things.
Everyone makes mistakes.
I can talk to someone.
This feeling won't last forever.

Your thoughts affect your feelings and actions. Choose thoughts that lift you up.

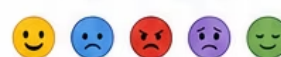
CREATE YOUR CALM PLAN



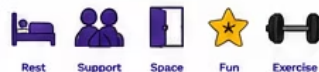
Plan ahead. Your future self will thank you.

CHECK IN WITH YOURSELF DAILY

How are you feeling right now?



What do you need today?



Checking in helps you meet your own needs.

YOU'VE GOT THIS!



You are allowed to feel.
You are capable of managing.
You are stronger than you think.
One step, one breath, one choice at a time.

Keep practicing. You're growing every single day.



EMOTIONS ARE MESSAGES, NOT PROBLEMS.
LISTEN. UNDERSTAND. RESPOND. THRIVE.



LEARN • GROW • THRIVE

Helping children, teens and families build a healthier, happier future.



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