

EMOTION REGULATION STRATEGIES



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ENGAGING

the senses

Step 1: Collect a variety of sensory items, such as a stress ball, a piece of textured fabric, a scented candle, a small bowl of water with floating petals, or anything else that engages the senses.

Step 2: You're required to engage with any one of the chose sensory item and explore the following:

- **Touch:** How does it feel? Is it rough, smooth, soft, or hard?
- **Smell:** If it's scented, what does it remind you of? How does it make you feel?
- **Sight:** What does it look like? Are there colors or patterns?
- **Sound:** Does it make any sound when touched or moved?

PROMPTS FOR REFLECTION

How did focusing on the sensory item make you feel?

Were you able to shift your attention away from stress or intrusive thoughts?

Which sense did you find most helpful in grounding yourself?



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POWER OF

'what' questions

When faced with challenging situations, instead of dwelling on 'why' questions, this activity encourages asking 'what' questions, which lead to practical solutions, resource utilization, and immediate emotional management. This shift helps individuals regain control, reduce anxiety, and make better choices for their mental well-being.

What immediate choices do I have?

What tools or resources can I access?

What individuals, environments, or activities can provide comfort right now?



COLORING



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your feelings

Art can help us understand and manage our emotions. This activity will guide you in using art for emotional expression and regulation.

Select an art form that resonates with you, like drawing, painting, or journaling. Use your chosen medium to express your current emotions creatively.

Afterward, reflect on your creation. What emotions do you see in your artwork? Are there any patterns or colors that stand out? How does creating this make you feel?

RAINBOW

exploration



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Pick a color in your environment. Find and name five objects of that color around you. This helps shift your focus away from distressing thoughts.

Object 1

Object 2

Object 3

Object 4

Object 5

In what ways can color awareness become a useful tool in your self-regulation toolkit?