Emotional Self-Regulation – Feeling, Thinking & Learning

Emotion and cognition are interrelated processes.


Emotional regulation includes awareness, acceptance, values, choice & cultivation

Awareness
Sensations
Location
Quality
Stories
Useful?
Evidence?
Acceptance

Discomfort is normal

Working with discomfort is a skill

Effort is not the same as struggle
"The opposite of anxiety is faith"

"I know what's going to happen, and I don't believe I have what I need to deal with it."

"I don't know what's going to happen, and I believe I have what I need to deal with it."


Values

What is most important?

Choice

Spinning  Taking Action  Letting go

The practice of letting go begins by bringing attention to the present.

Accepting responsibility for our choices is a source of freedom.
Cultivation

**Box Breathing**
In breath for a slow count of 4  
Hold gently for a slow count of 4  
Out breath for a slow count of 4  
Wait gently for a slow count of 4

Allow your belly to fall away from your body on the in breath and bring your belly button back toward your spine on the out breath.

**Micro-kindness**
Looking for small (tiny) acts of kindness happening around you  
Look for opportunities to carry out small (tiny) acts of kindness

**Self-Compassion**
Rest your hand gently on your chest  
Bring to mind someone for whom you feel warmth and appreciation  
Now extend the kindness you feel for this person to yourself.

**Safety**
Open Breathe Smile
Sit up or standing: Drop your shoulders, open your chest, breathe deeply & smile

Connect with gratitude  
Marvel that you exist  
Wish others well
Helpful distinctions

Uncomfortable vs hard

Positivity vs ease

Safety vs comfort

Stress/Anxiety vs Overwhelm