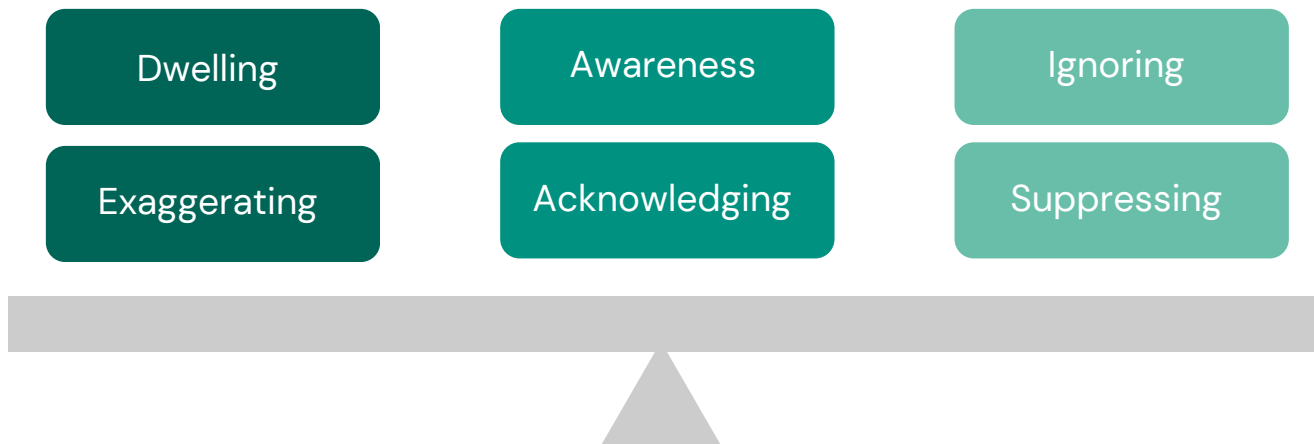


EMOTION REGULATION STRATEGY: MINDFULNESS

Mindfulness simply refers to a balanced response in the attention we give to emotions. Instead of suppressing or exaggerating emotions, we want to strike a balance of awareness. Think about an emotional experience you are having or have recently had. Now think about the attention you are giving to it. Where are you on the balance beam?



LEANING LEFT?

- Try writing out your feelings and thoughts or talking through them, then allow yourself to leave them in that journal or conversation.
- Find ways to engage in the here and now.
- Rate your response on a scale of 1-10 in terms of intensity, with 10 being the highest. Now rate the intensity of event that caused your response on a scale of 1-10. Do your numbers match?

LEANING RIGHT?

- Set aside time daily for you to check in with yourself and acknowledge what emotions might come up.
- Ask a friend or family member to ask you about your emotional health once a week.
- Use creative expression or physical movement as an outlet when you can't put words to feelings or thoughts.

