

Healthy Emotion Regulation Strategies

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- **Breathe mindfully** – In, out; deep, slow.
- **Practice self-care** – Get 8 hours of sleep, eat healthy food, exercise for at least 20 mins/day.
- **Stay connected** – Surround yourself (virtually) with people who are calm.
- **Monitor your “self-talk”** – Try to re-frame things so you can remain calm.
- **Have a routine** – Keep yourself occupied.
- **Enjoy yourself** – Take time to do something fun.
- **Have compassion for yourself & others** – Give yourself & others permission to fail & forgive.

Just Checking In

From IDONTMIND

1. How are you feeling today, really? Physically and mentally.
2. What’s taking up most of your headspace right now?
3. What was your last full meal, and have you been drinking enough water?
4. How have you been sleeping?
5. What have you been doing for exercise?
6. What did you do today that made you feel good?
7. What’s something you can do today that would be good for you?
8. What’s something your looking forward to in the next few days?
9. What’s something we can do together this week, even if we’re apart?
10. What are you grateful for right now?