
How to self-regulate in a stressful moment

Stop!

Ask Yourself:

What am I
feeling right
now?



Take a Breath.

Ask Yourself:

Am
I breathing
too fast?
Can I take a
deep breath?



Observe.

Ask Yourself:

What else am
I feeling in my
body? In my
mind?



Proceed.

Decide to
respond in a
way that
works best
for you &
your family!



www.stresshealth.org

**STRESS
HEALTH**

4 EMOTIONAL REGULATION SKILLS TO MASTER

TAKE A STEP BACK

By taking the time to breathe and slow down before reacting, it helps you control your reactions, giving you space to think.



SELF-AWARENESS

Understanding the range of emotions you may feel helps you explore these feelings and the reactions that follow.

SELF-COMPASSION

Being compassionate towards yourself helps you when dealing with negative emotions as it allows you to see yourself more positively.



ADAPTABILITY

Adaptability is important because it helps you become more resilient to intense situations.



The road to recovery
asapcincinnati.com
TEL 513.792.1272 FAX 513.891.4449

Guide to DBT:
Mindfulness

WHAT
Skills



HOW
Skills



OBSERVE

Non judgmentally view your environment. This helps you understanding situation more accurately.



NON JUDGMENTALLY

Describe the facts and ignore judgments like "good" or "bad".



DESCRIBE

Express what you noticed while observing without using judgmental statements.



ONE-MINDFULLY

Stay focused on one thing at a time to keep your mind from being distracted by emotion.



PARTICIPATE

Become fully focused on the activity you are doing. Eliminate any distractions.



EFFECTIVELY

Do what works as soon as possible and make alterations if it isn't working.

Mindfulness is the bedrock of DBT. It helps clients accept and tolerate intense emotion.

Tips for Emotional Regulation

1



Validate Your Feelings

Feelings are never right or wrong. They're normal and a part of being human.

2



Consider Riding it Out

Sometimes feelings keep coming back because you always push them away.

3



Try Self-Soothing

Listen to music you enjoy, smell essential oils, go for a walk, or take a shower.

4



Practice Mindfulness

Practice noticing your experience without judging or trying to change it.

5



Change Your Thoughts

Changing your thought patterns can change how you feel over time.

6



Learn New Skills

Therapies like CBT and DBT can help you understand and cope with strong emotions.



Find more tips and resources at www.thecounselingpalette.com