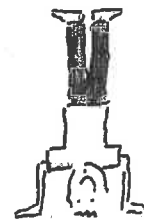


# Regulating emotions - Effective strategies

Mostly Effective Strategies which refocus your attention

- Finding support from others
- Working as part of a team
- Focusing on solving the problem- making a plan, a list, getting organised, prioritise
- Mindfulness/Relaxation
- Sleep
- Focusing on what you can control- a key to resilience
- Creating boundaries
- Physical Activity
- Spending time in nature
- Breathing
- Constructive activities- hobbies, reading, cooking etc
- Entertainment- music, films
- Positive reappraisal- how can I look at this situation through a different perspective?
- Visualisation- focusing on a positive outcome
- Focusing on achieving a goal
- Taking action for a cause or a social issue
- Drinking water/eating healthy
- Journaling
- Gratitude
- Take a break
- Focus on the benefits of short term stress. Understanding that moderate levels of stress can be beneficial. It is only when we feel that stress is beyond our control (chronic) that it impacts significantly on our well-being. When you change your mind about stress, you change your bodies reaction to it.



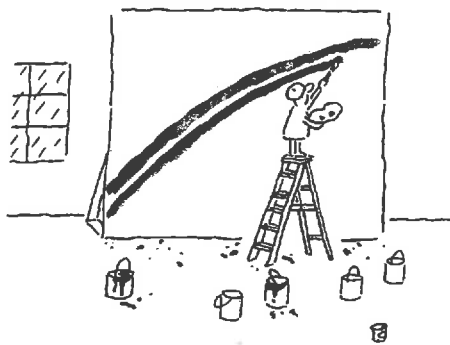
Change  
your  
perspective  
: refocus.

Which effective strategies do you currently use to refocus if you are feeling stressed?

Which could you develop?



Exercise



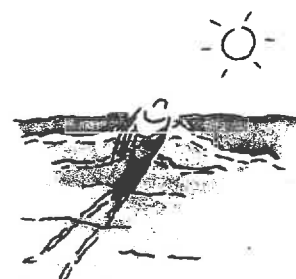
Focus on creating  
what you desire



Find  
support



Set goals



Get in touch  
with nature

# Ineffective strategies



These strategies are ineffective in regulating emotion

- Avoidance/Denial- ignoring the emotion or problem.
  - Withdrawal from people
  - Rumination and worry
  - Blaming oneself
  - Blaming others
  - Procrastination
  - Poor health habits
  - Lack of sleep
  - Focusing on what is out of our control
  - Comparison
  - Thinking traps that are unhealthy
- (Black and white thinking: Anything less than perfect is a failure  
Overgeneralising: This always happens to ME  
Catastrophizing: This impacts on EVERYTHING  
Mind reading: They think this about me...  
Labelling: I am useless, I am not good enough, they are useless, they are not good enough)



Which of these ineffective strategies do you tend to use when feeling stressed?

