

# SELF - REGULATION

## WHAT I CAN DO WHEN I HAVE STRONG EMOTIONS...

1

### Comforting:

Allowing yourself to cry, sleeping, playing with a pet, taking a shower, cuddling a pillow or having a massage.

2

### Fun:

Listening to music, playing with a fiddle toy, mindfulness colouring, sudoku / crosswords / wordsearches or watching a film.

3

### Distraction with others:

Generally being with other people, phoning a friend, helping someone else, going to a public place, visiting a friend, hugs or talking about what is on your mind with someone.

4

### Constructive:

Writing a to do list, untangling necklaces, wool or string, organising your room / things, reading a book, cooking / baking, writing a list of positive things in your life, gardening, painting your nails or talking to someone.

5

### Inspiring / creative / physical:

**Inspiring:** star gazing, watching a candle burn, meditating, focus on an object (rock, shell) closely, look at works of art, watch animals in nature or participate in yoga.

**Physical:** popping bubble wrap, playing with fiddle toys, dancing, going for a walk, bike ride or run, popping balloons, ripping up paper into small pieces or catch/kick a ball.

**Creative:** writing poetry / songs, doodling, playing an instrument, singing, knitting or sewing, drawing or painting, making a compilation of your favourite songs.

6

### Change what you do:

Stretching an elastic band, squeezing something in your hand, take a picture / draw an image of yourself when you have the strong emotion - write down words to say how you feel - screw up the paper and dispose of it or take a shower.

**Further support:** Wellbeing team and Young Minds Charity

