

Emotion Regulation

What is it and how do we do it?

What is Emotion Regulation?

"Emotion Regulation" is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience. Many people unconsciously use emotion regulation strategies to cope with difficult situations throughout the day.

Common Healthy Emotion Regulation Strategies



Talking with Friends



Exercising



Meditation

Common Unhealthy Emotion Regulation Strategies



Self-Injury



Abusing Alcohol or Other Substances



Excessive Social Media Use

Emotion Dysregulation

- Inability to regularly use healthy strategies to diffuse or moderate negative emotions
- It is the interpretation of the emotion that tends to stir up feelings and a sense of not being able to tolerate them

"Vicious Cycle"



Breaking the Cycle

- Learning how to understand and work with the relationship between thoughts, feelings and behaviors
- Pay attention to the way the thought-emotion-behavior relationship works for each of us



Male and Female Differences in Emotion Regulation



vs.



- Experience both positive and negative emotions **more** intensely
- **Greater** difficulties with emotion regulation skills
- More difficulty controlling ruminating behaviors
- More prone to "reflection"

- Experience both positive and negative emotions **less** intensely
- **Less** difficulties with emotion regulation skills

Tips for Regulating Emotions

Take Care Of Your Physical Needs

- Good night's rest
- Eat healthfully
- Exercise your body



Engage in Activities that Build A Sense of Achievement

- Do one positive thing every day
- Pay more attention to the positive events in our lives



Changing Thoughts is Easier Than Changing Feelings

- Evaluate what you are thinking that is causing the emotion
- What is it that's really pushing my buttons here?



For More Resources

Cornell Research Program on Self-Injury and Recovery
<http://www.selfinjury.bctr.cornell.edu>

Youth Risk and Opportunity Lab
<https://www.yrocornell.com>

Emotion Regulation Information Brief
Rolston, A., & Lloyd-Richardson, E. What is emotion regulation and how do we do it? Cornell Research Program on Self-Injury and Recovery