

# Managing Intense Emotions in the Moment

# Objectives

1. Define emotional regulation.
2. Identify intense emotions and how to manage them in the moment.
3. Discover skills to prepare for intense emotions before they arise.

# What is emotion regulation?

**The ability to exert control over one's own emotional state.**

For example,

- Rethinking a challenging situation to reduce anger or anxiety
- Hiding visible signs of sadness or fear
- Focusing on reasons to feel happy or calm

# How to identify your emotions

- Name the feeling
- Allow the feeling sensations in your body
- Mindfully investigate what is at the heart of your feelings
- Bring compassion to your experience

# Managing emotions in the moment

- Deep breathing
- Sensory grounding
- Mindfulness
- Practice acceptance
- Challenge your thoughts
- Seek professional help

# Proactive emotion regulation

- Practice gratitude daily
- Learn to meditate
- Increase stress tolerance
- Get back to basics

# Grounding exercise

# Your Program

**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

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