

# WHEN EMOTIONS ARE OVERWHELMING, SELF-REGULATION IS KEY

Using emotion body mapping, we can focus self-regulation activities that support reducing our body's response in activated areas and increasing our body's response in deactivated areas.

For areas of deactivation (-15 to 0)  
increase movement, stretch, warm

For areas of activation (0 to 15)  
slow down, calm, cool, relax



## Anger:

Regulate by decreasing activation in upper half of the body and arms



## Sadness:

Regulate by increasing activation in lower half of the body and arms



## Anxiety:

Regulate by decreasing activation in center of the body, increasing activation in arms and legs



## Depression:

Regulate by Increasing activation in full body



Deep breathing

Slow rhythmic sounds

Use cold compress on face, arms/hands, chest

Increase visual perception – name 20 things in your environment

Massage/stretch to relax muscles in face, arms/hands, shoulders, back

Progressive muscle relaxation with upper body starting with face

Slow walk (or other exercise) paired with rhythmic brea

Deep breathing

Steady rhythmic sounds

Use warm compress on arms, center of body, legs

Vary visual perception – name 20 things in the environment, name 20 things you notice about one single object, Mindfulness 5-4-3-2-1

Massage/stretch to activate arms/hands, legs/feet

Progressive muscle relaxation with lower body starting with feet

Moderate physical exercise to activate arms, legs, heart

Deep breathing

Slow rhythmic sounds

Use contrasting temperature to activate arms and legs, or warm temperature on full body

Decrease visual perception – name 20 things you notice about one single object

Progressive muscle relaxation from head to toe

Slow walk (or other exercise) paired with rhythmic breath

Connect with surfaces (lean into a wall, dig heels into the ground, yoga/stretch with use of wall, ground, chair)

Deep breathing

Steady rhythmic sounds

Use contrasting hot/cold temperature to activate body

Vary visual perception – name 20 things in the environment, name 20 things you notice about one single object, Mindfulness 5-4-3-2-1

Progressive muscle relaxation from head to toe

Moderate/vigorous physical exercise to activate arms, legs, heart, breath (1-3x/daily)