

## Emotion Regulation Strategies

Use this list of healthy strategies to help deal with emotions. Think about each strategy and note whether you turn to it regularly or if you would like to use it more. At the bottom of this activity, you may also want to fill in a strategy that works for you or that you learned about and want to try.

Examples of Emotional Regulation Strategies	I use this strategy	I'd like to use this strategy more
Focusing on controlled breathing		
Talking with friends		
Thinking differently about a situation		
Writing in a journal		
Going for a walk		
Reading a book		
Exercising		
Getting adequate sleep		
Meditating		
Other _____		
Other _____		