

Emotional Regulation Exercises

Sometimes our emotions can feel overwhelming or difficult to manage. These 3 simple practices can help bring the nervous system back to a calmer state.

Exercise 1:

Grounding Through Breath

1. Sit comfortably and place one hand on your chest and one on your stomach.
2. Take a slow breath in through your nose for four seconds.
3. Hold the breath gently for two seconds.
4. Exhale slowly through your mouth for six seconds.

Repeat this for a few minutes, allowing your body to settle.

Exercise 2:

The 5-4-3-2-1 Grounding Exercise

This exercise can help when you feel anxious or overwhelmed.

Pause and notice:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This brings your attention back to the present moment.

Exercise 3:

Naming Your Emotions

When emotions feel intense, naming them can reduce their intensity.

Take a moment to pause and ask yourself:

What am I feeling right now?

Try to describe the emotion as specifically as possible.

Examples might include:

- frustrated
- anxious
- disappointed
- tired
- hopeful

Acknowledging the feeling without judgement often helps create space for calmer thinking.
