

A Guide to Regulating My Own Emotions



It can be difficult to manage and maintain your emotions especially when you are put under stressful conditions such as exams, relationship breakdowns or changes in home, school or friendships.

It is important to be able to manage your emotions so that you feel in control of yourself and the situation.

Heightened negative emotions that are long-lasting can be hard to manage and can have a negative impact on your physical, emotional and mental health.

It is important to have the skills and coping strategies to be able to return your emotions quickly when needed so that you can return to a calm and relaxed state.

To regulate your emotions, the following ideas may help:

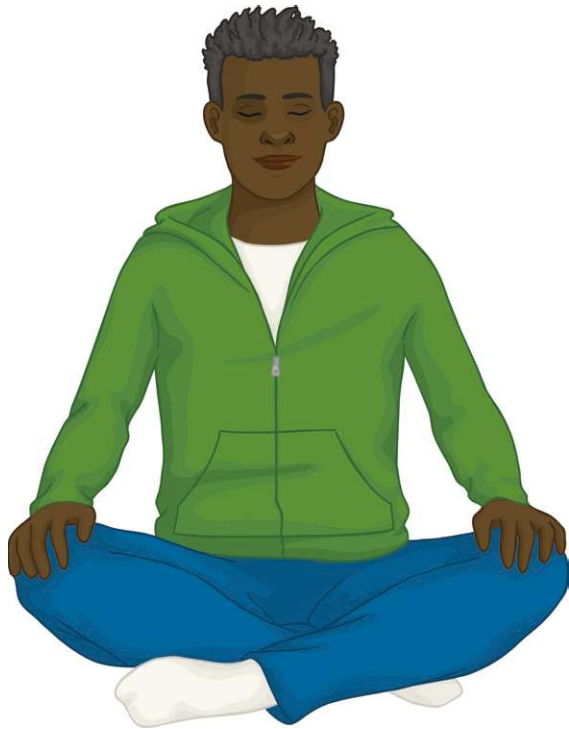
1. Focusing on the Positives
2. Thinking about What Your Body Needs
3. Eating Well
4. Taking Time for Yourself to Be Happy
5. Spending Time with Your Friends
6. Being the Positive One
7. Getting a Good Night's Sleep
8. Thinking about Your Body and Mind

You are an important person and have the ability to control your own emotions and physical behaviour.

Try the above tips to help you regulate your emotions so you can remain balanced and consistent in mood. If you are finding it difficult to regulate your emotions and feel it is having an impact on your daily life, always seek specialist support.

Thinking about Your Body and Mind

It is really important to think about when you need to take some time out. Often, people keep going both physically and mentally until they start to feel very tired or feel low in mood. A really important part of emotional regulation is knowing when you need to take a break. Having a break may involve looking after yourself physically so you might be very tired and decide to go to bed earlier. You may feel overloaded with work and need to do something that you enjoy and helps you to relax. Make sure you take time for a break!



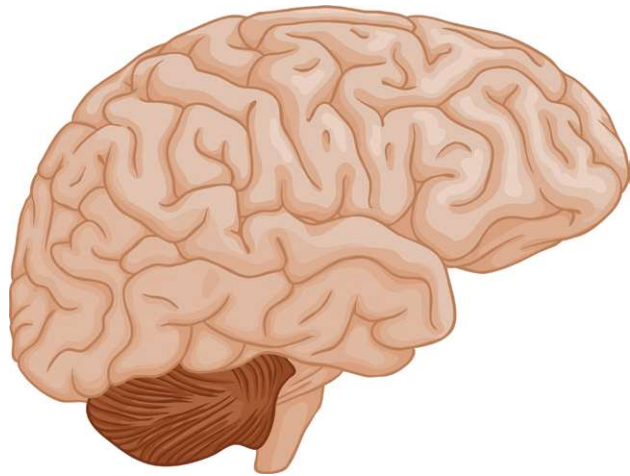
Focusing on the Positives

Sometimes, when you are stressed and anxious, the negative feelings and emotions can take over and be overwhelming. Try and take some time to think about all the good things that are happening. Think about all the areas of your life that make you feel happy, proud, and excited. The more room you can make for the positive thoughts, the better your mindset will be. Your emotions will also be more effectively regulated.



Thinking about What Your Body Needs

When you become stressed, tired or worried, your body can feel different. Your body may feel weakened, lethargic or it may feel full of adrenaline and on edge. Take regular exercise (ideally something you enjoy) which you could do on your own or with your friends in a team. Either choice is a healthy choice. Some people prefer to exercise alone or others enjoy the team camaraderie.



Getting a Good Night's Sleep

It is important to get enough sleep but it is equally as important to get a good quality of sleep. Make sure you have a bedtime routine that does not involve blue light from screens. Think about having a relaxing bath or reading a book before bed and aim to keep to the routine. Getting a good night's sleep can have a huge impact on your ability to regulate your emotions. Often, people who are tired and have a poor quality of sleep cannot focus as well; they may make wrong decisions or quick decisions that are not always the right ones.



Being the Positive One

If you wake up feeling low or just not as positive as usual, try and use some positive affirmations to feel happier for the day ahead. If you make yourself more positive, you may find that you are the positive friend that people come to! Helping others can be very rewarding due to the sense of pride and achievement it gives you.



Eating Well

Eating healthy foods and keeping hydrated can make your body feel calmer and less fatigued. Eating too much sugary food can cause you to feel unwell and experience highs and lows in your energy levels. Avoid any substances like alcohol or drugs. Looking after your body will contribute to an emotionally balanced state.



Taking Time for Yourself to Be Happy

Life can be very busy and demanding. Think about all the things that make you happy. What is it that makes you laugh, feel excited, feel proud and fulfilled? Make sure you spend time doing these things as it is important to plan to have fun as it is to plan all the other things that you need to do in your daily life. A good way of having fun is to try and do something new that you have always wanted to do.



Spending Time with Your Friends

Supportive friends may be the best people to spend time with and talk through how you are feeling. Your friends may be able to help you put things into perspective, they can make you laugh and pull you out of a low mood just by being around you. Seek out those special friends and choose to surround yourself with positive people.

