# **Emotional regulation & resilience**

It's safe to say there's a strong link between resilience and regulating our emotions. Research has shown that no matter how you look at it, resilience often involves an experience of significant adversity that challenges us, regardless of whether it is examined as a trait or an outcome.

These challenging experiences are often **packed with emotions**. So, when we talk about being able to "bounce back" from a tough or ongoing situation or being able to be more resilient, it's important to acknowledge the emotional rollercoaster that comes with it and **think about how people manage their feelings**.

#### Resilience

The ability to bounce back from adversity. It also increases the ability to regulate emotions because it enhances self-esteem and the perception of social support.



# **Emotional resilience**

Our ability to **emotionally cope with**, and adapt to, **stressful situations** – and at the core of this is emotion regulation...



# **Emotion regulation**

The ability to manage our own emotions.

# **Understanding emotional regulation**

Emotional regulation refers to the **ability to effectively manage and control our emotions** in a healthy and adaptive manner. It can also be known as a form of **self-regulation**. It involves **recognising** and **understanding your emotions** and then employing strategies to modify or regulate them in order to achieve **desired emotional states and responses**.

Emotional regulation is an important aspect of psychological wellbeing and plays a crucial role in various areas of life, including relationships, decision-making, and overall mental health.





# Effective emotional regulation can involve several key components and strategies:

#### Awareness and identification of emotions



It is important to be **aware of** and **accurately identify the emotion** you might be experiencing. This involves recognising the specific emotions, understanding their intensity, and being aware of the triggers or situations that elicit them.

# **Acceptance of emotions**



Accepting your emotions without judgment or criticism is a fundamental step in emotional regulation. Instead of suppressing or avoiding emotions, it is healthier to acknowledge and accept them as valid responses to certain situations.

### **Understanding the causes and triggers**



Gaining insight into the underlying causes and triggers of certain emotions can help in developing **effective strategies** for emotional regulation. This may involve reflecting on past experiences, identifying patterns, and understanding personal vulnerabilities.

# Cognitive reappraisal



This strategy involves reframing or reinterpreting a situation to change the emotional response. By challenging negative or distorted thoughts and replacing them with more positive and realistic ones, individuals can regulate their emotions more effectively.



#### Relaxation techniques



Engaging in relaxation techniques such as deep breathing, meditation, progressive muscle relaxation, or engaging in activities like yoga or tai chi can help reduce stress and promote emotional regulation.

# **Problem-solving**



When faced with challenging situations, developing effective problem-solving skills can help regulate emotions. This involves identifying the problem, brainstorming potential solutions, evaluating the pros and cons, and implementing a solution.



# Seeking support



Connecting with others and seeking social support can be instrumental in emotional regulation. **Sharing emotions and experiences** with trusted individuals, such as friends, family, or mental health professionals, can provide **validation**, **perspective**, **and guidance**.

Emotional regulation is a skill that can be learned and improved over time with practice and self-awareness. It is not about suppressing or eliminating emotions but rather about managing them in a healthy and adaptive way to promote overall wellbeing.





# Problem-solving activity for emotional regulation

#### Step 1

Figure out and describe the problem situation.



#### Step 2

Check the facts (all the facts) to be sure you have the right problem situation!

- If your facts are correct and the situation is the problem, continue with Step 3.
- If your facts are not correct, go back and repeat Step 1.

#### Step 3



Identify your goal in solving the problem.

- Identify what needs to happen or change for you to feel OK.
- Keep it simple, and choose something that can actually happen.

#### Step 4





- Think of as many solutions as you can. Ask for suggestions from people you trust.
- **Do not be critical** of any ideas at first; wait until **Step 5** to evaluate ideas.

### Step 5



Choose a solution that fits the goal and is likely to work.



- If you are unsure, choose two solutions that look good.
- Complete a pros and cons list to compare the solutions.
- Choose the best option to try first.

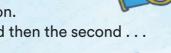
# Step 6



Put the solution into action.

- Act! Try out the solution.
- Take the first step, and then the second . . .

### Step 7



Evaluate the results of using the solution.

- It worked? Yes!
- It didn't work? Go back to Step 5 and choose a new solution to try.

