

# EMOTIONAL REGULATION TOOL KIT

Emotional regulation relates to a person's ability to respond to an emotional situation. We use this to overcome daily experiences by influencing our emotions to respond to the situation. This can be a conscious process or an unconscious process.

We have gathered some information on how to enhance and manage your emotional regulation and how to overcome stressful situations



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Click on the  
logo to enter  
the Health and  
Wellbeing Hub

Click a tab to  
work through  
the booklet

Click here  
to give us  
feedback on  
the Tool Kit!



Mindfulness

Self-soothing

Exercise

Self-care

Compassion

Self-awareness

Cognitive  
Reappraisal

Emotional  
Support

# MINDFULNESS

**Positive Affirmations:** Try these daily positive affirmations. Read them aloud to yourself and keep doing so.



Mindfulness allows us to explore our minds and body, identifying what we are feeling and how to move past our feelings to reach a point of calm.

## Breathing techniques include:

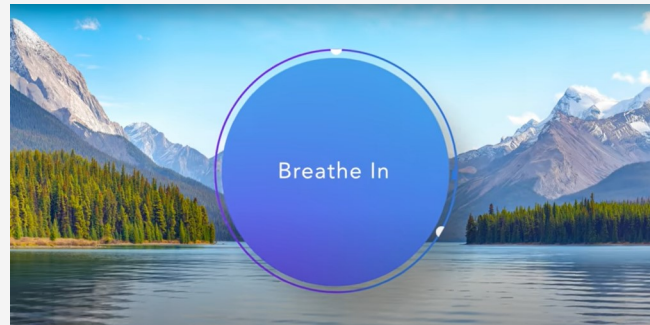
**Counting Breath:** Sit comfortably and start counting as you inhale and exhale. For example, count to 5 to inhale, hold for 2 then exhale for 5. You can change how long you inhale or exhale based on what makes you comfortable.

**Breath Shifting:** Using touch to help you focus on your breath by placing your hand either on your chest or abdomen (or both) and take deep breaths. This allows us to focus on the body as well as breath.

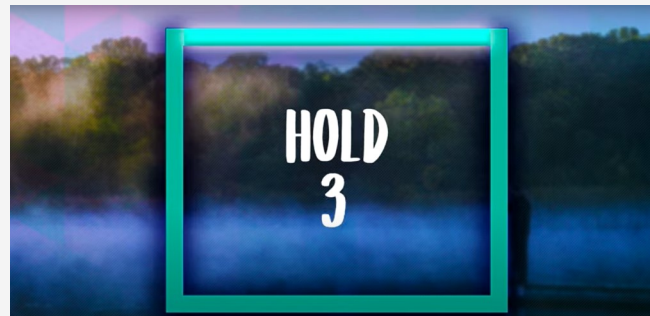
**Breath Relaxation:** Sit in a quiet space and close your eyes. Take deep breaths. Continue doing this until you feel your body relax and your mind calm. Continue this breathing until you feel relaxed.

Other mindful activities include reading and colouring. Anything that helps you focus on something other than the thoughts running through your head. Get some ideas [here!](#)

One aspect of mindfulness is breathing and focusing on your breath, the inhalation and exhalation. This is a basic meditative techniques but is the most powerful form of meditation as it lowers your heart rate, reduces stress, and lets you focus on the present moment.



Try a guided meditation by clicking the video by Calm



Try a guided box breathing meditation by clicking the video

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# SELF-SOOTHING

Self-care Techniques

Health &  
Wellbeing  
Centre  
at Barnsley College

Self-soothing can be done in a number of ways including using meditative measures such as the breathing discussed in the mindfulness tab. Here are some self-soothing activities:

**Meditation:** Any form of meditation can be soothing such as body scans, music meditation, breathing exercises and guided visualisations. There are many different types of meditation and you may find that one type works for you and the others do not but it is a perfect opportunity to try something different.

**Insight Meditation:** The site provides a range of different guided meditations that you can follow.

## Progressive Muscle Relaxation:

This technique works by bringing focus to each muscle group of your body to release tension. Working your way through the muscle groups, you tense each muscle for a few seconds, then let it go. By doing this, you release any tension your body and mind is holding onto.

**Reminiscing:** Using a quiet space to recall your favourite memories can be a great way to reduce stress and conflict as it lets you revisit positive experiences, and you can experience those positive emotions that you previously had. An alternative way of reminiscing is scrapbooking, this lets you revisit physical memories with things such as photos and tickets in a scrapbook to look at. [Click on the journal for an example of journaling.](#)



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The Health and Wellbeing Centre offers weekly meditation every Tuesday between 12.30pm - 13.30pm. These sessions visit the different types of meditations as we guide you through your meditative practice. You can book onto the sessions and find out more by contacting the Health and Wellbeing Centre.

These apps help  
with meditation  
and relaxation:



HEYDOBYCE



# EXERCISE

Exercise is good for your body and mind, it releases endorphins which trigger a positive feeling in your body. Exercise offers many emotional and physical benefits including reducing the risk of heart diseases, improves sleep and mental health.

You don't have to go to the gym if you aren't comfortable, there are thousands of ways you can exercise, including things you can do at home. Such as dancing, yoga, walking or YouTube workouts.

These apps help with exercise:



Downward Dog -  
Yoga/HIIT/Barre/  
Meditation



Flexibility  
Training



Zombies, Run! -  
Running  
workout



Couch to 5K -  
Guided running



Daily Yoga -  
Guided yoga  
support



Seven: Home  
Workout &  
Exercise - 7  
minute workouts



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# SELF-CARE

How I can cope with anger



Having time to care for yourself is important as it can make you feel good about yourself. This can contribute to further feelings of peace and your positive wellbeing. Furthermore, taking some time out each day to do activities for yourself can build on your emotional regulation skills.

## Self-care includes:

- Resting and eating well
- Saying 'no' when you don't want to do something
- Having fun and having time for your hobbies
- Seeking help from others
- Learning something new for yourself
- Having a long bath
- Speaking to friends and asking for help
- Being silly
- Exercising
- Laughing with friends
- Admitting to times you don't feel great
- Listening to music or a podcast
- Making sure to say 'yes' when you do want to do something
- Sleeping and having a lie in
- Meditating
- Taking time to do things slowly

[Here are some other ideas.](#)

**Self-care is anything that you do for yourself that you enjoy, whether it is an activity or personal care. Whatever makes you feel good!**

Self-care is an important part of emotional regulation, often we can forget to take care of ourselves or take time to focus on what we need rather than focusing on what is happening around us.



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# COMPASSION

Compassion is a good way to feel better about yourself and other people. This can be practiced through activities such as affirmations, or just through empathising discussions with people.

## Examples of Daily positive affirmations and mantras:

I am enough  
I am not my mistakes  
I am strong  
I accept myself fully  
I am unique  
I am a ray of sunshine  
I am in control  
I am worthy  
I am proud of myself  
I am brave  
I am successful  
I am beautiful  
I am bold  
I am self-aware  
I am loved  
I believe in myself  
I am not my mistakes  
I am successful

**By repeating these, you will keep believing that you are these things!**

**Daily positive affirmations or Mantras:** Using these can help you create a positive mind-set and help strengthen self-worth and confidence.

Mantras are used with meditation to help you stay focused. These can be great positive affirmations and it is useful to use these daily to help them stick in your mind.

Try a guided meditation including positive affirmations



# SELF-AWARENESS

Self-awareness is the stage of recognising your own emotions and understanding how they affect you. This can be done in a number of ways, such as naming your emotions and the circumstances that's led to these emotions.

Naming your emotions can be very difficult, especially during a stressful situation. During these cases, you can create a self-awareness chart that you can keep in a journal to help you revisit the situation at a later, calmer time. This can help you break down your thoughts and feelings into 5 sections:

1) What happened?

2) What emotions  
did I feel at that  
point in time

3) What person/  
situation caused it

4) How I responded  
to the situation/  
person

5) What I am  
feeling right now

By doing this, you can identify thoughts and feelings that arise during each situation you face, helping you think of alternative ways that you could handle each situation. This helps you develop your emotional regulation as it gives you other coping mechanisms which you can adapt to future experiences that you have.

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# COGNITIVE REAPPRAISAL

Cognitive reappraisal is when you consciously alter the way you think. It can be difficult and often takes practice, but it enables you to look at an experience or situation from a new perspective. This works to change negative thoughts, to ones that are more accepting and positive.

You can follow the below examples to replace thoughts and make them less negative.

You can replace the thought of  
“.... Hates me” to “..... Is upset  
now, so I will give them space”

You can replace the thought of  
“I can’t do this” to “This is  
hard, let’s try my best”

You can replace the thought of  
“what is the point in doing  
this?” to “I don’t understand  
why this is important, but I  
will give it a try”

By consciously altering how you think, you can gain a better perspective on other issues you may face in the future and overcome them with more positivity.



# EMOTIONAL SUPPORT

Click here  
for further  
support



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If something became too overwhelming that you just simply cannot overcome on your own, it is ok to seek help! Help can come in a number of ways, from supportive friends and family members, to seeking professional help.

**Speak to a person you trust:** Sometimes starting a conversation about your mental wealth and wellbeing can be difficult. It is important to be patient.

ITV, Mind and YoungMinds have partnered up to create the [Britain Get Talking campaign](#). This offers advice on how to start conversations you might find difficult.

Time to talk have gathered a number of conversational starts to help you.

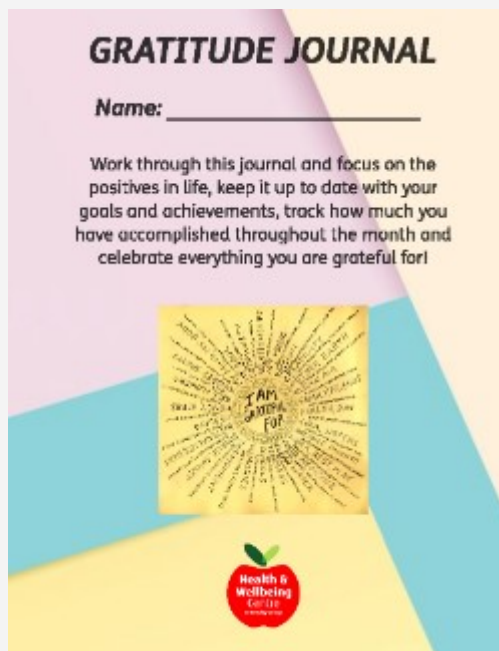
**Counselling:** You can access counselling at College, this is a 1 to 1 confidential service that allows you to discuss any struggles that you have with a qualified counsellor.

Here at College, we work with Mind to provide counselling. We also work with IAPT (Improving Access to Psychological Therapy) which is an NHS service to support mental health you can access these services by completing the Barnsley College SPA referral form

You can speak to any member of staff in College about support, and just to have a chat if you need one.

# EMOTIONAL SUPPORT

Gratitude Journal - These can be used daily or weekly, letting you write down what you are grateful for (big or small) and allows you to gain perspective on what is important and any positive experiences you have.



Health and Wellbeing Hub - full of advice, support and activities that you can do to help develop your emotional regulation

**SHOUT - Text SHOUT to 85258**

**Samaritans - Call 116 123**

**Papyrus (Suicide prevention) - Call 0800 068 4141**

**Childline - Call 0800 1111**

**Barnsley College Health and Wellbeing Centre - Call 01226 216233**



**/barnsleycollegehwbc**



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