



Emotion Regulation Guide

Where science meets heart in your journey to authentic wellbeing

Emotions are signals, not commands. Learning to work with them rather than against them is one of the most valuable skills you can develop. This doesn't mean suppressing your feelings, but learning to respond to them in ways that serve your wellbeing. These skills can be learned and strengthened at any age through practice.

This guide offers science-backed strategies to help you understand and regulate your emotional responses.

Quick Pulse Check

Tick any that apply to you this week:

- I have felt overwhelmed by my emotions
- I have reacted in ways I later regretted
- I have struggled to identify what I am feeling
- I have avoided situations because of how they make me feel
- I have felt emotionally numb or disconnected
- My emotions have affected my sleep or appetite

If you ticked 3+: this is your signal to prioritise emotional care, not push through.

A Moment to Reflect

An emotion I have been avoiding or suppressing:

What this emotion might be trying to tell me:

One way I could respond to it with kindness:

Evidence-Based Strategies

- **Name it to tame it:** Labelling emotions reduces their intensity (Lieberman et al., 2007).
- **Cognitive reappraisal:** Reframe the meaning of a situation to change your emotional response.
- **Grounding techniques:** Use your senses to anchor yourself in the present moment.
- **Self-compassion:** Treat yourself with the same kindness you would offer a friend.
- **Physiological soothing:** Slow breathing activates your parasympathetic nervous system.

Try The STOP Technique

When emotions feel intense, try this evidence-based approach:

1. Stop what you are doing
2. Take a breath (in for 4, out for 6)
3. Observe what you are feeling without judgement
4. Proceed with intention, not reaction

Remind yourself: "This feeling is temporary. I can choose how to respond."

Remember: Emotion regulation is not suppressing what you feel. It means creating space between stimulus and response. Research shows these skills can be learned at any age (Gross, 2015). You are not at the mercy of your emotions.

Asking for support is a sign of strength.

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