



Skills to Regulate your Emotions and Feel Better Fast

Distraction Skills

Distraction skills are different from processing. These should be used as a short term calm down technique, not a regular habit of avoiding feelings. When you're ready, let's work through those thoughts and feelings.

- Mentally push away the experience. Imagine plucking the frustration out of your head, placing it in a box, and putting it on a shelf, at least for the next short while. This can be enhanced by tapping on your legs left and right and imagining a specific container you wish to put the thought in.
- Ground yourself by noticing colors or senses in the room or in a picture. Try to find a different number for each one. For example, notice 5 red things, 4 blue things, 3 white things ect.
- Repeat the lyrics of a song in your head.
- Turn on a funny show or read a book
- Notice your breathing and focus on your breath

Self-soothing Skills

- Breathe slowly, in for six, hold for 4, out for six
- Blow up a balloon
- Keep a paper with your favorite essential oil on it and sniff it.
- Pet an animal slowly or run your fingers through a soft/fuzzy blanket
- Listen to your favorite song on high, or play it over and over again. Dance and wiggle your body and/or hum along
- Zone out to something in nature (like a bird on a tree).
- Eat something yummy. Try eating it slowly and notice it with great interest.
- Hug yourself - tightly
- Rock yourself gently.
- Tap, left and right on your chest, right below your collarbone and breath slowly
- Lay down and place your feet up on the wall
- Place a cold cloth on your head or hold some ice cubes in your hand
- Splash cold water on your face
- Take a warm bath or shower

Improve the Moment Skills

- Imagine or visualize a calm setting that you enjoy, like the beach, or your favorite place to just be. You can enhance this moment by tapping on your legs, left and right and imagine noticing the space with all your senses.
- Ask for help in passing the moment.
- [Unplug from all electronic devices](#) to give yourself a mental “vacation.”

- Give yourself encouragement by repeating over and over, “This is temporary,” “I can get over this,” “I can stay calm.” Pretend you’re your own cheerleader.
- Call a friend or family member
- Color or do a crossword puzzle

The T.I.P.P Skills

- **Temperature:** Go to the nearest bathroom, lean over the sink, and splash your face with cold water. Or, if you happen to have a freezer pack in your lunchbox, hold it to your eyes and cheeks for 30 seconds. It really works!
- **Intense Exercise:** Go to a corner and do some really intense running, walking, or jumping on the spot to get your heart rate up really quickly. The one caveat is that you need to stop after a short time...10 minutes is ideal. Then let your body bring your heart rate back down naturally.
- **Paced Breathing:** Breathe from your abdomen. Slow your pace of breathing down, and try to breathe out more slowly than you breathe in...ideally 4 seconds in, 6 out. Keep this up for a minute or two.
- **Progressively Relax:** Clench your muscles one by one, for a few seconds each, and then let go. Start with your face and work your way down to your chest, hands, fingers, buttocks, legs, and toes. Clench, relax. Clench, relax.

The next time you encounter a difficult situation—at school, home, or on the go—remember these skills and give them a try. And if you think you’d benefit from learning more of these skills, and may be interested in individual counseling, call us! We will be happy to answer any questions you may have. [262-729-3143](tel:262-729-3143)

