

FEEL, DEAL, HEAL

REGULATE YOUR EMOTIONS WITH THESE 3 SECRETS

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Are your emotions spilling over?

You may need a lesson in emotional regulation. Emotional Regulation is how you deal with your emotions.

USE THE THERMOMETER ANALOGY

Our degree of freedom is the "Window of tolerance". We also have a boiling point & freezing point.

HYPERAROUSAL Anxiety, panic, fear, angry, out of control, overwhelmed, want to fight or flight

WINDOW OF TOLERANCE Socially engaged, can cope, calm, alert, coherent, relaxed, can learn new info

HYPOAROUSAL Depression, dissociate, fatigue, spacey, zoned out, numb, frozen.

EMOTIONAL REGULATION

Validate yourself- I'm feeling "this" & it's ok

Just Breathe- Helps get you back into regulation

Set boundaries- Enables relationships while protecting us

Feel, Deal, Heal- Don't suppress emotions

ARE YOU SUCCEEDING?

You know you are succeeding when you're living life according to your values & it's not the stress & fear controlling you

reflections:

How are my emotions right now? In regulation or spilling over?

What are my regulation strategies I am using right now? Are they healthy?

What are some new strategies I could implement?

Do I feel like I am living my life? Am I stuck in fear & stress?

How can I better "feel, deal, heal"?

Notes: