

# ARKANSAS RELATIONSHIP COUNSELING CENTER (ARCC)

## Emotion Regulation Skills Guide

### What Is Emotion Regulation?

Emotion regulation is the ability to understand, manage, and respond to emotional experiences in healthy ways. Learning emotion regulation skills helps improve relationships, reduce stress, and increase emotional control.

### Core Emotion Regulation Skills

- Identify and name your emotions.
- Recognize emotional triggers.
- Practice mindfulness and awareness of feelings.
- Use deep breathing or relaxation techniques.
- Challenge negative thoughts.
- Practice healthy coping strategies.
- Improve problem - solving skills.
- Develop healthy communication skills.
- Increase positive activities and self - care.

### Quick Emotion Regulation Techniques

- Take slow deep breaths.
- Count to ten before responding.
- Take a short break or step away.
- Use grounding techniques (focus on senses).
- Talk to a trusted person.
- Write down thoughts and feelings.
- Practice positive self - talk.

### Benefits of Emotion Regulation

- Better emotional control
- Improved relationships

- Reduced anxiety and stress
- Better decision making
- Increased resilience and well - being

### When to Seek Help

If emotions frequently feel overwhelming or interfere with daily functioning, professional support can help develop effective regulation skills.

### Crisis Resources

- 988 Suicide & Crisis Lifeline — Call or Text 988
- Emergency — Call 911
- Poison Control — 1 - 800 - 222 - 1222

Learning to manage emotions leads to healthier living and stronger relationships.