

Emotional Regulation Reflection Worksheet

Why Emotional Regulation Strategies?

Every day, we process millions of pieces of information using our unconscious thinking system. It is how we survive and make sense of the world. When we become distracted, pressed for time, tired, or cognitively busy our unconscious thinking system defaults to being fast and efficient which puts us at risk for acting in biased ways. Emotional regulation helps us to consciously intercept pieces of information-driven by our unconscious mind. This redirection of information allows us to act in intentional ways that reflect our core values.

Description:

Identify and reflect on the emotional regulating strategies you use throughout your week. Pay attention to your in-person and virtual interactions (over-the-phone, zoom, etc.) with co-workers, staff, and patients. Take note of the emotional regulation strategies you use each day in the chart below. Reflect on how using these strategies made you feel. Then, identify and reflect on situations where you could have used emotional regulation strategies and what you will do in the future.

Emotional Regulation Strategies:

Stretching

Take a moment to stretch in a way most beneficial to your lifestyle. Tension and Release stretching is a technique that calls on flexing a muscle group then fully relaxing it. Examples of this could be your face, arms, hands, legs, and feet.

Mind-shifting

This can be anything from engaging with your phone, thinking of a fun story or game you know. One technique is reframing which is shifting into a better narrative. For example, if you find yourself thinking "I'm useless" try consciously telling yourself "I put a lot of effort into this work, I should be proud of that effort."

Sense-Soothing

One technique uses sight. Focus on what you see around you. What colors are the walls? What is the most visually appealing thing in the room? Another technique uses sound. What sounds are happening around you? Is someone talking, what does their voice sound like?

Breathing Exercises

The equal breathing technique is when you breathe in and out of your nose and count the amount of time. Making the breath in and breath out equal to the same amount of time, leaving a small pause in between for comfort.



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| <input type="checkbox"/> Perspective Taking | <input type="checkbox"/> Assume Positive Intent | <input type="checkbox"/> Check for Double Standards |
| <input type="checkbox"/> Building Partnerships | <input type="checkbox"/> Growth/Learning Mindset | <input type="checkbox"/> Create a Safe/Healing Space |
| <input type="checkbox"/> Self-Care/Emotion Shifting | <input type="checkbox"/> Interrupt Bias Narratives | |

	Identify emotional regulation strategies you have used throughout the day. How did the use of those strategies make you feel? Why?	Looking back at your day, identify opportunities where emotional regulation strategies could have been used.
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		