

Building Our Strategy Toolbox Regulating Emotions with RULER

Video 6

Activity Summary: In this activity, staff think about helpful short-term and long-term strategies to regulate emotions.

Time: 20 minutes (including time to watch the video)

Materials

- Paper and pen

Facilitator Directions

1. Ask staff to think of a situation in which they experienced an intense emotion. Prompt them to name the emotion, and write it down or make a mental note.

Say:

"In that moment, did you want to maintain that feeling or shift? Deciding how we want to feel allows us to better regulate our emotions. We can use action strategies like mindful breathing or taking a walk, or thought strategies like positive self-talk or reframing. These types of strategies are great in the moment, or in the shorter term. Longer-term strategies have more impact over time, like healthy eating, physical activity, getting enough sleep, and having a friend or family member for support."

2. Divide staff into two groups. Ask one group to brainstorm short-term strategies that can be used in the moment as emotions arise. Ask the other group to brainstorm longer-term strategies that can be helpful over time to regulate emotions. Give each group 5 minutes to list out as many strategies as they can. Ask each group to share out.

3. Debrief: Discuss the following questions as a whole group:

- What short-term strategies work best for you?
- What long-term strategies work best for you?
- What new strategies would you like to try?
- What strategies could you share with youth?

For more information on emotion regulation, refer to the Emotion Regulation Tip Sheet.