

# Emotional Regulation

March MSA Lesson

# We are going to interact ALL TOGETHER FIRST!

All MSA classes will follow the link via Pear Deck. Or you can simply go to: [wooclap.com](https://wooclap.com) and enter the code: **UZEMXN** if not using the Pear Deck extension.



Students browse: [app.wooclap.com/UZEMXN?from=instruction-slide](https://app.wooclap.com/UZEMXN?from=instruction-slide)

Pear Deck Interactive Slide  
Do not remove this bar





# Emotions and the Brain

 578

 1K

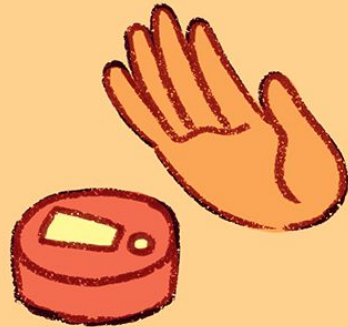
 5K



# Signs of Emotional Dysregulation



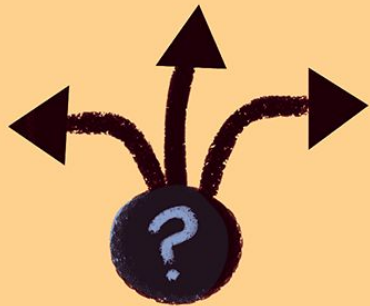
Overly intense emotions



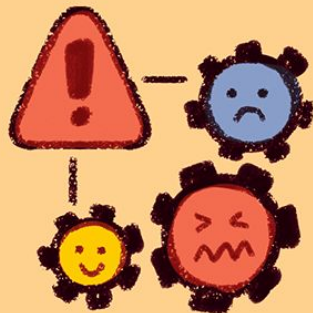
Impulsive behavior



Lack of emotional awareness



Trouble making decisions



Inability to manage behavior



Avoids difficult emotions

How do I know I'm feeling "off"?

# EMOTION REGULATION STRATEGIES

# What can help?



Name the emotion



Validate the emotion



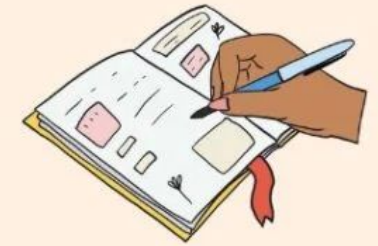
Identify triggers



Meditation or mindfulness



Talking through emotions



Journaling



Notice when you need a break



Good sleep hygiene



Consider therapy

# Choice Board

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Take a look at the Choice Board to determine how you would like to continue to study this month's theme, Emotional Regulation!

You will have the next MSA class or two to complete an option from this board.