

Counsellor's Corner:

Hi everyone! Miss S. here, your school counsellor popping in to provide a little monthly counselling topic with a few strategies to try out and add to your toolbox; this month – Emotional Regulation! Sounds a little intense, but really emotional regulation is simply learning ways to manage your emotions so that you aren't ... 1- stuffing them down, or 2- exploding your emotions all over everyone else! Firstly, I want to make sure everyone knows that it is normal, and 100% OKAY to have emotions of all kinds. Everyone has emotions but we all have different ways we have found to deal with them; some in great ways, others in not so great ways! I could list a bazillion ways to help regulate your emotions, but I don't have enough space, so I will share a few, and offer a website link with a great list of ways to regulate! To help calm down your body when you feel anxious or out of control or like you need to move energy out of your body to feel better – try deep breathing ... make it fun like blowing up imaginary or real balloons, or through a straw to blow a ping-pong ball across a table. You could also ask for a hug or crawl under weighted blanket or stuffed animal that can help you feel grounded and centered. To release emotions like anger or discharge some of that tension from your body, try squeezing playdough, have a roll of bubble wrap on hand, or tear up or scrunch paper. Going to kick a ball around the backyard, or for parents to escape if possible to the gym would be great ways of getting that tension out of the body. When you/your child is calm, try some more cognitive approaches through creating emotional awareness by talking about how you have felt and then ranking it on a mood meter to identify the emotions.

Hope these suggestions can help – but if ever you have any questions please feel free to reach out ☺

Warm regards,
Miss S.

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

<https://skills4lifeot.com/tools-to-enhance-emotional-self-regulation/>

https://www.bing.com/images/search?view=detailV2&id=7D4D0BAFB32C9CE2C7CADC25D771F9D80E84DEFB&thid=OIP.2g403EN66i3jQOUo_aT2EwHaF7&mediaurl=http%3A%2F%2Fveenhighby.weebly.com%2Fuploads%2F5%2F5%2F2%2F3%2F55239739%2F3971460_orig.png&exph=756&expw=945&q=mood+meter&selectedIndex=2&ajaxhist=0&vt=0&eim=0.1,3,4,6,8,10