



EMOTIONAL DYSREGULATION



UBHC- school based counseling



Crisis Intervention & Screening
to Mental Health Services
Collaboration with Mental Health Providers
Mental Health Awareness & Education
Initiation to Support Current Practices
Outcomes made through School Counselors

What is Emotional Regulation?



*Emotional Regulation describes how we manage and respond to our emotions.


*These feelings vary in depth and intensity, and sometimes that can seem overwhelming and manageable.

*Regulating your emotions is **acknowledging** and **accepting** yourself while reducing the chance of engaging in unhealthy behaviors.



An example of learned emotional regulation is how children eventually outgrow temper tantrums. During childhood, tantrums are normal and an expected part of your child's development. As children get older, they generally learn how to manage their emotions. That's why tantrums become less frequent and eventually stop.





When you manage or regulate your emotions, you can steer and direct how you feel and react. Most people learn how to do this as children and develop it as they get older.

It's also a key part of being adaptable or resilient to challenges, learning and more.



AND.....

Unlike young children, as we grow older we are expected to manage our emotions more effectively, and within social parameters.

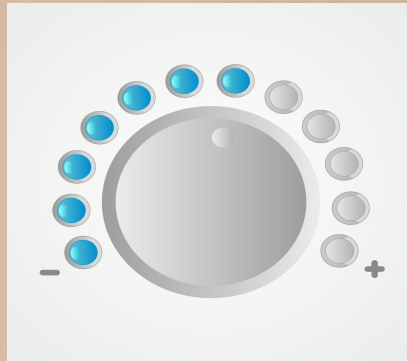
When we fail to manage our emotions, we tend to say things or do things that we later regret and wish we had kept our emotions in control.



Emotional Regulation is like volume control for your feelings.



In contrast, Emotional Dysregulation is when your volume control is not working correctly.



What is Emotional Dysregulation?



.....those who have difficulty or an inability to regulate their emotions, fall under this category.



Those with emotional dysregulation may experience strong emotional reactions, overwhelming negative emotions, difficulty controlling their emotions, & difficulty coping with stress



A EMOTIONALLY DYSREGULATED PERSON

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-
-
-

* Has Mood swings, including losing their temper, impulsivity, distress over seemingly innocuous tasks, and interactions with others

*Has difficulties steering their moods, causing them to feel stuck or unable to make themselves feel better

Has difficulties with emotions interfering with pursuit their goals, in achieving desired outcomes



Additionally,

those with emotional dysregulation may have difficulties


with:

- *Managing their excitability**
- *Keeping a stable mood**
- *Preventing themselves from overreacting to issues that others may have no difficulty with managing their emotions**
- *Returning to their own baseline of emotions**



EXAMPLES

The bank teller says they can't help you with a particular transaction and you'll need to come back the next day. You have an angry outburst, yell at the teller, and throw a pen across the counter at them.

Your partner made plans with you to go to a restaurant for dinner that evening. One hour prior to the reservation, your partner informs you that they cannot make dinner. You become upset, begin to cry, scream and yell and continuously text and/or call your partner.



**Why is this so
important to
address?**





Emotional Dysregulation can **harm**
how a person sees themselves and
the world around them.



Emotional Dysregulation
from **early childhood** can carry
over into **adulthood**.



FACT:
Most people engage
in unhealthy
emotional regulation
strategies on
occasion

However, when they do so regularly, they
begin to experience what feels like
overwhelming, intense negative
emotions and then they risk to rely on
unhealthy strategies that will increase
over time:

Self-Harm

School
fighting

Risky sexual
behaviors

Unstable
relationships

Substance
abuse

Common Triggers of Emotional Dysregulation



Conflict In Relationships



Overwhelming Environments



Stressful Situations



Reminders of Trauma

Suppressing emotions is like pushing a beach ball underwater - it will eventually resurface, emphasizing the importance of addressing and processing emotions.



Causes of Emotional Dysregulation



Early Childhood
Trauma



Traumatic Brain
Injury



Environmental
Factors



Genetic
Factors



Mental Health
Disorders



Emotions and our brains





The Teen Brain

Adolescence is an important time for brain development.

Brain development is related to social experiences during adolescence.

Most teens do not get enough sleep.

Teen brains may respond differently to stress.

Teen brains are resilient!

Adolescents and Emotional Regulation

***Adolescence is a time of heightened emotional challenges**

***These challenges include academics, peer-based relationships and parental relationships**

***Heightened emotional reactivity, risk taking behaviors are also characteristic of this period**

Learning regulation strategies assists this age group with making decisions and will be less likely to engage in significant risk taking responses to distress

Children & Emotional Regulation

Learning emotion regulation skills at this age tend to have better social connections and better educational outcomes.

***Children often have challenges with registering their emotions, responding to emotions appropriate to context, as well as regulating their emotional responses**

*** Most typical form of Emotional dysregulation in this age group are temper tantrums, “shutting down” and dramatic verbal responses**



Neurodivergent conditions and traits can involve Emotional Dysregulation.

Autism-Spectrum Disorder

Attention-Deficit/Hyperactivity Disorder

Additionally, there is another form of emotional dysregulation that is common for those with ADHD, called Rejection Sensitive Dysphoria.

Parents & Emotions

A child's ability to self-regulate is influenced by their parents.

Parental ability to self-regulate

Parental ability to co-regulate

Parental ability to engage in reflection

How can parents help their children with emotion regulation?

Parents are their child's first role models.

Parent Strategies

S.E.A.L.

A STRATEGY PARENTS
CAN USE WHEN THEIR
CHILD IS EMOTIONALLY
DYSREGULATED.

It is
NOT



STOP

Consider what they need in this moment. What can I do to help?

EXPLAIN

Ask them to explain what happened that allowed their emotions to take over

Affirm &
Acknowledge

Affirm that their feelings are no permanent. Acknowledge that sometimes when they are emotionally dysregulated, they may have difficulties managing their own emotions.

Lock

Lock down some concrete steps to use when your child is dysregulated.

For Older Children

**Be a Role
Model !!!!**

**Secure
Your
Home!**

**Watch Your
Reaction!**

**Be a
Coach!**

Learn and Use the Five R's

The Five R's

Reframe the behavior.

Recognizing the stressors.

Reduce the stress.

Reflecting and enhancing stress awareness.

Respond in a personalized ways to foster resilience.

Fixing Emotional Dysregulation

 SANDSTONE CARE



**Mindfulness
Techniques**



Dialectical Behavior Therapy (DBT)



**Exercise &
Physical Activity**



Medication



Cognitive Behavioral Therapy (CBT)



What is Cognitive Behavioral Therapy?

CBT Theory states that our thoughts, emotions, and behaviors, are all connected, and that what we think & do affect how we feel.

CBT

Requires active participation

Is structured

Is time limited

Is based on problems in the present

Teaches how to identify faulty thought patterns and understand how these patterns impact our emotions and behaviors



Cognitive Restructuring

is a tool used in CBT to connect & challenge negative perspectives.

The goal is to reduce negative thinking patterns, explore unhealthy belief systems and be better able to engage in flexible, healthier thought patterns.

What is DBT?

DBT is Dialectical Behavioral Therapy.

A model of therapy that uses skills training and the therapeutic relationship to manage strong emotions and behavioral dyscontrol.

Although originally created for treatment of Borderline Personality Disorder, it is now used in a variety of treatment settings.

A psycho/social model that modifies traditional behavioral approaches.

Includes group work (skills training), individual therapy, and self-monitoring to change target behaviors.

Mindfulness

(being aware of the present moment without judgment)

Emotion regulation

(understanding and reducing vulnerability to emotions, changing unwanted emotions)

Distress tolerance

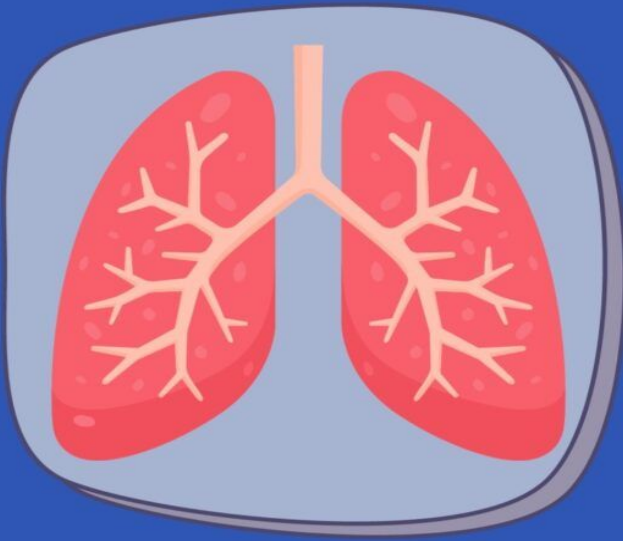
(getting through crisis situations without making things worse and accepting reality as it is)

Interpersonal effectiveness

(getting interpersonal objectives met, maintaining relationships, and increasing self-respect in relationships)

COGNITIVE BEHAVIOURAL THERAPY

THE TIPP SKILL



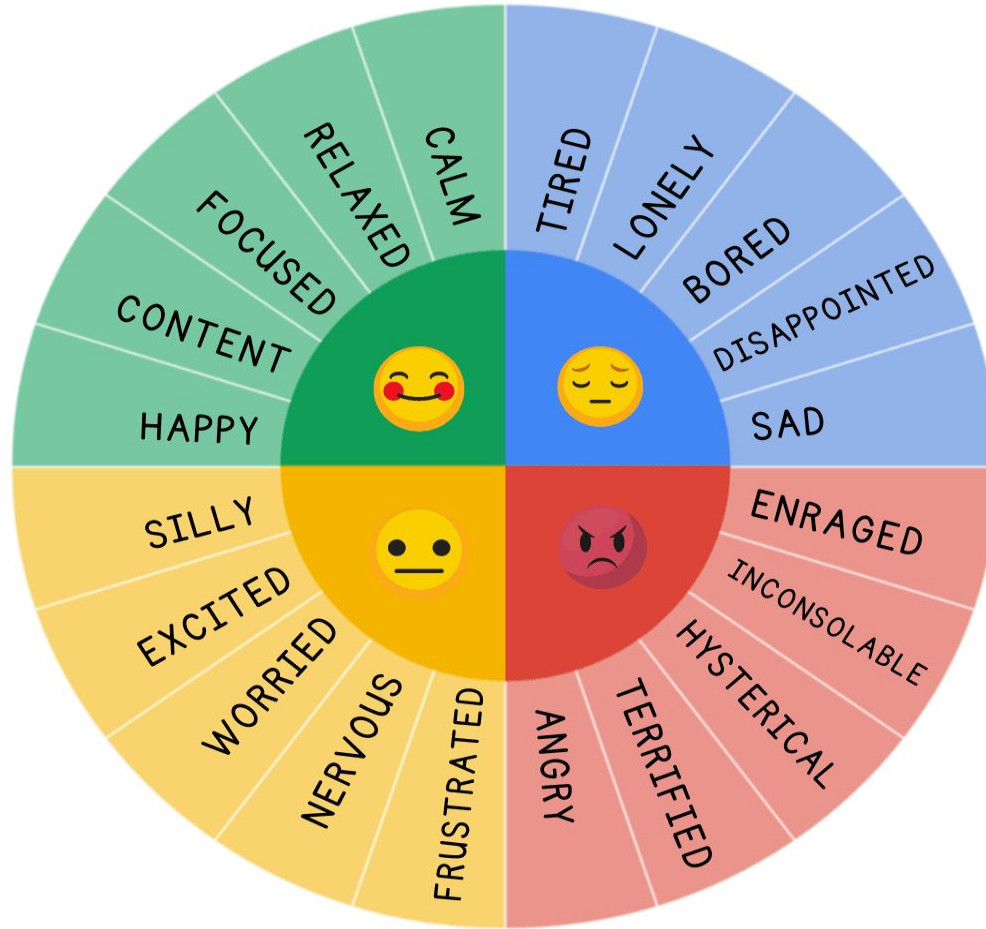
Hot/Cold

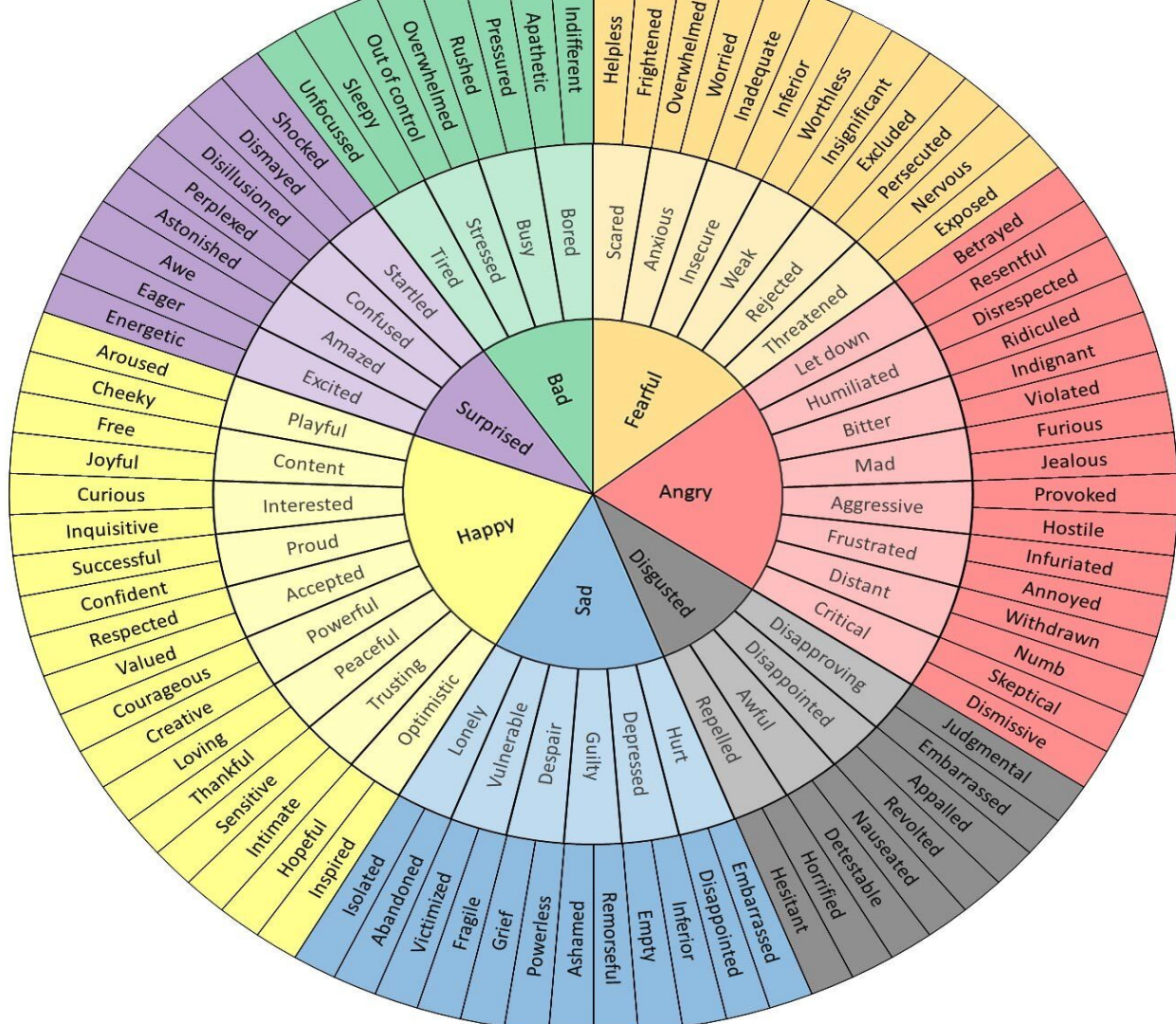
Rest/Exercise

Paired Muscle

Studies have shown that people who can identify their emotions move through depression faster.

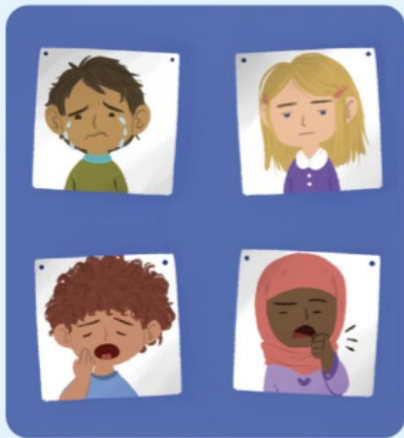
By learning to observe and describe your emotions, you learn both to be separate from them and also to accept them so they don't distress you so much.





Zones of Regulation

The Zones of Regulation is a curriculum framework organized around four colored Zones to describe our feelings, energy, and emotions. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being



Blue Zone

Sad - Bored
Tired - Sick



Green Zone

Happy - Focused
Calm - Proud



Yellow Zone

Worried - Frustrated
Silly - Excited



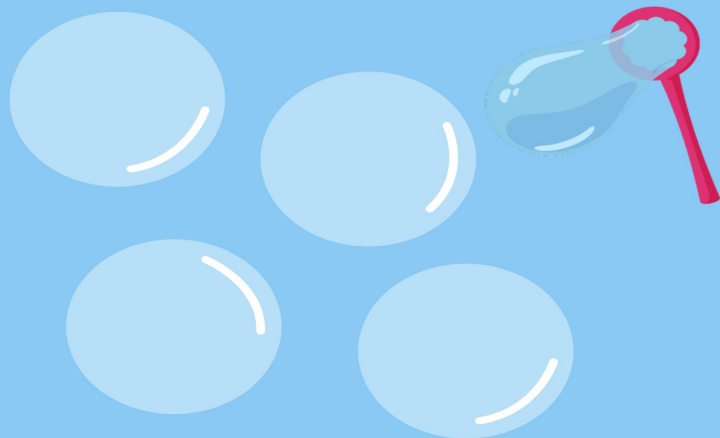
Red Zone

Overjoyed/Elated
Panicked - Angry - Terrified

Other strategies.....

Bubble Breath

When we are feeling BIG feelings, the quickest way to tell our body that we are safe is through our breath! Take a **great, big gulp of air** and **breathe out slowly** like you are blowing a **GIANT BUBBLE!** Practice your Bubble Breath during times when you feel upset.



<https://www.elsanetwork.org/wp-content/uploads/2017/10/Relaxation-using-controlled-breathing.pdf>

Monster Relaxation Script

This monster twist on Progressive Muscle Relaxation is an exercise that relaxes your mind and body. You will tense your muscles, then release and feel the muscles relax as you take deep breaths.

Hands and Arms: Make a fist with one hand as tight as you can. Show off your big monster muscles. Now let go and wiggle your fingers. Then try the same thing with your other side. (What color is your monster?)

Arms and Shoulders: Stretch your arms up high over your head and feel the pull in your shoulders. Make yourself as tall as you can. Now let your arms hang at your side and jiggle like a jelly monster. Now get ready to fly and reach your arms high again. Lean and fly to the right, then fly to the left. Let your arms relax and jiggle by your side again. (How big is your monster?)

Shoulder and Neck: Pull your chin down and hunch your shoulders up like a shy, scared monster. Now hold your head up high with your shoulders back like a strong, proud monster. Try it again. (What is your monster feeling?)

Jaw: Show us your monster teeth. Bite down hard. Now relax. Let's try it again. (What does your monster sound like? Let's hear it!)

Face and Nose: Make a mad monster face by scrunching up your nose and eyebrows. Now let's see your calm monster face.

Stomach: Make your belly hard by squeezing it tight and pound on it like a drum. Relax and feel your belly jiggle. Try it again.

Legs and Feet: Now pretend you are standing barefoot in a big puddle of slime. Try to get your feet down to the bottom of the slime puddle. Push down, spread your toes apart and feel the slime squish up between your toes. Now step out of the slime puddle. Relax your feet. Let your toes go loose and feel how nice that is. It feels good to be relaxed. Repeat once more.

Breathe: Relax your body, take a deep breath in through your nose and blow out like a dragon. Try that three more times. (How does your body feel now?)



<https://creativeplaytherapist.com/monster-relaxation-script>

5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

ing technique that connects you with the present by exploring the five senses.



5 THINGS
YOU CAN
SEE



4 THINGS
YOU CAN
TOUCH



3

THINGS
YOU CAN
HEAR



2

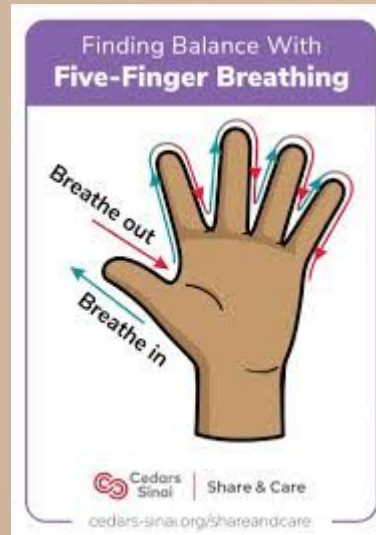
THINGS
YOU CAN
SMELL



1

THING
YOU CAN
TASTE

Five-finger breathing is another quick and easy breathing exercise. Simply hold your hand out in front of you, and with the other hand, breathe in as you trace each finger up and breathe out as you trace each finger down—finishing with five deep breaths. When you're done, use your other hand. Have students practice this exercise and explore or share how they feel afterward.



<https://www.cedars-sinai.org/content/dam/cedars-sinai/community-benefits/documents/five-finger-breathing.pdf>

RESOURCES

<https://dbtselfhelp.com>

<https://feelinggood.com/>

https://www.aacap.org/AACAP/Families_Youth/Resource_Centers/Emotion_Dysregulation/Resources_For_Parents

NAMI Mercer County: Parent Support Network

- National Alliance on Mental Illness: Mercer County
- The Parent Support Network of Central New Jersey, developed by the Youth Mental Health Project and sponsored by NAMI Mercer, is a parent-driven family-focused program to support parents/caregivers who are concerned about their kids' struggles with anxiety, depression and/or emotional dysregulation.
- NAMI Mercer hosts regular monthly meetings of The Parent Support Network of Central New Jersey, providing parents/caregivers who are concerned about their child's mental health and well-being valuable peer connections and the opportunity to share insights and resources through confidential, informational meetings run by and for parents.
- <https://namimercer.org/find-support/parent-support-network/>
- [Phone: \(609\) 799-8994](tel:6097998994)

NAMI NJ is devoted to breaking stigma and barriers of all types that our diverse communities face.



- **[Suicide & Crisis Lifeline](#) — 988**

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.

- **[New Jersey Hopeline](#) — 1-855-654-6735**

The Hopeline is New Jersey's 24/7 peer support and suicide prevention hotline. The specialists at the NJ Hopeline are available to provide confidential phone counseling, support and referrals to local resources to help youth and families get through difficult times.

- **[Performcare- 1-877-652-7624](#)**

The New Jersey Children's System of Care (CSOC) serves children and adolescents with emotional and behavioral health care challenges and their families; children with developmental and intellectual disabilities and their families; and, children with substance use challenges and their families. CSOC is committed to providing services based on the needs of the child and family in a family-centered, community-based environment.

- **[2NDFLOOR — New Jersey's youth helpline- 1-888-222-2222](#)**

The New Jersey statewide youth helpline, 2NDFLOOR, is available 24 hours a day, 7 days a week, to youth and young adults ages 10 – 24 to help find solutions to the problems they face at home, school or play.

The helpline is supervised at all times by a mental health professional. Youth are provided with relevant and appropriate links to information and services to address their social, emotional and physical needs. Calls to the 2NDFLOOR youth helpline are anonymous and confidential, except in life-threatening situations.

Questions?

