



Emotional Dysregulation

Emotional dysregulation means feeling sad, grumpy, crying easily, or overreacting to things. It means your moods are all over the place. For example, you might feel a sudden urge to yell or cry. You may even feel embarrassed or frustrated by these difficulties. Using and practicing the following suggestions can be helpful:

1. When you are feeling angry, sad, or annoyed, try to notice how your body reacts (tapping your foot, sweating, clenching your fists...) and how your body feels (nausea, headaches, feeling faint...) That way you can start to notice when you need a break before you lose control.
2. You can always ask for a short break to help you remain or regain your sense of calm.
3. Write down important information before you go into emotional situations. This will help you remember everything you want to say in case you get upset or anxious.
4. Write down a list of people that make you feel safe and will listen. When your emotions feel hard to control, reach out to one of these people for support.
5. When you have intense feelings, take a moment to focus on your five senses: touch, sight, smell, hearing, and taste. For example: choose any color and spend one minute finding objects near you in that color.
6. Once you are noticing what you are feeling, think about what words you would use to make your feelings known. Use appropriate words like "I am feeling _____," or "I need you to _____."
7. **Sleep is vital.** Not getting enough sleep can lead you to feel like you are not in control of your emotions. You can look over the attached sleep checklist to help with better sleep habits.
8. ***The Colorado Crisis Line is available 24 hours/day and can be reached at (844) 493-8255.***