



Emotional Dysregulation

Emotional dysregulation includes sadness, irritability, crying easily, and overreacting to events. It means your moods are unstable and unpredictable. For example, you might feel a sudden urge to yell or cry. You may become react in extreme ways to an otherwise normal conversation or event. Using and practicing the following suggestions can be helpful:

1. When you feel intense emotions, take a moment to focus on your breathing. For 60 seconds, take deep breaths and hold each for 6 seconds. Breathe in through your nose and hold, and then out through your mouth.
2. Try to pay attention to what is happening in your body when you feel agitated (for example, are you tapping your foot, clenching your fists?) That way you can start to recognize when you need a break before you lose control.
3. You can always ask for short break to help you remain calm.
4. 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.
5. If you find yourself feeling overwhelmed or being easily distracted, start each morning by creating a schedule of what you need to get done. Try to stick to it whenever possible and refer to it often.
6. Make a list of people that make you feel safe and feel heard. When your emotions feel difficult to manage, reach out to one of these people for support.
7. When you have intense feelings, take a moment to focus on input from your five senses: touch, sight, smell, hearing, and taste. For example: choose any color and spend 1 minute finding objects near you in that color.
8. Poor sleep can contribute to poor emotional control. You can review the attached sleep checklist with your client to help promote better sleep habits.
9. *The Colorado Crisis Line is available 24 hours/day and can be reached at (844) 493-8255.*

Compiled by H. Burlas, H. Desensi, & J. Gerbutovich March 11, 2019