

Emotion Regulation Strategies to Try Session 3 Handout

Body Channel

Focused Breathing

Progressive Muscle Relaxation

Exercise

Yoga

Dance

Meditation





Behavioral Channel

Alternative Activities
Time-Out
Change Facial
Expression
Ask for Help

Call a Friend



Thought Channel

Positive Self-Statements Attention-Shifting Positive imagery Consider Alternative Interpretations

Created 5/10/2012

