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

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