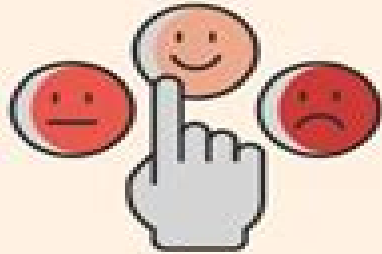


EMOTION REGULATION STRATEGIES



Name the emotion



Validate the emotion



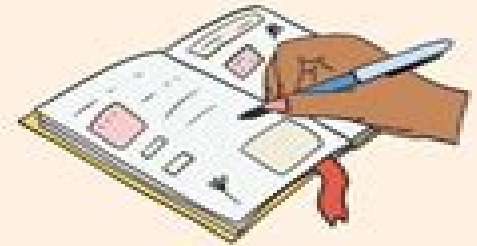
Identify triggers



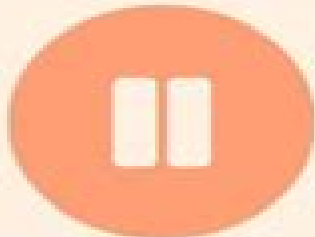
Meditation or mindfulness



Talking through emotions



Journalling



Notice when you need a break



Good sleep hygiene



Consider therapy

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