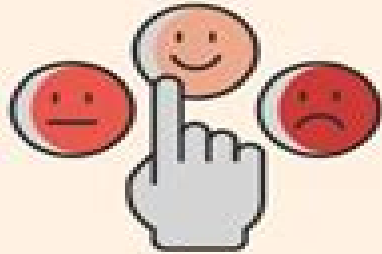


# EMOTION REGULATION STRATEGIES



Name the emotion



Validate the emotion



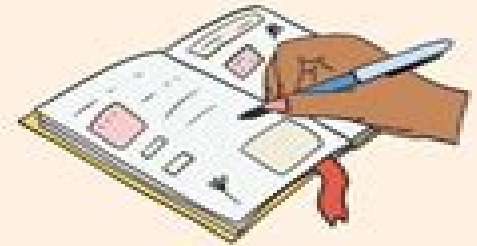
Identify triggers



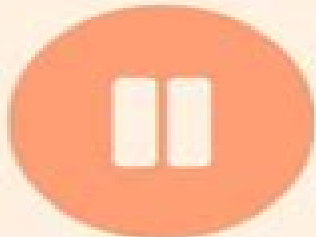
Meditation or mindfulness



Talking through emotions



Journalling



Notice when you need a break



Good sleep hygiene



Consider therapy

# Regulating The People

**Joseph P. Forgas, Roy F.  
Baumeister, Dianne M. Tice**



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been passionate about helping students with special needs achieve their full potential my love for education coupled with my desire to give back to the community is what motivated me to pursue this career 2

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