



STRATEGIES TO DE-ESCALATE, DEACTIVATE, & EMOTIONALLY REGULATE

- ❖ Do not lecture, judge, or reason
- ❖ Work to create a safe or calm feeling
- ❖ PRACTICE, PRACTICE, PRACTICE the strategies!

Radical Acceptance (DBT)

1. You do not have to like it.
2. You do not have to agree with it.
3. If you cannot change it, you must accept it.
4. Consider your influence. How can you affect change in the system?

Impulse Control Skills

1. Learn to label feelings. Build your emotional vocabulary.
2. Choose a favorite mantra, to repeat to yourself repeatedly.
3. Learn problem solving skills and identify solutions. Have a list of go-to solutions.
4. Physical activity. Get moving! Even 20 minutes helps!
5. Consistency and Structure. Create a schedule and time budget strategy.
6. Practice delayed gratification. "I can wait!"
7. Accountability partner. "I need help."
8. Learning what relaxes you. (See sensory soothing)

Emotional Regulation Skills

1. Mindfulness: "I control what I think about"
2. Forward looking strategies - planning ahead to how you feel in certain situations. "How will I feel if..."
3. Establish an emotional outlet/find a replacement behavior (ex. Instead of yelling, I will listen to upbeat music or do 20 pushups)
4. Attention shifting strategies: What do you like to think about? Vacation, friends, favorite memories
5. Positive self-talk (reframing) USE your mantras. Remind yourself of your strengths
6. Stress reducing exercises (BREATHE, 3 seconds in, hold for 3 seconds, 3 seconds out, on the exhale, picture the non-preferred or negative emotions leaving your body as you blow out of your mouth)
7. Long drives (go on a long drive or long walk, listen to music, practice mindfulness, review your strengths, pray)
8. Self-care: It is your job to take care of YOURSELF! Don't expect others to do it. You know what you need, like, and dislike, now take care of yourself. You NEED It!
9. Recognize what triggers: Make a list of what "sets you off" and plan ways to control your impulses, regulate your emotions, and experience a different outcome.
10. Sublimation: Channel negative and problematic impulses, thoughts, behaviors into more positive and socially acceptable responses. FEEL the shift as if you are designing your own life as a builder designs a house.



Coping Skills

1. Humor-Can you see the humor in the situation?
2. Venting-Who can you complain to freely? Friend, spouses, journal, therapist
3. Distancing oneself from the source of stress: SET boundaries. You are creating, designing your life and some things may need to be eliminated.
4. Shopping-Out with the old, in with the new. As you are creating a new life design, redesign your wardrobe, buy new towels, buy new running shoes. Equip yourself with the tools you need to accomplish your design.
5. Make a list of goals. Refer to them often. Speak them. Believe them. Create them.
6. Listen to music. Give yourself a break, life down or go for a walk, listen to the music, notice how it makes your body feel. Let everything else GO!

Sensory Soothing

1. **See:** What do you like to look at? A favorite picture? A favorite thought-provoking piece of art? A memory you can snap a picture of in your mind. Flowers? Sunsets? Ocean waves?
2. **Hear:** Sounds or music that help you feel calm, quiet, white noise.
3. **Feel:** Warm bath, sweat on you head or face, soft blanket, stress ball
4. **Taste:** A favorite sweet or salty snack, a strong flavor like licorice or peppermint, something savory?
5. **Smell:** Light a candle, diffuse essential oils, spray a room freshener, bake a treat, use a favorite lotion.



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