



# WELLNEWS

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## Emotion Regulation

### What is Emotion Regulation?

Emotion regulation is the ability to manage your emotions in a healthy way. For students, this means learning how to cope with stress, anxiety, frustration, or excitement in productive ways. This skill helps with both school and personal life.



### Why Does It Matter?

- **Better Focus & Academic Success:** Regulated emotions can improve concentration and school performance.
- **Healthier Relationships:** It helps in managing conflicts and building empathy with peers and family.
- **Improved Mental Health:** Managing emotions reduces stress and the risk of mental health challenges like anxiety or depression.

## STRATEGIES FOR EMOTION REGULATION



### SELF-HELP TOOLS

- **Name Your Emotions:** Recognize and label what you're feeling.
- **Mindful Breathing:** Try the "4-7-8" technique to calm your nervous system.
- **Challenge Negative Thoughts:** Reframe negative self-talk into positive action.
- **Self-Care:** Get enough sleep, eat well, and engage in enjoyable activities.
- **Problem-Solving:** Focus on solutions when you're upset.



### HOW FAMILIES CAN HELP

- **Model Emotion Regulation:** Demonstrate healthy emotional expression.
- **Encourage Communication:** Create space for open, non-judgmental conversations.
- **Promote Healthy Outlets:** Support activities like sports, art, or journaling.

Helpful Resources: [Headspace App](#) & [Calm App](#)