

# Emotion Regulation

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## States of Mind Model

Marsha Linehan

The diagram consists of three overlapping circles. The left circle is labeled 'EMOTIONAL', the right circle is labeled 'RATIONAL', and the central overlapping area is labeled 'WISE'.

## Building Blocks of Emotion Regulation

- \* Sleep
- \* Diet
- \* Exercise
- \* Physical and mental health – prescribed medication
- \* Pleasure and Mastery

What tends to happen to these ‘building blocks’ when we are most stressed?

## Self-Soothing

Using the 5 senses:

- \* Sight: calming pictures, photographs, view, magazine
- \* Sound: soothing music, birdsong, waves, radio
- \* Smell: perfume, aromatherapy oil, fresh air, flowers
- \* Taste: (non-alcoholic) drink – tea, cocoa
- \* Touch: hug, blanket, warm bath, pet

Client identifying most helpful strategies for themselves  
Word of caution re: scents and recall

## Grounding

- \* Coming to the ‘here and now’
- \* Steadying
- \* Mindfulness

Describing an object in the room in lots of detail

Feet on floor, seated in chair

**5,4,3,2,1:** 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 slow deep breath

Grounding object

A stylized illustration of a pink teacup with a white rim and a yellow teabag. Steam is rising from the cup, and there are decorative swirls around it.

