Emotional Regulation Toolkit

Anger 101 | Understand. Regulate. Respond. | Free printable worksheet

Choose and practice the tools that work for you when you are calm, so they are easier to use when you are upset.

Breathing: my slow-breathing routine (e.g., in for 4, out for 6):

Grounding: 5 things I see, 4 I feel, 3 I hear...

Movement: a gentle activity that releases tension:

Self-talk: a calming phrase I will repeat:

Reframe: a more balanced way to see a common trigger:

Soothing: things that help my body settle: