FREE EMOTIONAL REGULATION WORKSHEET

Pause and *ground*

An emotional regulation guide for the moments when feelings run high. Big emotions are not a sign of weakness. They are signals. These steps help you calm your body so you can respond instead of react.

1 Notice

What is happening in my body right now? Tight chest, clenched jaw, racing heart, heavy shoulders, tears close to the surface?

2 Name it

Put a word to it. Naming a feeling helps calm it. Try: angry, anxious, overwhelmed, hurt, ashamed, lonely, sad, disappointed, afraid, frustrated.

3 Breathe

Box breathing: breathe in for 4, hold for 4, breathe out for 4, hold for 4. Repeat four times. Let your out breath be slow.

4 Ground

5, 4, 3, 2, 1: name 5 things you see, 4 you can touch, 3 you hear, 2 you smell and 1 you taste.

5 Be kind to yourself

Speak to yourself the way you would speak to a good friend: "This is hard, and I can get through it. I don't have to fix everything right now."

6 Choose your next step

Now ask: What do I need? Rest, water, a walk, a kind word, a boundary, or a conversation later when I'm calm?

My calm plan

Fill this in on a calm day, so it's ready when you need it.

I know I'm getting overwhelmed when...

Three things that help me calm down...

A person I can reach out to...

Words that steady me...

Feelings are like waves. They rise, they peak, and they pass.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

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