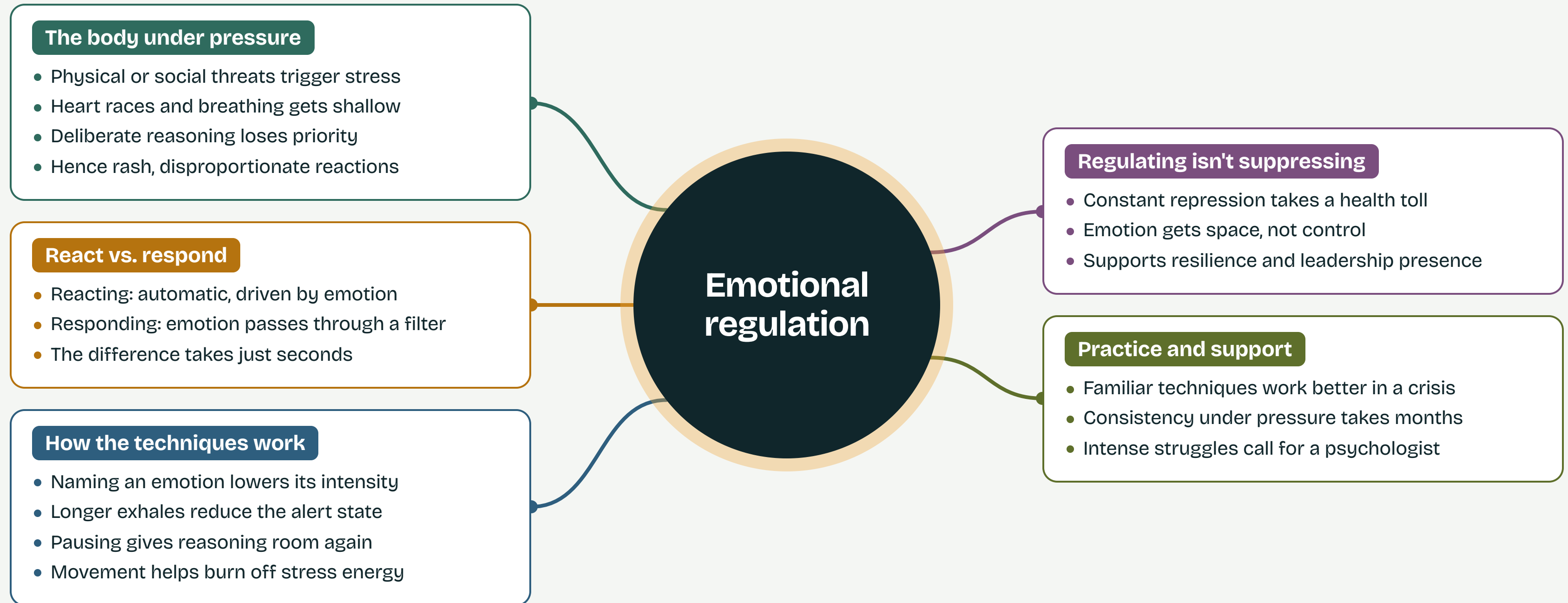


Emotional regulation: staying calm under pressure



Action plan

1

Name the emotion: 'I'm feeling angry right now'

2

Breathe with exhales longer than inhales

3

Buy time with a simple phrase before answering

4

Separate the fact from the meaning you gave it

5

Practice conscious breathing outside of crisis moments too

Key takeaway

Regulating emotion isn't about not feeling it: it's creating a gap to respond instead of react.