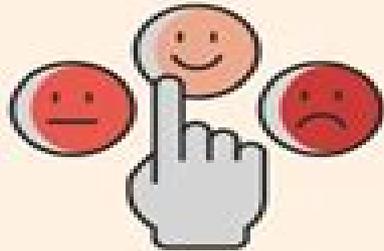


EMOTION REGULATION STRATEGIES



Name the emotion



Validate the emotion



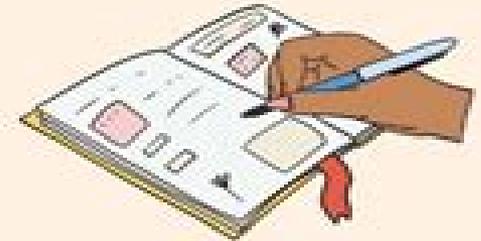
Identify triggers



Meditation or mindfulness



Talking through emotions



Journalling



Notice when you need a break



Good sleep hygiene



Consider therapy

The Communication Of Emotion

Wenbin Ji



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