

EMOTIONAL DYSREGULATION



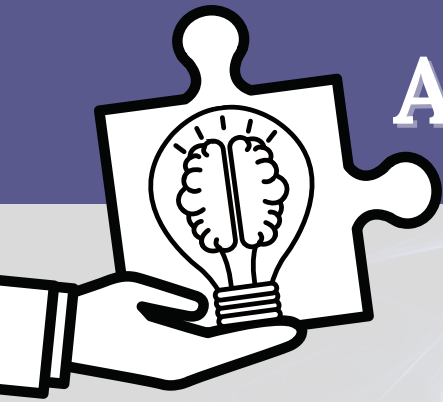
Emotional dysregulation means moods and emotional reactions are unstable and unmanageable.

LOOK FOR:



- Saying or doing things without thinking
- Difficulty knowing when to stop an activity
- Doing things quickly or without regard for safety
- Moods shift rapidly (*sudden urge to yell or cry*)
- Intention and behavior may be disconnected (*example: may laugh at a sad story*)





ACCOMMODATIONS

- Use mindfulness techniques (*reference mindfulness page*)
- Pay attention to what is happening in your body when you feel agitated (*for example, are you tapping your foot, clenching your fists?*)
- Ask for a short break
- Write down important information before you go into emotional situations
- Create a schedule of what needs to get done to eliminate feeling overwhelmed
- Make a list of people that make you feel safe and heard. Reach out to them when needing support
 - Caregivers - the most important thing you can do is remain calm yourself, do not react to the person's emotions. You can gently guide the person to a quiet area to help them regain control.



CITATIONS

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