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)***

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ACCOMMODATIONS

- **Use mindfulness techniques *(reference mindfulness page)***
- ***P*ay attention to what is happening in your body when you feel agitated *(for example, are you tapping your foot, clenching your fists?)***
- ***A*sk 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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