



If you're feeling **anger or frustration**...

You could distract yourself by:

- exercising
- hitting cushions
- shouting into the bath tub
- shaking your body
- tearing up paper



If you're feeling **sadness or fear**...

You could distract yourself by:

- wrapping yourself up in a blanket
- walk in nature
- let yourself cry or sleep
- talk to someone
- relaxation techniques



If you're feeling **shame**...

You could distract yourself by:

- spend time with people who treat you kindly
- self-acceptance: you are only human
- remind yourself of some times you achieved something good
- write down three things you're looking forward to



## Emotional Regulation

*Making Safe Choices*



If you're feeling **numb or disconnected**...

You could distract yourself by:

- holding ice cubes
- have a very cold shower
- smell something with a strong odour
- hold your wrists under cold, running water



If you're feeling **self-hatred and want to punish yourself**...

You could distract yourself by:

- writing a letter to yourself from the part that hates yourself, then write a letter back from to point of view of someone who loves you
- Try to be creative. Try art, songs or dancing
- doing physical exercise that increases your heart rate



If you're feeling **the need to control**...

You could distract yourself by:

- writing lists
- tidy up/declutter
- rearrange your space
- write a letter expressing your feelings then rip it up.
- clenching your body then releasing

