

# Creativity & Clarity: Emotional Regulation

Mental Health Series



In the intricate tapestry of childhood, **coping strategies serve as the threads that weave resilience, emotional balance, and growth.** From a very young age, children embark on a journey of learning. Skills nurtured at each age, act as a compass, guiding our children through life's tumultuous seas. With each triumph over adversity, they add another brushstroke to their canvas of emotional intelligence. Coping strategies are one of the most important things to teach your child. Being able to cope fosters self-esteem, and illuminates the path to mental well-being. As children bloom into adulthood, these skills and tools will accompany them, and help them navigate against life's storms. The ultimate goal is for children to continue allowing their emotions to flourish.



## A Word From An Expert...

When you brought your first child home I am sure you were excited to teach them their ABC's and 123's. Some children can even name all the dinosaurs...species and genus before they even enter Kindergarten. This was the case for Brett William's kids. Brett Williams proclaims, Emotional Regulation is the "key to life." Williams is a Licensed Marriage & Family Therapist with a master's in Clinical Psychology and he is the Clinical Director at Mountain View Hospital in Utah. As you sit and talk with Williams today with now grown children that have flown the nest he shares in hindsight there were other important skills he wishes he would have taught his children. Williams shares nurturing emotional regulation skills in your children at every stage is akin or maybe even more important than 123's and ABC's. Providing Children with emotional regulation skills and techniques is

like providing them with a treasure map to a lifetime of fulfillment and resilience. It's the secret passage to a world where self-control empowers them to make wiser choices, where the art of understanding and managing emotions becomes the key to forging lasting connections and thriving in the bustling marketplaces of relationships and academia. These skills are the steadfast ship that guides them through stormy seas of stress and adversity, the compass that leads them toward empathy and conflict resolution, and the guardian of their mental well-being, shielding them from the shadows of anxiety and depression. If kids can emotional regulate they emerge equipped with resilience to slay the dragons of setbacks, and as they embark on the adventures of adulthood with emotional balance and success. **"Emotion regulation" is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience.**

Cont. Page 2

# Featured articles

People unconsciously use emotion regulation strategies to cope with difficult situations many times throughout each day. To really understand this topic, we must uncover what's wrong. Please take a moment and think about what YOUR biggest concerns are for your child and their emotional regulation.

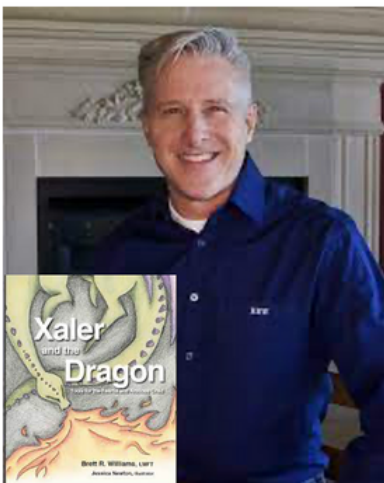
Now that you have had a moment to reflect, consider Emotional Regulation to be an ongoing journey. It involves acknowledging that prior to controlling emotions, one must first pinpoint and embrace the emotional condition they are in. The process of emotional regulation takes consistent practice.

Here are some coping strategies to work on to help your child's emotions from getting too high or too low:

- Talking with friends
- Exercising
- Writing in a journal
- Meditation
- Therapy
- Taking care of self when physically ill
- Getting adequate sleep
- Paying attention to negative thoughts that occur before or after strong emotions

For young children you may consider books or stories that model emotional wellbeing and regulation. Our Expert, Brett Williams, wrote a book you may consider. "*Xaler and the Dragon*" is a story that both teaches and help a child practice new tools for dealing with emotions, fears and anxiety.

The hero of the story is a young child, who has to master his feelings of fear in order to fight a mischievous dragon. Xaler (is the word relax spelled backwards) learns a magic song which enables him to calm his nerves and move forward.



## Books to Help Kids With Their Emotions

***How Do You Feel?***  
by Lizzy Rockwell

***Where Happiness Begins***  
by Eva Eland

***Breathing Makes It Better***  
by Christopher Willard  
and Wendy O'Leary

***Big Feelings***  
by Alexandra Penfold

## 5 Emotion Regulation Skills to Master

Students and families need to know skills that can help us self-regulate our emotions.

- 1. Create space:** emotions happen fast. Pause, take a breath, slow down the moment between trigger and response.
- 2. Noticing what you feel:** what parts of your body are you noticing sensations
- 3. Naming what you feel:** say our loud or recognize the emotion you are feeling
- 4. Accepting the emotion:** experiencing emotions is a normal human reaction
- 5. Practicing mindfulness and awareness:** notice what is happening around you in nonjudgmental way



A feeling wheels can help children identify and articulate their emotions more precisely, fostering self-awareness and effective communication as they navigate the relationships in their life



Understanding Your Child's  
Emotional Development: 11-14  
Years of Age



Begin Course

When we know what to expect, we are prepared and can predict what a child will go through, being more available to help them, should they need it. Additional courses in this series address ages 5-10, 10-13, 14-18 and 19+.

***Need more support or info?***  
***Go to [ParentGuidance.org](https://www.parentguidance.org)***

## Works Cited

"Emotional Regulation: Skills, Exercises, and Strategies." Better Up, 21 Jun. 2021, [www.betterup.com/blog/emotional-regulation-skills](https://www.betterup.com/blog/emotional-regulation-skills). Accessed 8 Sept. 2023.

"All the Feels: 10 Books to Help Kids With Their Emotions." Brightly, [www.readbrightly.com/7-books-to-help-kids-with-their-emotions/](https://www.readbrightly.com/7-books-to-help-kids-with-their-emotions/). Accessed 8 Sept. 2023.

Xaler and the Dragon. 2nd ed., My5Minds, 2020.



COOK CENTER FOR  
HUMAN CONNECTION



Parent  
Guidance.org