

Mental Health Community Care: We all have mental health

Self-Care

Resilience

Mental Health
Conversations

Being Trauma
Informed

Trauma-
Informed
Responses

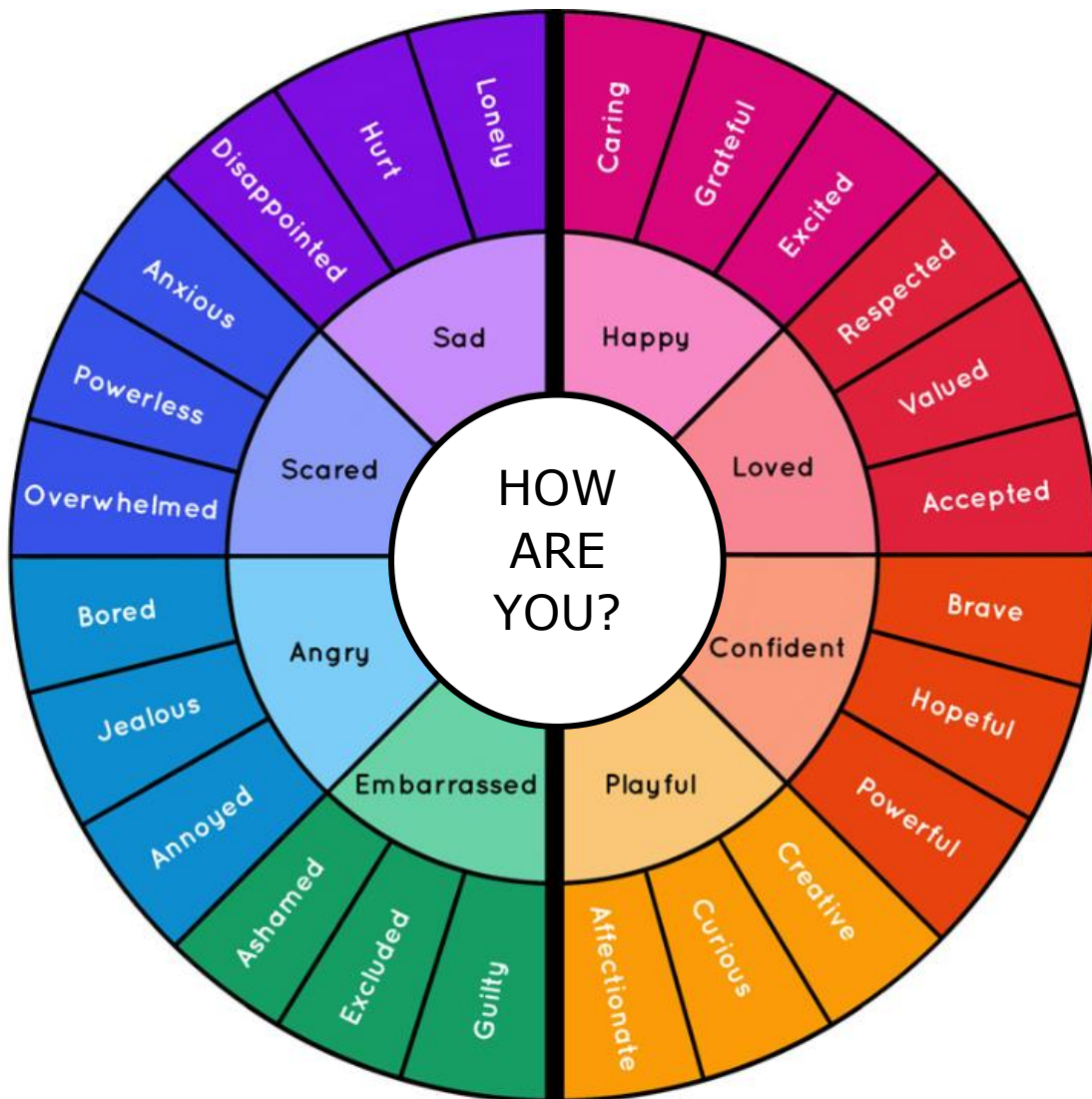
Effective
Coping Skills

Emotion
Regulation

Suicide
Prevention

EMOTION REGULATION: EMOTION IDENTIFICATION

Emotions are the immediate, unconscious signals the body sends in response to an event or stimuli that informs how we feel. The ability to accurately identify, label and respond effectively to emotions is called emotion regulation.



Adapted from Human Systems <https://humansystems.co/emotionwheels/>



PRACTICE. Review the emotions on the inner circle of the wheel. Consider times when you have experienced each emotion. Try to recall how it made you think, feel and act, and write descriptive words for each.

EMOTION	HOW IT MADE ME		
	THINK	FEEL	ACT
HAPPY			
LOVED			
CONFIDENT			
PLAYFUL			
EMBARRASSED			
ANGRY			
SCARED			
SAD			



REFLECT. Using one of the experiences from above, consider how you navigate that emotion in the future.

1. What prompted the emotion and how did you know you were experiencing it?
2. Who, if anyone, from your Support Network did you reach out to?
3. When you experience this emotion in the future, what will you do the same or different to help you navigate it?