

# SELF REGULATION



Utilizing strategies for self-regulation can be helpful before or after you choose to communicate your emotions. They can be helpful for identifying your emotions and/or lessening their intensity.


SWIPE RIGHT FOR  
MORE INFORMATION!



# SOME STRATEGIES THAT WE ENJOY INCLUDE:

- Journaling
- Mindful breathing
- Progressive Muscle Relaxation
- Guided Imagery
- Physical exercise, whatever that may look like for you.





WE INVITE YOU TO  
BRAINSTORM OTHER  
STRATEGIES THAT YOU  
ENJOY AND TO SHARE  
THEM IN THE  
COMMENTS BELOW!

SAVE's Community Education team is dedicated to fostering healthy relationships among community members. We offer presentations, youth support groups, and Art Empowerment Workshops on emotions and other topics related to healthy relationship skills and violence prevention. Visit our website, <https://communityed.save-dv.org/>, and complete the Request Our Services Form to learn more about how we can best support your community!