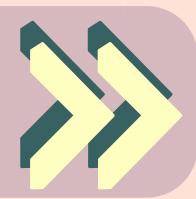
SELF REGULATION

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!