



How to teach adolescents to regulate their emotions



If you want to teach adolescents to regulate their emotions, adjust your goals first, make adolescents feel that you genuinely care about them, accept their emotions, instead of demanding them suppress their feelings and immediately return to the state of feeling happy.

Main Point!

Reduce emotional vulnerability

Health problems can affect emotions. Have a balanced diet, sleep sufficiently and exercise.

Balanced diet



Enough sleep



Do exercise

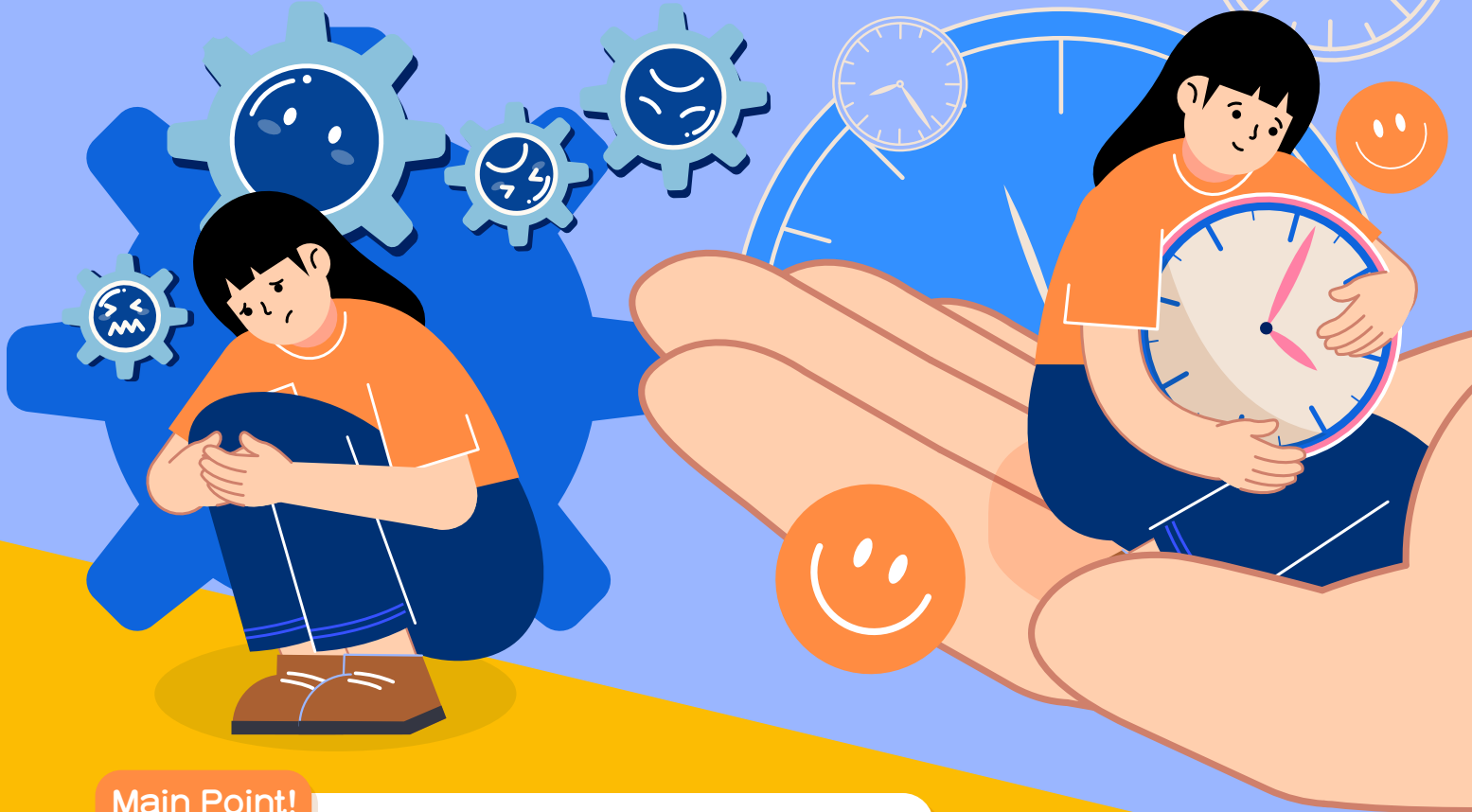
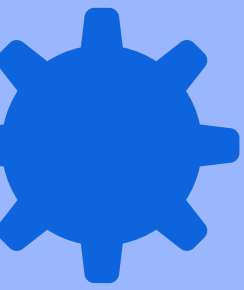


Avoid overuse of substances that affect emotions such as drugs, alcohol, or excessive consumption of caffeinated beverages.

Main Point!

Learn to live with emotions

Teach adolescents various functions of emotions, helping them understand that even though negative emotions may arise, they will dissipate and fade over time. They can then accept their feelings without suppressing or blaming themselves.



Main Point!

Raise emotional awareness

Cultivate the habit of being aware of emotions through methods like deep breathing, distraction, stress reduction exercises and talking to others, to reduce the intensity and duration of negative emotions.



Main Point!

Increase awareness of thoughts

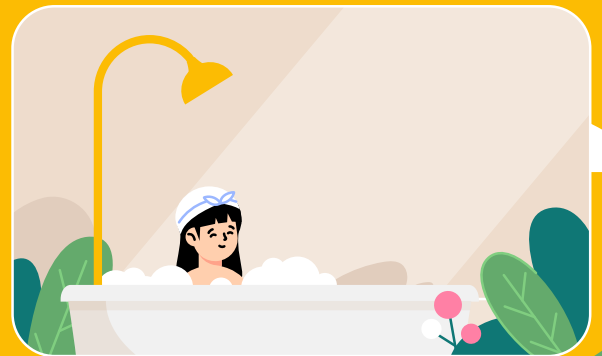
Thoughts may not necessarily reflect reality but they can stir emotions. Teach adolescents to pay more attention to their thoughts to understand that thoughts trigger emotions. This can reduce the feeling of losing control over emotions and allow them to choose appropriate ways to express their emotions.



Main Point!

Methods of relieving emotions

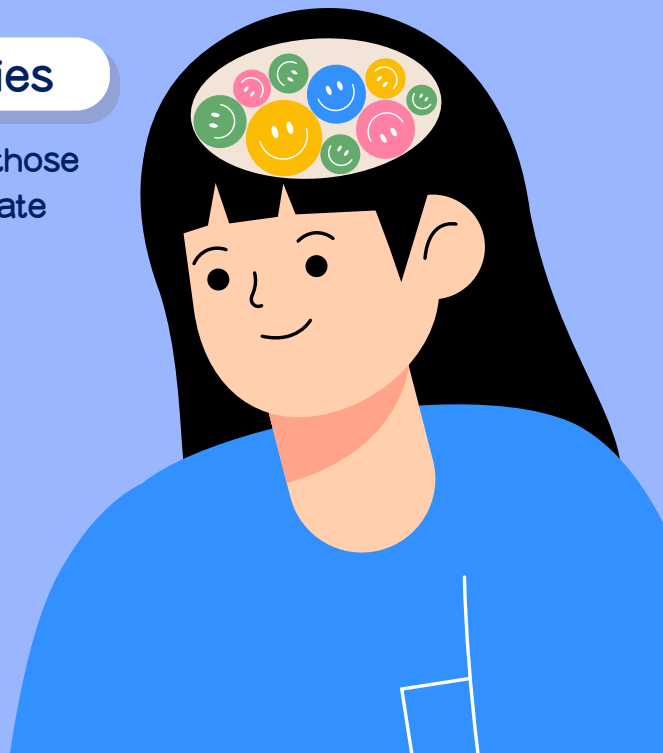
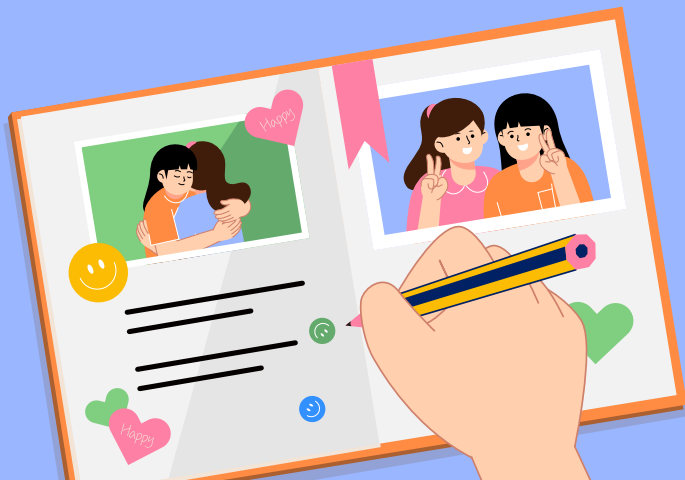
Guide adolescents to think about ways that can effectively relieve their emotions without causing harm. Encourage them to write these methods on reminder cards. Keep the cards close as a reminder.



Main Point!

Accumulate positive memories

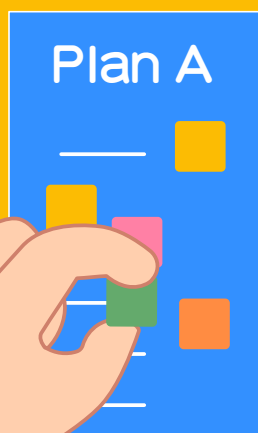
Record the moments that bring joy, gratitude, and those which are uplifting. This helps the brain accumulate positive memories and optimistic thoughts.



Main Point!

Develop coping strategies

In preparation for potential adversities, guide adolescents to pre-plan different coping strategies. In case adversities strike, the emotional impact and impulsive reactions can be reduced, allowing them to deal with the situation calmly.



Main Point!

Enhance a sense of competence

Encourage adolescents to participate more in activities, especially volunteering work, to gain personal growth through experiences and wisdom. We can also spend more time with adolescents listening and reading about others' experiences so that they can take reference and boost their confidence in handling situations.

