

# Crying

Crying is one of the most powerful ways to move through emotions. Letting yourself fully cry allows emotion to leave the body instead of getting stuck, helping you feel lighter and calmer afterward.

## Moving Your Body

Stomping, shaking, dancing, kriyas or gentle movement lets emotions flow through your body. Movement gives emotions somewhere to go and helps shift energy safely.

## EFT Tapping

Tapping on key points helps release stored emotion and restore calm to your system. It's especially helpful for anxiety, frustration, or emotional overwhelm.

## Breathwork

Intentional breathing is a quick and powerful way to regulate intensity. Deep, conscious breaths help calm the nervous system and create space so you can choose a tool that feels good in the moment.

# TOOLS FOR EMOTIONAL REGULATION

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## Journal & Burn

Writing down what you're feeling, and safely burning it is a powerful ritual for release. It helps you process your emotions, notice what's coming up, and move through them safely instead of getting stuck in rumination.

## Space / Stepping Away

Sometimes the best thing is to remove yourself from the situation, pause, or simply be with your body. Giving yourself permission to step back allows regulation and reflection to happen naturally.

## Talking / Co-regulation

Sharing your feelings with a safe person or community, without needing to fix anything, helps you process and move through emotions. Being seen and heard signals safety to your nervous system.

## Singing & Mantras / Music

Using your voice, singing, chanting, mantras, or listening to music can soothe the nervous system and help emotions move. Sound brings you back into your body when feelings feel scattered.

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# 5 Steps to Regulate Emotions

## 1. Notice / Awareness

Tune into what you're feeling.

(Being aware of your emotions in your body and heart is the first step to moving through them safely.)

## 2. Pause & Anchor

Give yourself a moment to slow down: breathe, step away, or ground yourself in your body. (This creates a safe space to choose a tool that feels right for you in the moment.)

## 3. Move Through the Emotion

Use a tool to help the emotion flow instead of suppressing it. (This could be crying, journaling, singing, breathwork, EFT tapping, or talking with a safe person or community, whatever helps you move through your emotions safely.)

## 4. Return to Action

Once the emotional charge softens, respond intentionally. (Engage from clarity rather than reaction. You'll make decisions and act with steadiness.)

## 5. Reflect Afterward

Explore what the emotion was trying to tell you. (Look at triggers with curiosity, not judgment. What did your body or heart need? What old patterns or beliefs came up? This is vital information so you can understand the root of your triggers.)



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Check out my website and  
my Empower You Library for  
emotional regulation tools and resources!



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