What is an emotion?
PHYSIOLOGY

BEHAVIOUR

EMOTION

FEELING
Emotional Response
The Basic Emotions

Body changes
Behaviour
Why do we have emotions?
Highlights important things
Prepare us to take action
Communication
Deepen experience of life
Why do we need to regulate our emotions?
How do we regulate our emotions?
Process Model of Emotion Regulation

Situation Selection
Situation Modification
Attentional Deployment
Cognitive Reappraisal
Emotional Suppression

Time

Gross, 2001
# Emotion regulation strategies and psychological disorders

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Relationship</th>
<th># Studies</th>
<th>Specific Disorder</th>
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<tbody>
<tr>
<td>Avoidance</td>
<td>Positive</td>
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<td>Depression; Anxiety; Eating Disorder</td>
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<tr>
<td>Rumination</td>
<td>Positive</td>
<td>89</td>
<td>Depression; Anxiety; Substance Use; Eating Disorder</td>
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<tr>
<td>Suppression</td>
<td>Positive</td>
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<td>Problem-solving</td>
<td>Negative</td>
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<td>Reappraisal</td>
<td>Negative</td>
<td>15</td>
<td>Depression</td>
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What about adolescents?
How do we scaffold ER in our children?
Language
Welcome to
ACCEPTANCE
ENJOY THE JOURNEY
What tends to prompt this emotion?

How does this emotion feel in my body?

What is this emotion telling me?

What thoughts are associated with this emotion?

What does this emotion make me want to do or say?

How do I tend to act when I feel this way?