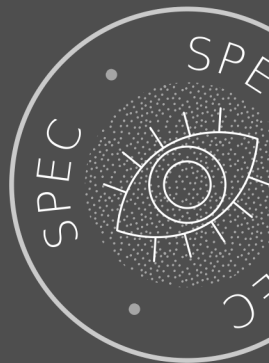




EMOTIONAL REGULATION guidebook



WHAT IS EMOTIONAL REGULATION?

Emotional regulation is the ability to respond to the experience one is having appropriately to the situation, with an awareness of the spectrum of emotions, and the ability to accurately engage or delay emotional responses as needed.

How does it impact communication skills?

Consider your initial response to a stressful situation:

How does your body respond?

How does this affect your thinking and feeling?

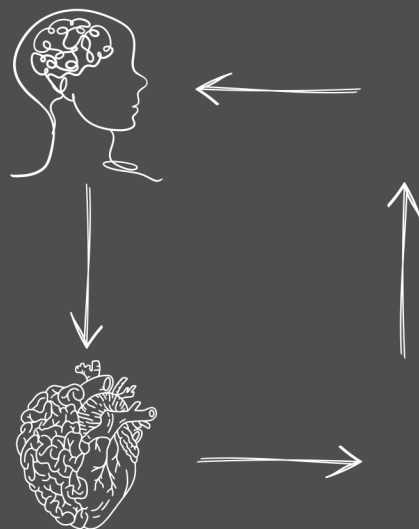
And finally, how do your thinking and feelings affect your communication?

If you are going to get in front of a busy or scattered inner voice when you experience something stressful, you need to calm your mind!

You calm your mind by calming your nervous system.

HOW TO START A PRACTICE

1. Bring your attention to your breath.
2. Inhale for 5 seconds, pause for 5 seconds, exhale for 5 seconds, pause for 5 seconds.
3. This is called "box breathing"
4. In your mind's eye, imagine your breath coming in through your mouth, dropping into your chest, and exhaling through your heart center.
5. As you breathe, imagine a connection between your mind and your heart.
6. With every inhale, breathe into your mind, drop down into your heart, and exhale through your heart center.
7. Once the connection between your heart and your mind is established, you have regulated your breathing enough to calm yourself and communicate more effectively.





SPEC FOUNDER & COACH



RACHEL RANDOLPH

I founded Spec in 2019, on the belief that people are already self-aware and brilliant, they only need tools to leverage that brilliance to communicate with strength, confidence, and clarity. If you enjoyed this guidebook and want to learn more about my programs, please let me know by emailing hello@yourspeccoach.com!

