
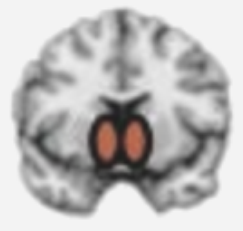


# It's Time to Mindfully Manage

Emotional Reactivity		
	 amygdala & insula	 ventral striatum
<b>General Function</b>	<ul style="list-style-type: none"> <li>Encodes salient stimuli</li> </ul>	<ul style="list-style-type: none"> <li>Signals reward value</li> </ul>
<b>Stimuli or Situations Where System Plays A Key Role</b>	<ul style="list-style-type: none"> <li>Responds to cues with negative or positive affective significance</li> <li>Tracks threat or exposure to stress and/or trauma</li> </ul>	<ul style="list-style-type: none"> <li>Reacts to potential and/or actual rewards</li> <li>Responds to presence of peers particularly in adolescence</li> </ul>

Emotion regulation serves to modify the nature, intensity or duration of emotions

Regulation of positive and negative emotions have different developmental courses

Prefrontal cortex development may improve regulation of negative emotions

Caregivers can help children better regulate emotions

## DID YOU KNOW ?

because emotions can enhance or impede learning, the ability to regulate one's own and others' emotions can facilitate successful educational outcomes

the presence of peers may influence recruitment of brain regions that trigger negative and positive emotions; in tasks involving peer rejection, adolescents show increased activation of regions in the brain which have been associated with depression and social pain

children and adults respond similarly to aversive stimuli and children have greater trouble regulating responses to them; by contrast, children respond more strongly to rewards than do adults and all age groups can regulate responses to them



# IT'S A LEARNING PROCESS

## 6 STEPS TO MINDFULLY DEAL WITH DIFFICULT EMOTIONS



1

### Turn toward your emotions with **acceptance**

Become aware of the emotion and identify where you sense it in your body.

### Identify and label the emotion

To stay mindful, say to yourself, "This is anger" or "This is anxiety."

2



3

### Accept your emotions

Don't deny the emotion. Acknowledge and accept that it is there.

### Realize the **impermanence** of your emotions

Even if the emotion feels overwhelming, remember that it will pass.

4



5

### Inquire and investigate

Ask yourself, "What triggered me? Why do I feel this way?"

### Let go of the need to control your emotions

Be open to the outcome of your emotions and what unfolds.

6



The Gottman Institute

Be kind to yourself as you learn  
or sharpen this skill 😊