Emotion regulation serves to modify the nature, intensity or duration of emotions. Caregivers can help children better regulate 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.

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.

DID YOU KNOW?

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5096655/
**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.

2. **Identify and label the emotion**
   - To stay mindful, say to yourself, “This is anger” or “This is anxiety.”

3. **Accept your emotions**
   - Don’t deny the emotion. Acknowledge and accept that it is there.

4. **Realize the impermanence of your emotions**
   - Even if the emotion feels overwhelming, remember that it will pass.

5. **Inquire and investigate**
   - Ask yourself, “What triggered me? Why do I feel this way?”

6. **Let go of the need to control your emotions**
   - Be open to the outcome of your emotions and what unfolds.

---

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

---

*The Gottman Institute*