

D Do something positive!

(Express/release/shift the emotional energy)

Dump



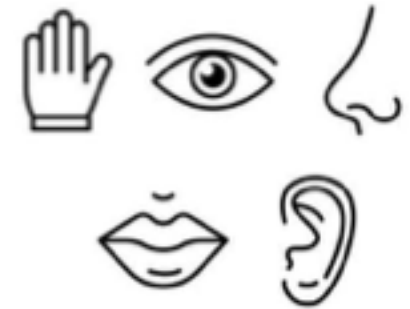
Dispel



Discuss



Distract



Find what works for you!

You might need to try more than one thing to fully release and settle the uncomfortable emotions in your body and shift the negative thoughts in your mind.



DUMP

Dump



Draw it or write about it

- give it to an adult
- screw it up, bin it and let it go
- put it in the worry monster or dump book
- journal about it

DISPEL

Dispel



Move the emotional energy out of the body!

- Cry
- Hug
- Dance, run, play, jump
- Sing
- Laugh
- Scream/shout into a pillow
- Be loud
- Go outside



DISCUSS

Discuss



Talk to a trusted adult

- Flip the negative voice to a positive voice
- Make a worry plan
- See the good

DISTRACT

Distract



Redirect your focus

- 5,4,3,2,1 technique
- Listen to uplifting music, watch funny TV, read, play, game, art, colour, meditate

If you'd like to learn more about these strategies and which strategies work best specifically for anger or worry for example – I teach this in the Emotionally Intelligent Parenting course: A self-led, online video course which you get life-time access to and the chance to ask questions along the way.

Click the link below to watch a short introductory video and find out what you will learn through this course and how this will transform your approach to emotional regulation for you and your children – bringing you all more inner harmony and emotional resilience!

<https://www.journeyinmind.com/parents-1>



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