



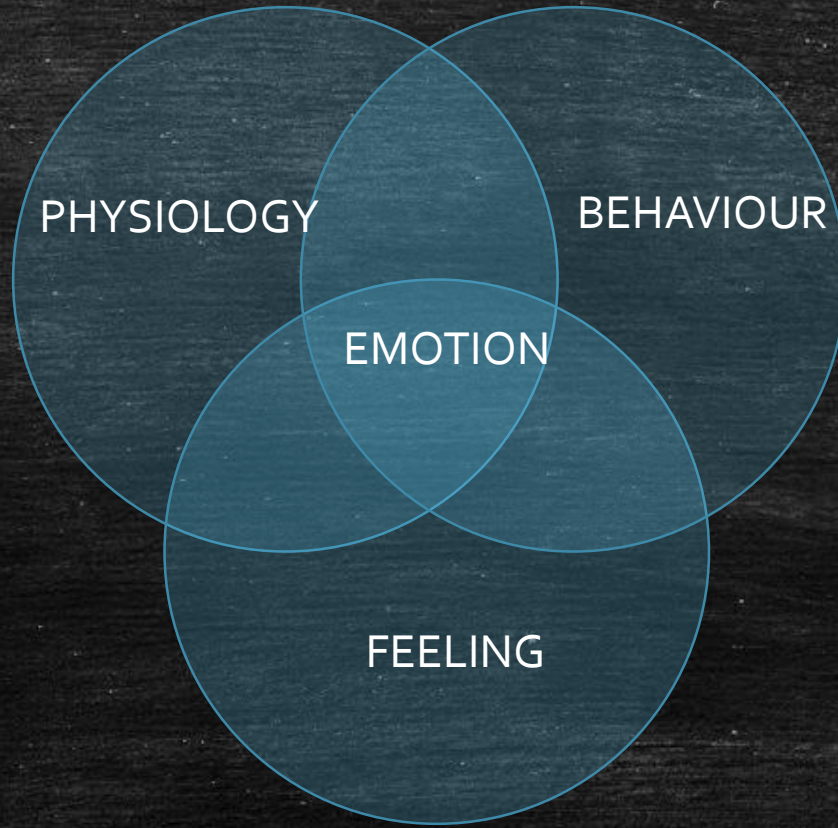
# Emotion Regulation

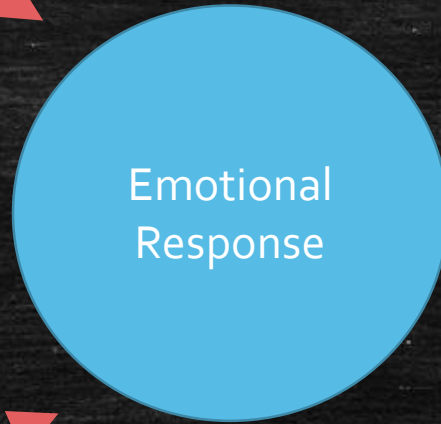
Tawa College Parent Evening  
30<sup>th</sup> May, 2017

© Youth Wellbeing Study



**What is an emotion?**



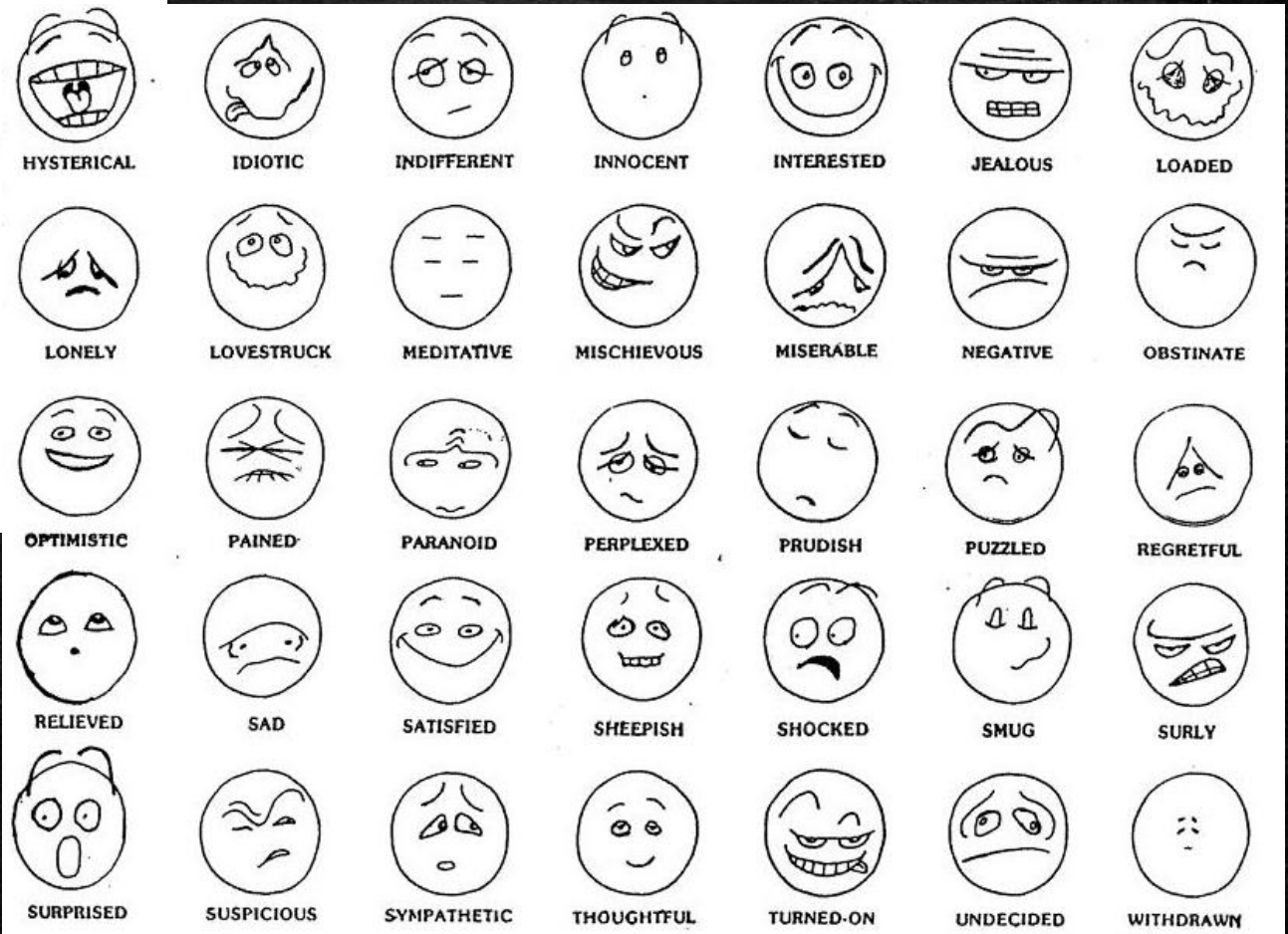


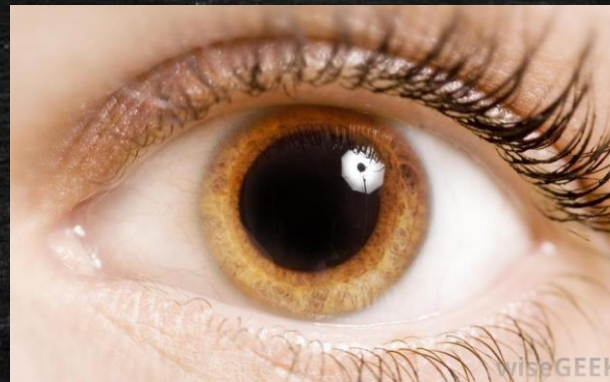
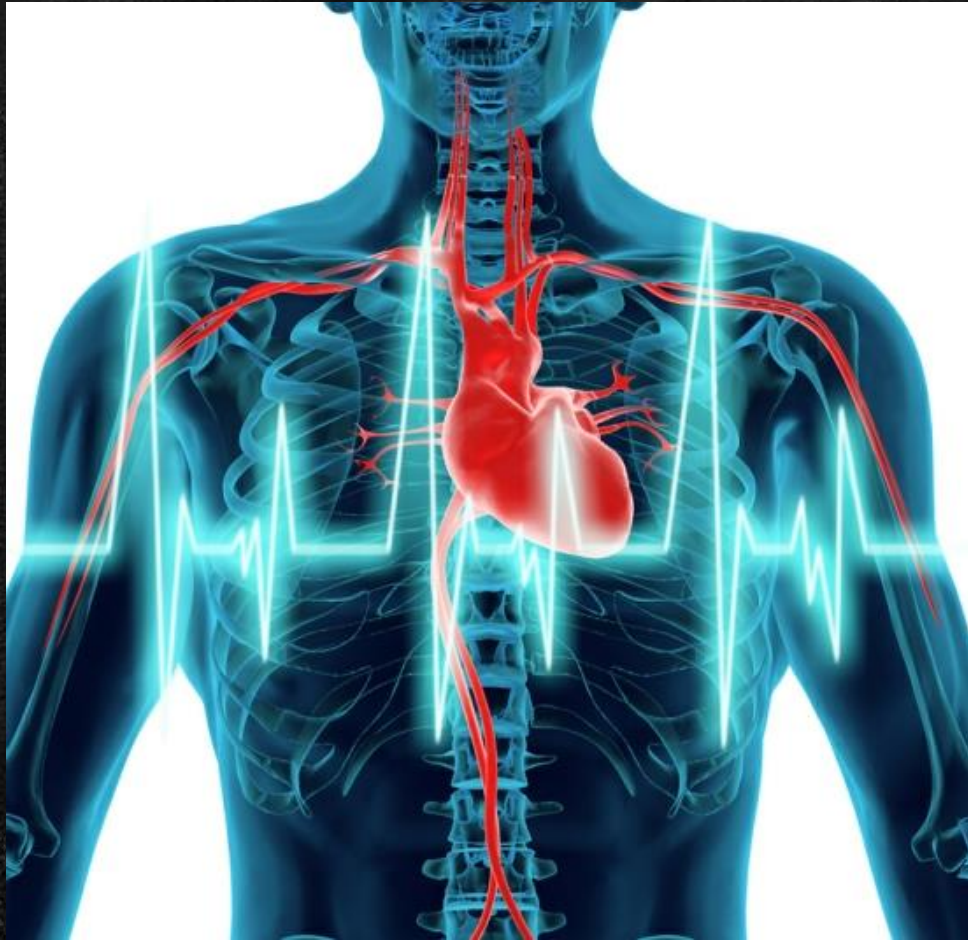
# The Basic Emotions



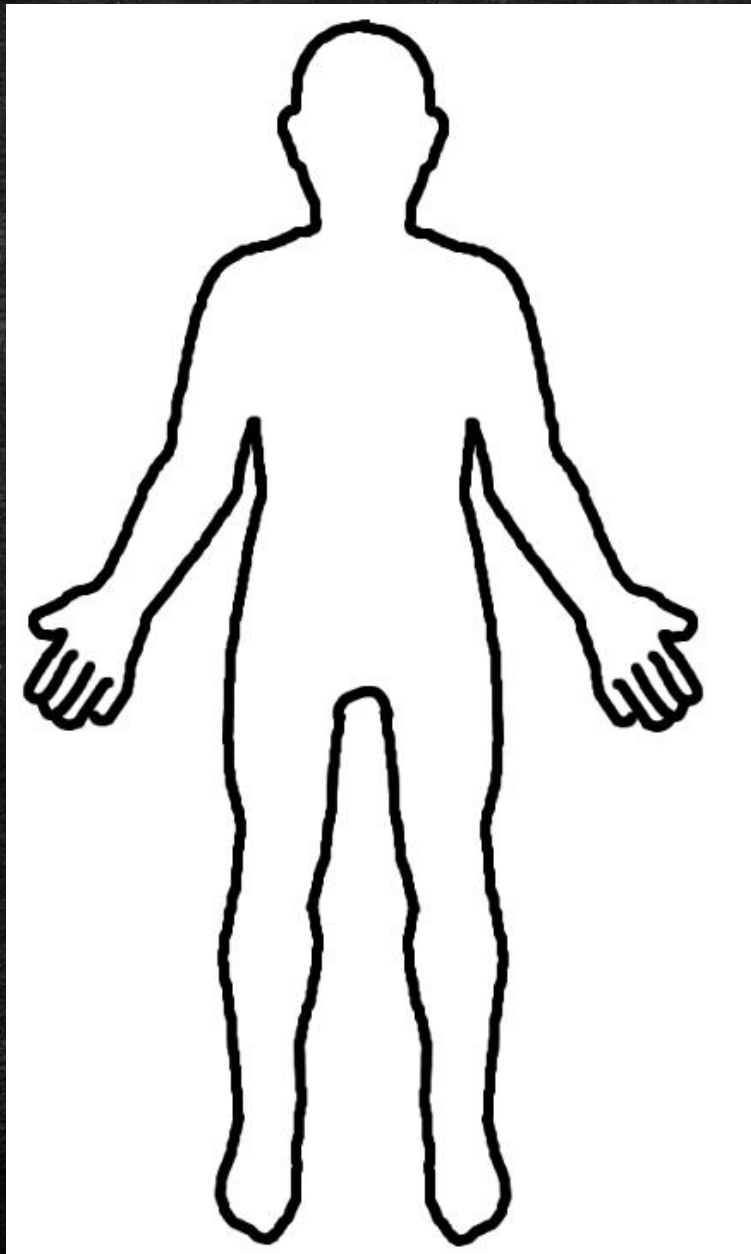
Surprise

From Gleitman et al. (2012) Psychology, 8<sup>th</sup> ed.

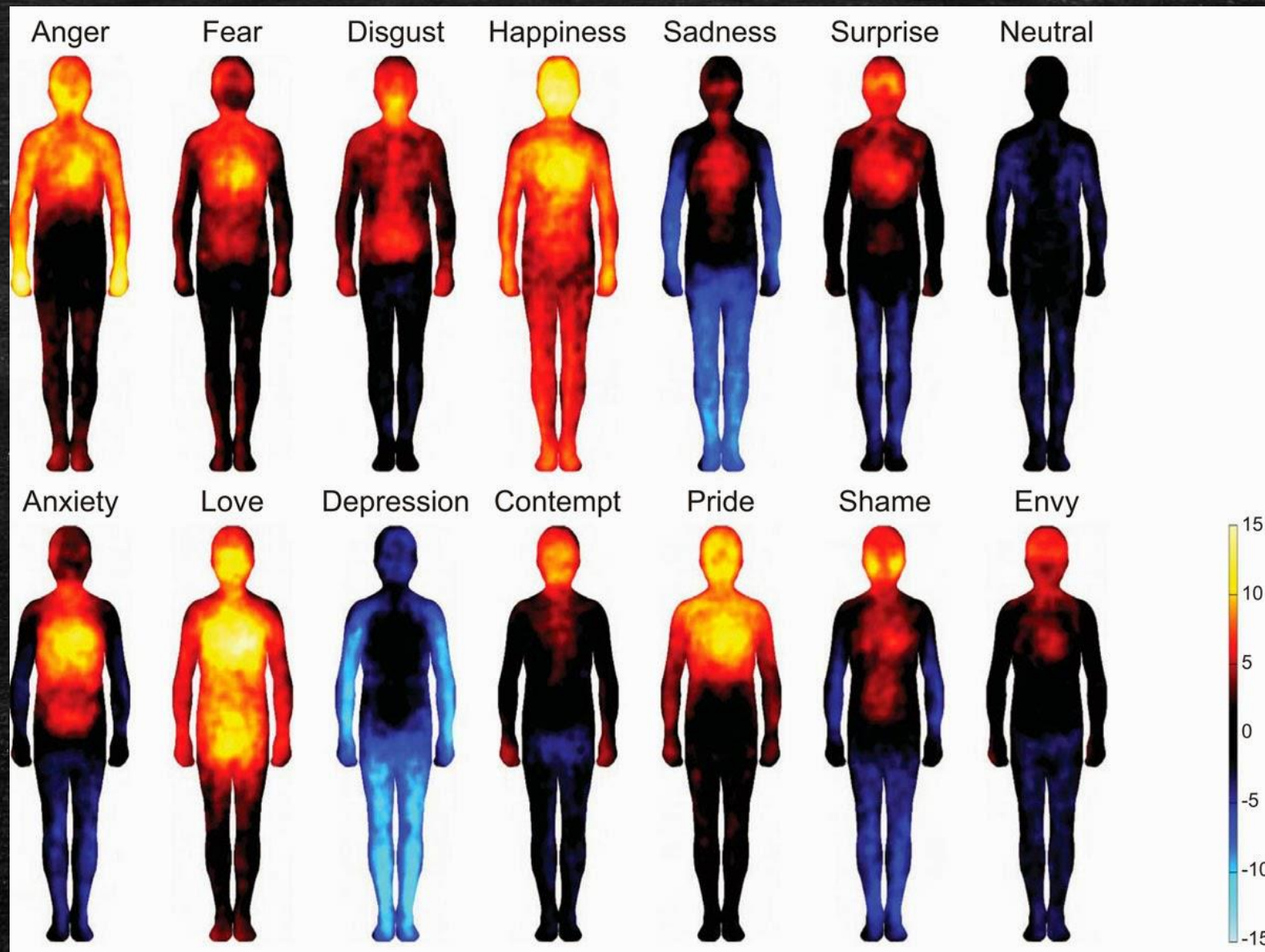




# Body changes





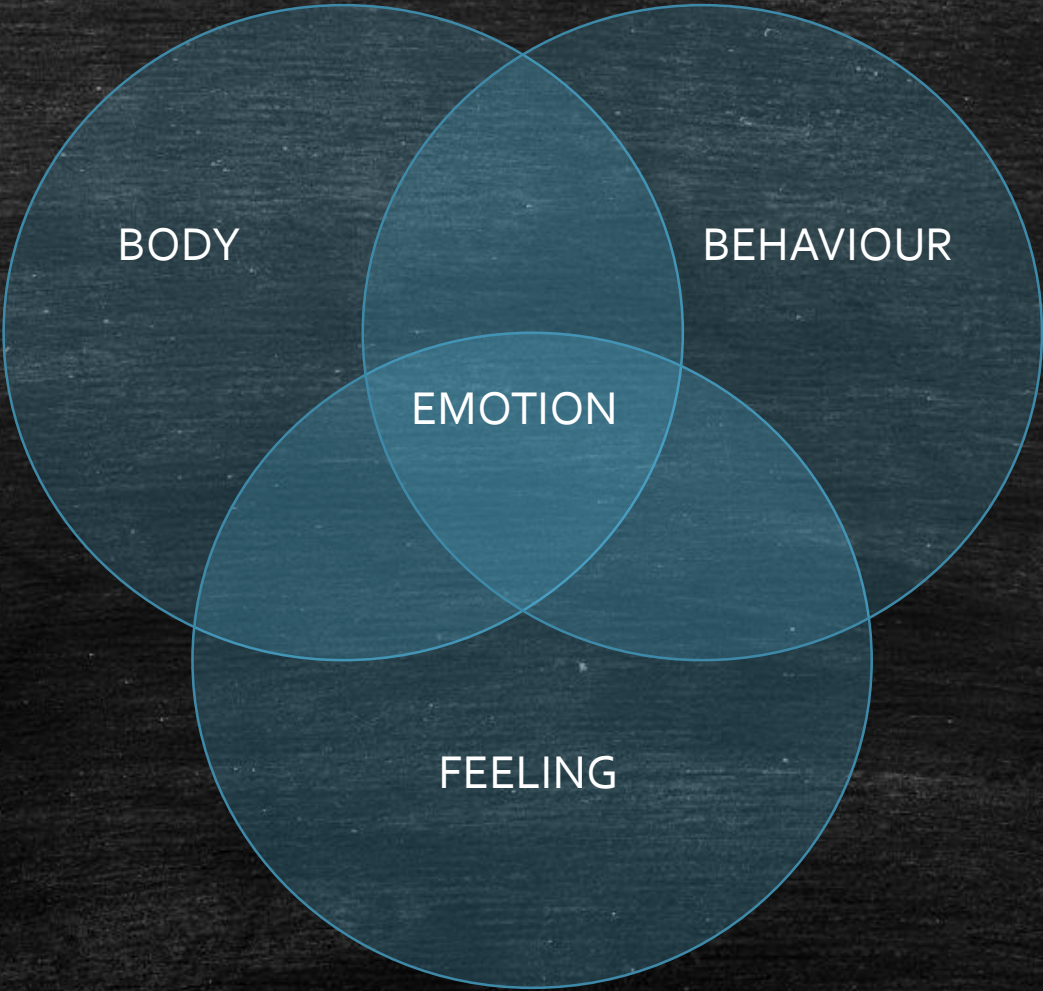


From Nummenmaa, L., Glearan, E., Hari, R., & Hietanen, J.K. (2014). Bodily maps of emotions. *Proceedings of the National Academy of Sciences*, 111, 646-651.



**Behaviour**





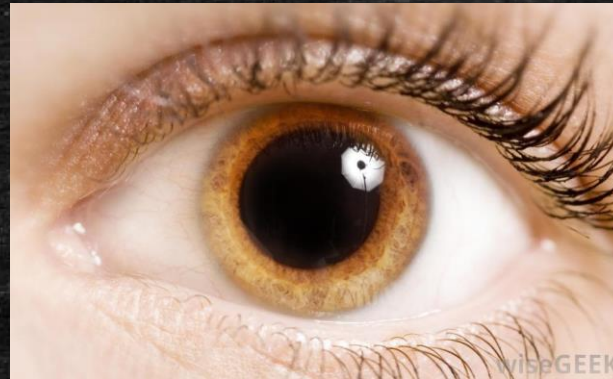
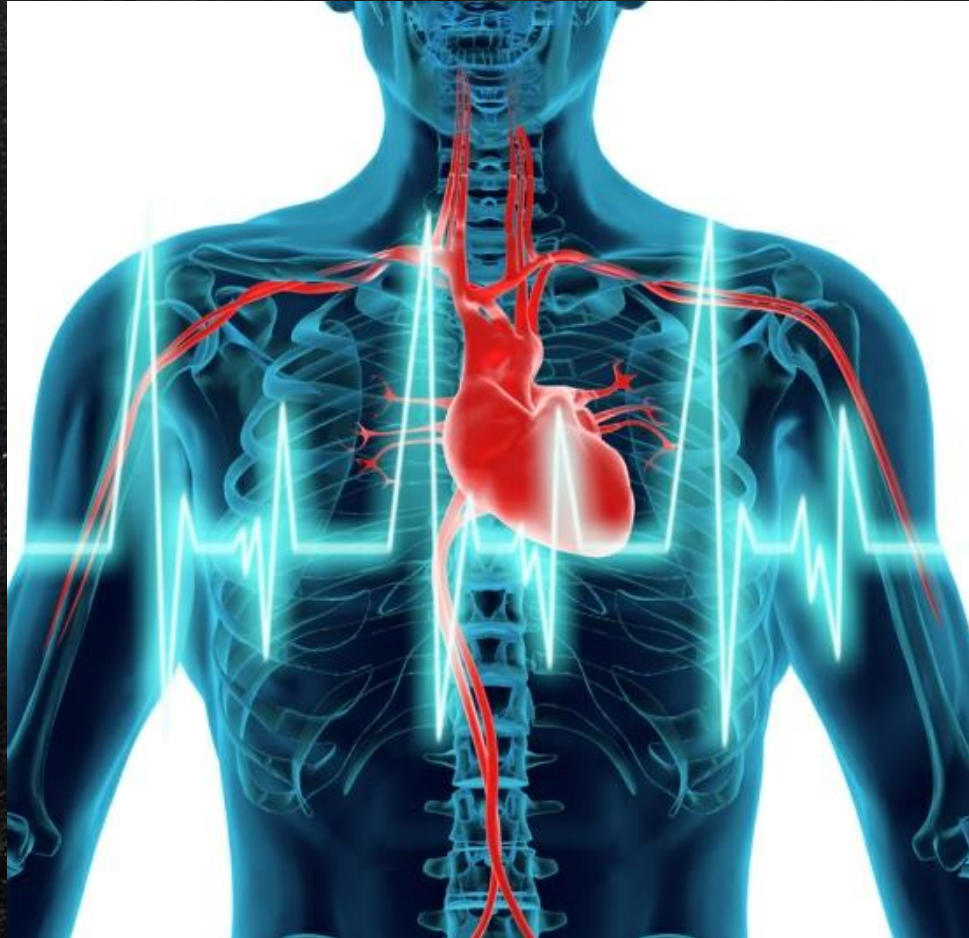
**Why do we have  
emotions?**



**Highlights important things**



**Prepare us to take action**







**Communication**





嘻嘻





**Deepen experience of life**

**Why do we need to regulate  
our emotions?**

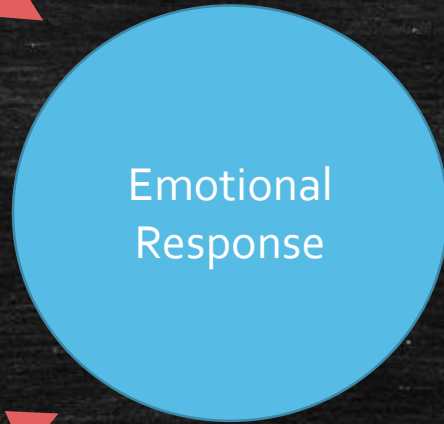






**How do we regulate our  
emotions?**





Emotion  
Regulation



# Process Model of Emotion Regulation

Situation  
Selection

Situation  
Modification

Attentional  
Deployment

Cognitive  
Reappraisal

Emotional  
Suppression

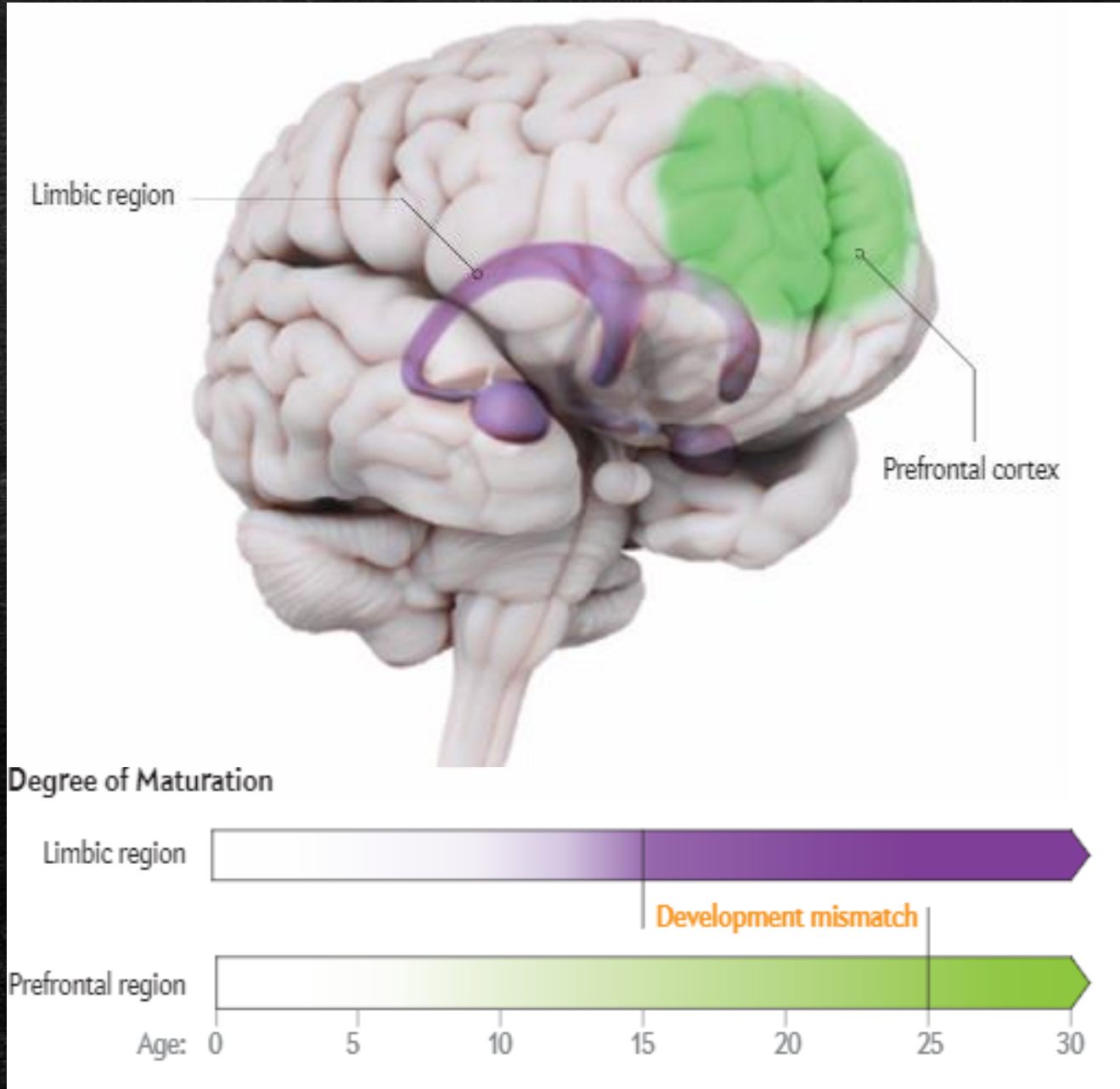


# Emotion regulation strategies and psychological disorders

Strategy	Relationship	# Studies	Specific Disorder
Avoidance	Positive	37	Depression; Anxiety; Eating Disorder
Rumination	Positive	89	Depression; Anxiety; Substance Use; Eating Disorder
Suppression	Positive	51	Depression; Anxiety; Eating Disorder
Problem-solving	Negative	42	Depression; Anxiety, Eating Disorder
Reappraisal	Negative	15	Depression

From Aldao, Nolen-Hoeksema, & Schweizer (2010). Emotion-regulation strategies across psychopathology: A meta-analytic review. *Clinical Psychology Review*, 30, 217-237.

**What about adolescents?**



From Giedd (2015). The Amazing Teenage Brain/. *Scientific American*, 312 (6) 32-37.





**How do we scaffold ER in  
our children?**



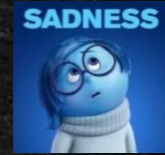




Welcome to

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?***