

de-escalating heightened emotions

Identify the Emotion



Label what you're feeling ("I'm feeling frustrated" or "I'm feeling anxious"). Naming the emotion can create a sense of control and clarity.

Challenge Unhelpful Thoughts

Ask yourself if your thoughts are accurate or if they're intensifying your emotions. Reframe negative or catastrophic thoughts to more balanced ones.



Take a Few Deep Breaths: 4-4-4

Inhale deeply through your nose for 4-seconds, hold for 4-seconds, and exhale slowly for 4 seconds. This helps reduce stress and brings focus back to the present.



Step Away Temporarily

Taking a brief "pause" or stepping out of the situation can provide space to regain control over your emotions.

Re-direct attention

Shift your focus to an unrelated task. Redirecting attention can help break the cycle of heightened emotions, giving your mind a chance to reset

