

Mood Regulation Toolkit

A practical guide for naming emotions, lowering intensity, and choosing a steadier next step.

1. Name it more specifically

Move from broad words to specific words: disappointed, ashamed, pressured, lonely, overstimulated, angry, worried, or exhausted.

2. Lower intensity first

Before solving, try stepping away briefly, breathing more slowly, unclenching your jaw, drinking water, or writing without sending.

3. Identify early warning signs

Notice what happens before escalation: tone, body tension, racing thoughts, avoidance, or urgency.

4. Plan for repeat moments

Decide who you can talk to, what boundary might help, and when professional support would be useful.

When I notice escalation, I can:

This resource is educational and not a substitute for crisis, emergency, medical, or individualized clinical care. If there is immediate risk, seek urgent support.