

EMOTIONAL DYSREGULATION



Emotional dysregulation means moods and emotional reactions are unstable and difficult to manage.

LOOK FOR:

- Saying or doing things without thinking
- Difficulty knowing when to stop an activity
- Doing things quickly or without regard for safety
- Moods shifting rapidly such as a sudden urge to yell or cry
- Intention and behavior may be disconnected such as laughing at a sad story



EMOTIONAL DYSREGULATION ACCOMMODATIONS

- Use mindfulness techniques (*see mindfulness page for ideas*)
- Pay attention to what is happening in your body when you feel agitated. For example, are you tapping your foot, clenching your fists?
- Ask for a short break
- Write down important information before you go into emotional situations
- Create a daily schedule to reduce feeling overwhelmed
- Make a list of people that make you feel safe and heard. Reach out to them when needing support
- Caregivers - the most important thing you can do is remain calm yourself, do not react to the person's emotions. You can gently guide the person to a quiet area to help them regain control.



CITATIONS

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