

EMPOWERING YOUTH EMOTIONS



REGULATE YOUR OWN EMOTIONS

- **Awareness** reduces the likelihood of emotions taking control.
- **Understanding** our emotions helps us respond thoughtfully.
- **Emotions** affect our words and choices.

BE CURIOUS & OPEN THE CONVERSATION

- **Approach** conversations with curiosity and open-mindedness.
- **Ask** open-ended questions and listen without judgment.
- **Recognize** that emotions are complex and multifaceted.
- **Foster** quality relationships through caring and understanding.
- **Initiate** discussions by expressing a desire to understand their feelings. Use phrases like "I want to understand how you are feeling" or "Tell me about what's going on."
- **Give** undivided attention to help youth feel heard and valued.
- **Validate** feelings with empathetic responses. like "I understand you better now" or "I'm honored you trust me."

BEHAVIOR IS AN OUTCOME, NOT AN EMOTION

- **Validate** feelings with empathetic responses. Use phrases like "I understand you better now" or "I'm honored you trust me."
- **Show** support with statements like "That's a lot to handle."
- **Differentiate** between internal emotional experiences and outward behavior.
- **Ask** questions to explore true emotions before offering solutions.
- **Understand** that behavior is a complex expression of underlying feelings.

OFFER STRATEGIES

- **Help** youth explore alternative, positive perspectives on situations.
- **Change** thinking to influence emotions positively.
- **Collaboratively** identify strategies that soothe or energize them.
- **Offer** ideas without pressure, respecting their autonomy.
- **Encourage** short-term regulation techniques like mindful breathing or taking a walk.
- **Respect** the choice to experience or move away from emotions
- **Guide** youth to practice positive self-talk.
- **Offer** encouraging phrases for self-motivation and confidence.

CLOSE CONVERSATION & TALK NEXT STEPS

- **Seek** agreement to end the conversation.
- **If needed**, promise to continue discussing later.
- **Review** agreed-upon emotion regulation strategies.
- **Ensure** the youth feels prepared to implement them.
- **Schedule** a follow-up conversation.
- **Discuss** progress with strategies and offer additional support.

END ON A POSITIVE NOTE

- **Express** optimism about their progress.
- **Show** gratitude for sharing and connecting.

FOLLOW UP & RESPOND TO SETBACKS

- **Regularly** check in to offer ongoing support.
- **Inquire** about feelings and progress.
- **Create** an environment where emotions and discussions about regulation are encouraged.
- **Show** compassion when setbacks occur.
- **Provide** support and understanding.
- **Encourage** self-compassion by asking, "What would you say to your best friend?"

If youth struggle with traumatic experiences, follow protocol for additional support.