

# What is Emotion Regulation?

**Emotion regulation is the practice of understanding, honoring, and guiding your emotions in ways that support balance within your mind, body, spirit, and relationships.** In our Native ways, emotions are often seen as signals, teachings that rise within us. Learning how to work with those feelings, instead of being carried away by them, is a skill that grows over time.

Emotion regulation can happen within yourself (internal) or through connection with others (external), such as offering calm, steady presence to a child or Relative who is struggling. Emotion regulation doesn't mean ignoring or "stuffing" emotions — it means noticing, honoring, and responding in ways that support wellness, both individually and collectively.



## Why Emotion Regulation Is Important

Emotion regulation helps us understand, express, and move through our feelings in healthy ways. These skills support balance in mind, body, spirit, and relationships. When we can identify what we're feeling, pause, and choose how to respond, we strengthen our ability to:

- Build healthier relationships with our children, partners, Relatives, and community.
- Reduce stress and overwhelm, preventing emotions from becoming too big or unmanageable.
- Support children's development, helping them learn coping skills, self-control, and confidence.
- Heal from historical and ongoing trauma, by interrupting cycles of stress reactions passed across generations.
- Make grounded decisions, rather than reacting in the moment from fear, anger, or anxiety.
- Honor our teachings, which remind us to move with intention, humility, and balance.

## Emotion-Regulation Strategies to Reset and Ground

**Reframing:** shifting how you see a situation to ease emotional weight.

**Acceptance:** allowing feelings to move through without judgment.

**Distraction through meaningful activity:** beading, walking, drumming, or spending time outdoors.

### Stop Method:

- **Stop:** Pause before reacting.
- **Take a breath:** slow your heartbeat and reconnect with your center.
- **Observe:** notice your thoughts, sensations, and the teachings your body is offering.
- **Proceed:** move forward with a response that reflects balance, respect, and the values of your people.

## All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.



We are here seven days a week from 8:00am-Midnight.

For Relatives living in Nebraska