

EMOTIONAL REGULATION MONTHLY

Month: _____ Focus: Resilience & Balance

MON
TUE
WED
THU
FRI
SAT
SUN

01

Box Breathing: 4s inhale, 4s hold, 4s exhale, 4s hold.

02

Name the Emotion: "I am feeling ____."

03

5-4-3-2-1 Grounding: Identify senses around you.

04

Body Scan: Release tension in jaw and shoulders.

05

Opposite Action: Do the healthy opposite of an urge.

06

Self-Soothe: Use a calming scent or soft texture.

07

Radical Acceptance: Accept the moment as it is.

08

STOP Skill: Stop, Take a step back, Observe, Proceed.

09

Journaling: 5 minutes of stream of consciousness.

10

Nature Break: 10 minutes observing the outdoors.

11

Mindful Listening: Focus entirely on one song.

12

Cold Water Splash: Reset the nervous system.

13

Gratitude: List three specific small wins.

14

Digital Detox: No screens 1 hour before bed.

15

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21

← Skill Practiced • High Emotional Intensity Day ^ Mastery Achieved

Monthly Reflections & Breakthroughs: