FLUID EMOTIONS:

NAVIGATING THE TEMPERATURE OF FEELINGS

LOS ANGELES COUNTY
Youth
COMMISSION

Presented by:

Los Angeles Youth Commission

What is Self Regulation?

Self -Regulation:

Definition: Self-regulation refers to the ability to **manage one’s thoughts, emotions, behaviors, and impulses** in order to achieve desired goals or maintain psychological well-being.



The relationship between self-regulation and stress management

Benefits

Effective stress management helps individuals reduce the harmful effects of **chronic stress, improve resilience, enhance coping skills, and maintain overall health and well-being.**

Importance

In today’s fast-paced world, stress is an inevitable part of life. Learning how to manage stress is essential for **maintaining a balanced and fulfilling lifestyle.**

Importance of Understanding and Managing Stress in Daily Life



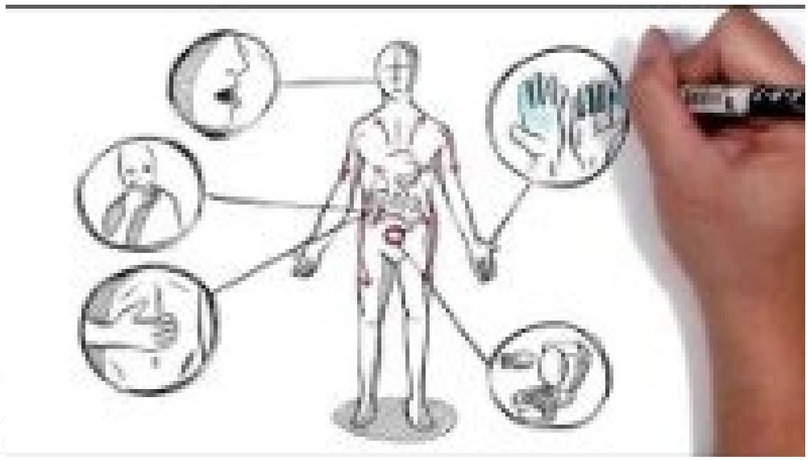
Physical Health: Chronic stress has been linked to a wide range of physical health problems, including **cardiovascular disease, digestive disorders, weakened immune function, and chronic pain.** Understanding and managing stress can help prevent or mitigate these health risks.

- **Mental Health**
- **Relationships**
- **Productivity**
- **Quality of Life**

The Stress Response

When faced with a perceived threat or challenge, the body activates the stress response, also known as the “fight-or-flight” response.

https://www.youtube.com/watch?v=jEHwB1PG_-Q





"Window of tolerance"

is a concept used in psychology to describe when a person **can effectively cope with stressors and engage in daily activities**. When an individual is within their window of tolerance, they feel calm, alert, and able to manage their emotions and behavior effectively.







We are water:

Mastering the Art of Emotional Regulation

- **Temperature Sensitivity**
- **Regulation and Balance**
- **Emotional Extremes Flexibility and Adaptability**
- **Nourishment and Hydration**

WATER ACTIVITY



- **Heating up Water:** When people experience intense emotions, they may reach a point of emotional "boiling over" where they feel overwhelmed and unable to cope effectively. This can manifest as anger, anxiety, or agitation, making it difficult to engage in rational thinking or communication.
- **Shaving Ice:** When people suppress or "freeze" their emotions, they may become emotionally numb or disconnected from their feelings. This can lead to difficulties in expressing oneself, forming meaningful connections, and experiencing joy or fulfillment in life.

- **Finding the Right Temperature:** This involves recognizing and regulating emotions to stay within a comfortable range where they can effectively cope with stressors and engage in healthy behaviors.
- **Adjusting the Heat:** Like adjusting the heat to bring water to a comfortable temperature, individuals can learn to regulate their emotions through various techniques such as mindfulness, deep breathing, and cognitive reframing. These techniques help individuals cool down intense emotions or warm up suppressed feelings, restoring emotional balance and resilience.



Closing



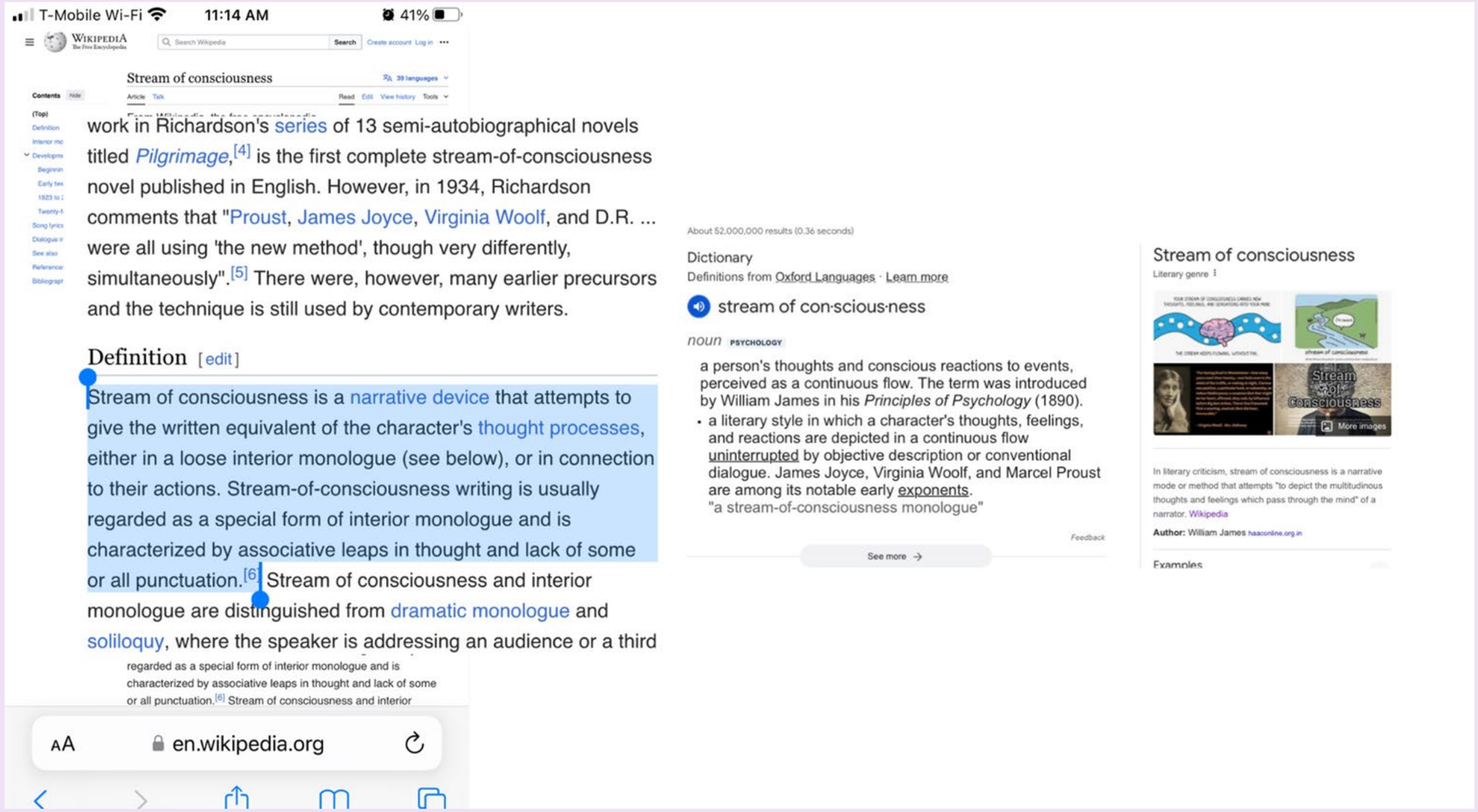
Balancing Act: Just as water can fluctuate between being too hot or too cold, emotions can also vary in intensity and temperature. Finding a balance between expressing emotions authentically and managing them effectively is key to navigating life's challenges and maintaining emotional well-being.

The analogy of water activity and emotions highlights the importance of recognizing and regulating emotional "temperature" to maintain balance and well-being. Whether emotions are boiling over like heated water or frozen like ice, finding the right balance is essential for navigating life's ups and downs with resilience and grace.

WATER & EXPRESSION

FUN WAYS TO EXPRESS OUR FEELINGS

STREAM OF CONSCIOUSNESS





Activity #2

Using the concept of Stream of Consciousness; take two minutes to express yourself in this worksheet, while listening to a beat about water for inspiration. You can draw or write anything.

Ready?

Water

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Stop & share?

thank you

Thank You!

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