



Emotional Regulation: Quick Hacks to Reboot Your Brain

Strong emotions can feel overwhelming — like they take over your whole body and brain. Emotional regulation tools help you ride the wave of emotions without getting swept away. These strategies don't erase feelings but give you space to respond rather than react.

Quick Hacks to Reboot Your Brain

- 1. Ice Cube Reset ■** – Hold an ice cube or splash cold water on your face. Sudden temperature shifts send a “reset” signal to your nervous system.
- 2. Change Your Posture ■** – Stand tall, roll back shoulders, or stretch arms wide. Shifting your body shifts your mood and signals safety to your brain.
- 3. 5 Senses Grounding ■■■■■** – Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste. Brings attention back to the present moment.
- 4. Square Breathing ■** – Inhale for 4... hold for 4... exhale for 4... hold for 4. Slows your heart rate and brings balance back to your system.
- 5. Move Your Body ■** – Take a brisk walk, dance to a song, or do jumping jacks. Movement helps process stress hormones and clears mental fog.

Practice Log

Choose one quick hack and try it when emotions run high. Record your experience below.

Date & Time	Hack Used	Emotion Before (0–10)	Emotion After (0–10)	Notes / What I Learned