



# Emotional Regulation

- **Description:** A group focused on teaching clients how to manage and express their emotions in healthy ways.
- **Instructions:**
  - **Introduction (10 minutes):** Discuss the role of emotional regulation in recovery and why it's essential to manage emotions rather than suppress them.
  - **Identifying Emotions (15 minutes):** Provide clients with an emotion wheel and ask them to identify the emotions they most struggle with.
  - **Interactive Activity (25 minutes):** Use colored balloons to represent different emotions. Have clients inflate the balloons (but not tie them) and then slowly release the air as they describe how they would cope with that emotion healthily.
  - **Coping Strategies (20 minutes):** Discuss various techniques such as deep breathing, journaling, and physical activity.
  - **Practice (20 minutes):** Practice one of the coping strategies as a group, such as guided journaling or deep breathing.
  - **Facilitator Role:** Guide discussions, provide tools like the emotion wheel, and facilitate the interactive activity.
  - **Client Role:** Engage in the identification of emotions, participate in the balloon activity, and practice coping strategies.