

Big Feelings

emotional regulation

Crystal Bowman, LMFT

BODY SCAN

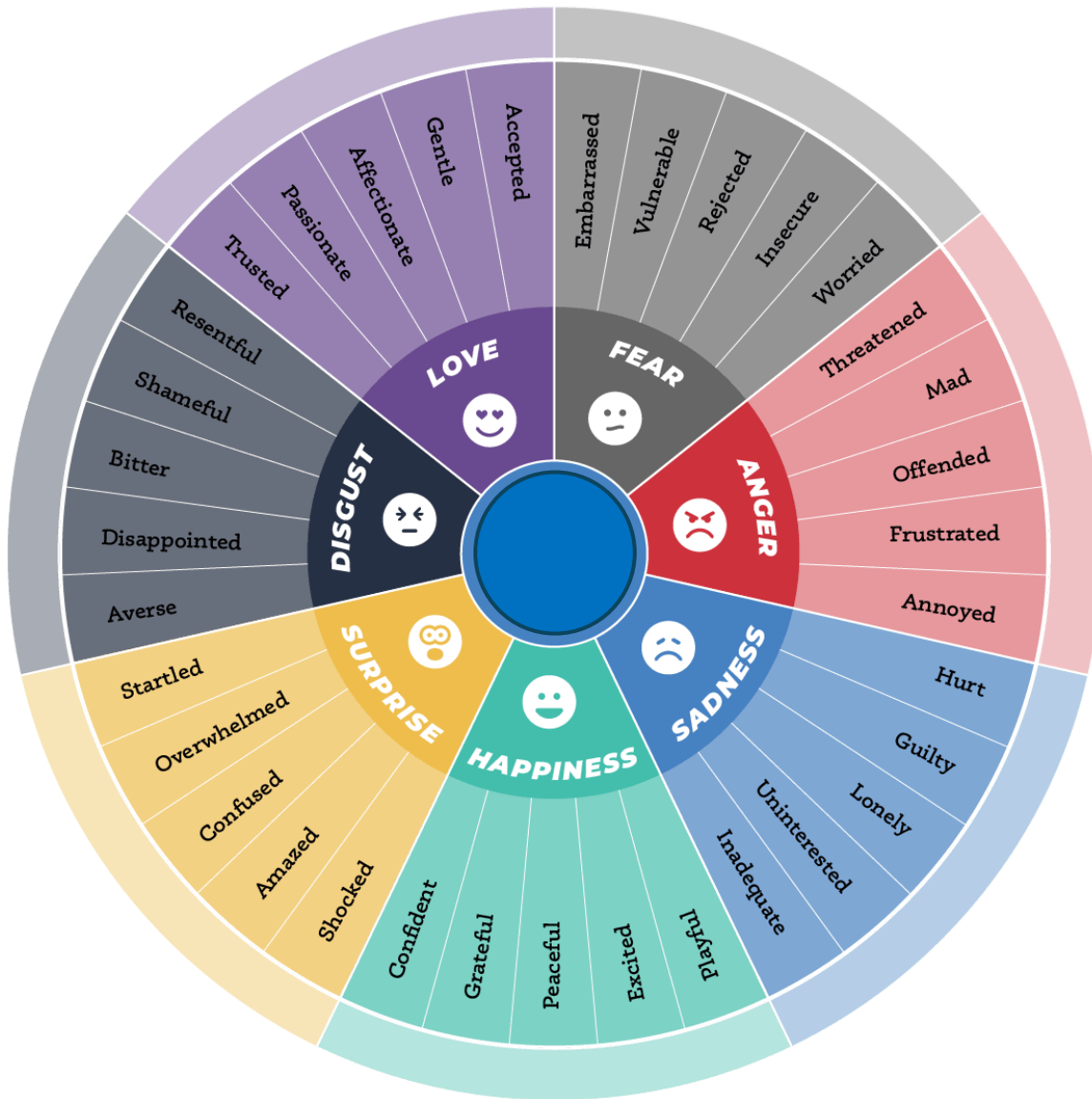


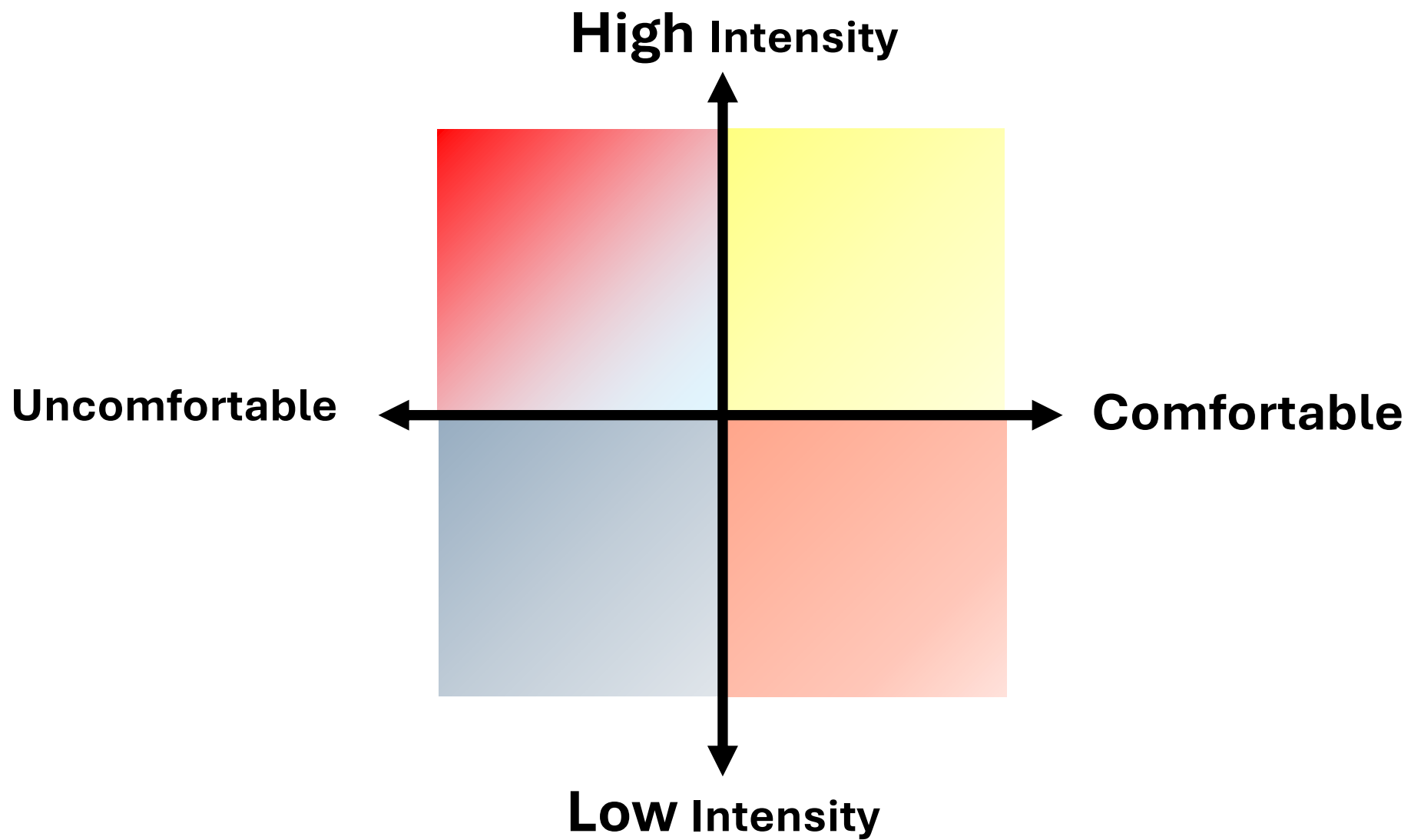
Mindfulness, Awareness, Noticing

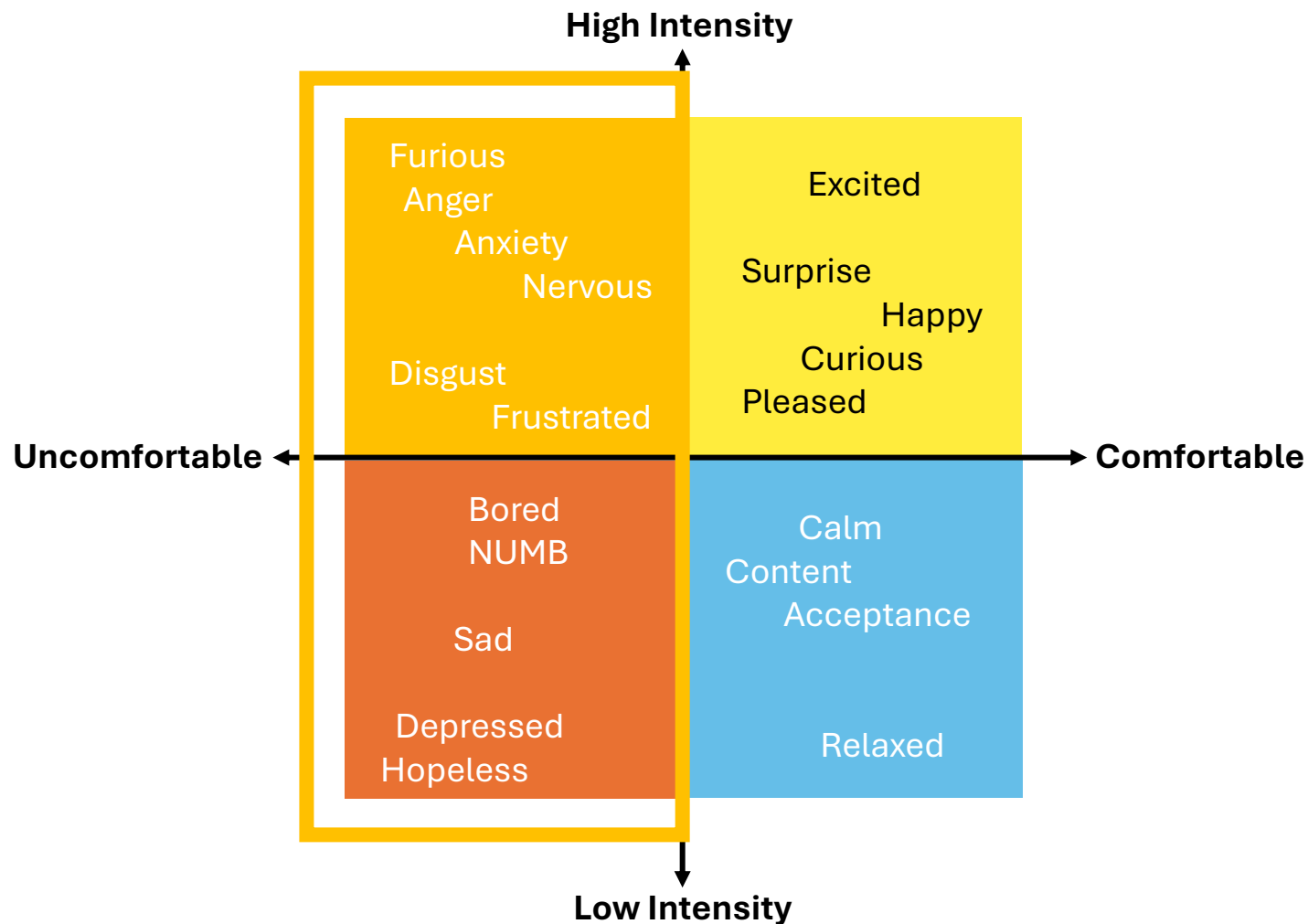
NAME it to TAME it

Psychologist David Rock states, “when you experience significant internal tension and anxiety, you can reduce stress by up to 50% by simply noticing and naming your state.”

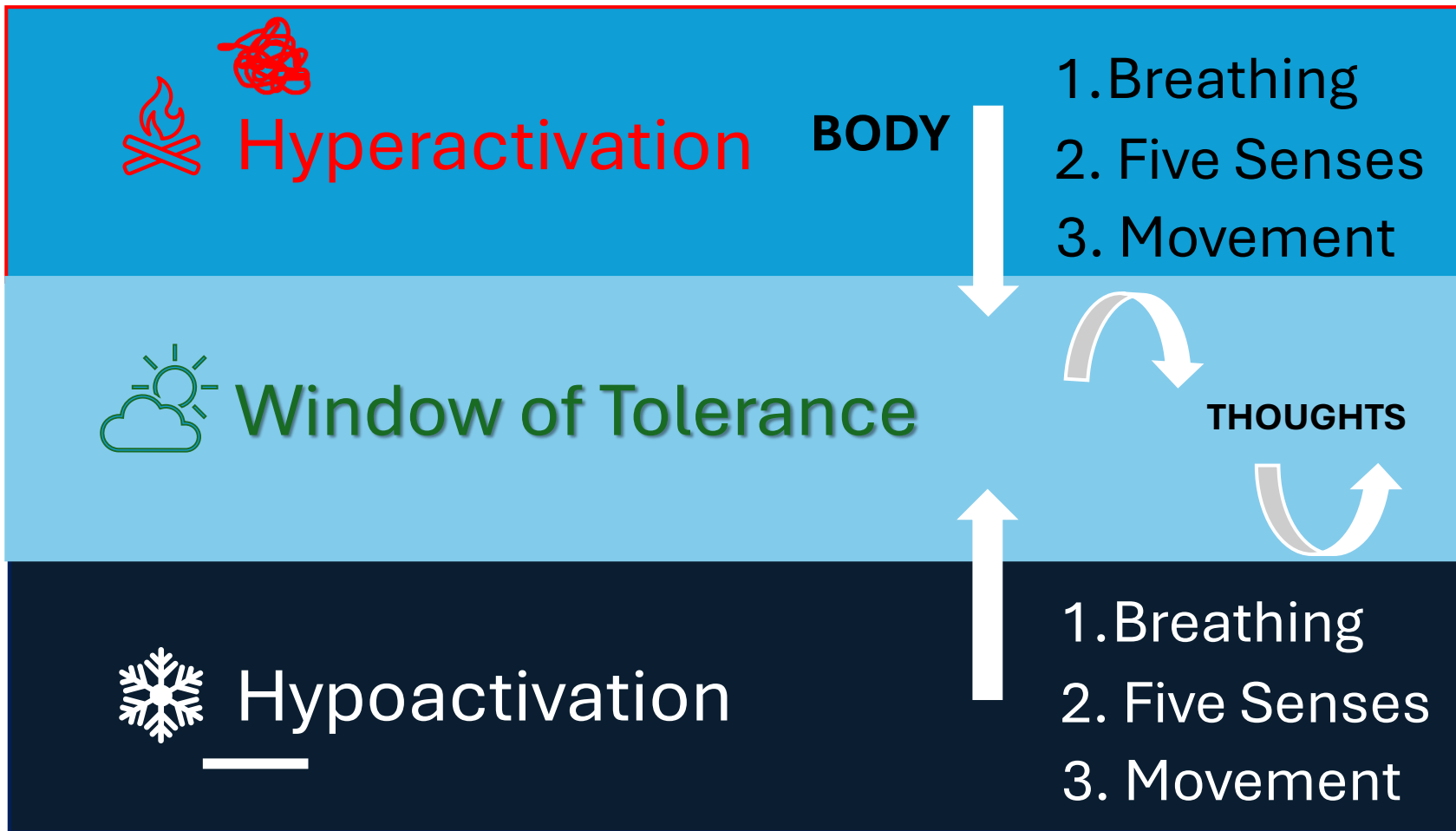
IF you can **SEE** the emotions, you don't have to **BE** the emotion.







Parents ask for help with their kids' BIG EMOTIONS. But when we look closer, it's not the intensity that they struggle with it's the uncomfortable emotions. It's important that parents teach kids that all emotions are human, but all behavioral responses are not. Parents then teach kids to name their emotion and then regulation skills or tools to manage their emotions and behaviors.



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