

Emotional Regulation Toolkit

Understand Your Emotions
Find Calm
Build Healthy Coping Skills

gentle
guided
& made for
YOU



Understand
Emotions



Calm &
Regulate



Coping
Tools



Self-Support &
Growth



Welcome to your Emotional Regulation Toolkit

Emotions are not the problem.
Feeling overwhelmed by them
can make life feel harder than it
needs to be. This toolkit is here
to help you understand, manage,
and move through your emotions
with more ease and self-kindness.

Small steps.
Powerful
change.



IN THIS TOOLKIT, YOU'LL DISCOVER:



UNDERSTAND EMOTIONS

Learn what they are,
why they happen,
and what they're
trying to tell you.



CALM & REGULATE

Gentle strategies to
help you soothe your
mind and body.



COPING TOOLS

Practical tools to help
you handle tough
moments.



SELF-SUPPORT & GROWTH

Build self-trust, resilience,
and a kinder relationship
with yourself.

You don't have to control your emotions.
You just need the right tools to care for them.

Let's start
with the basics.



What is Emotional Regulation?

Emotional regulation is the ability to understand, manage, and respond to your emotions in healthy and helpful ways.

It's not about "always being calm" or hiding how you feel. It's about learning how to *ride the waves* of your emotions without feeling overwhelmed.

Think of it like this:

You can't stop the waves, but you can learn how to surf.



WHY IT MATTERS



LESS OVERWHELM

You'll feel more in control, even on tough days.



HEALTHIER RELATIONSHIPS

Understanding your emotions helps you connect with others.



BETTER COPING

You'll build tools to handle stress and challenges.



REAL GROWTH

Emotional awareness leads to lasting self-growth.

YOU'RE
NOT ALONE



Many autistic and neurodivergent people experience emotions more intensely. That's not a weakness—it's part of who you are. With the right tools and support, emotional regulation gets easier over time.

And you don't have to figure it out alone.

This toolkit will help you understand your emotions, find calm, and build the skills you need to *feel your best.*

Your journey.
Your pace.



How to Use This Toolkit

It's simple. Gentle. Yours.

This toolkit is here to support you, not overwhelm you. There's no right or wrong way to use it. Take what you need, when you need it.



HERE'S HOW TO GET STARTED:

1



EXPLORE

Skim through the pages and see what stands out to you. There's no right order.

2



REFLECT

Take your time with the exercises. Write honestly. This is your safe space.

3



PRACTICE

Try the tools and strategies. Small steps = big changes over time.

4



REVISIT

Come back to these pages whenever you need a reset or a reminder.

THERE'S NO
PERFECT WAY
TO HEAL.

Some days you'll feel everything. Other days, nothing at all. Both are okay. This toolkit will meet you where you are.

Be patient with yourself. You're doing better than you think.

Use what helps. Skip what doesn't. You're in charge.

This is your journey, and you matter.

What You'll *Learn*

This toolkit is here to help you understand your emotions and build gentle, practical skills that support your wellbeing.



What emotional regulation means and why it matters.



How to recognise your emotions and early warning signs.



Simple ways to calm your body and mind.



Practical coping strategies for overwhelming moments.



How to respond to emotions in a healthier, supportive way.

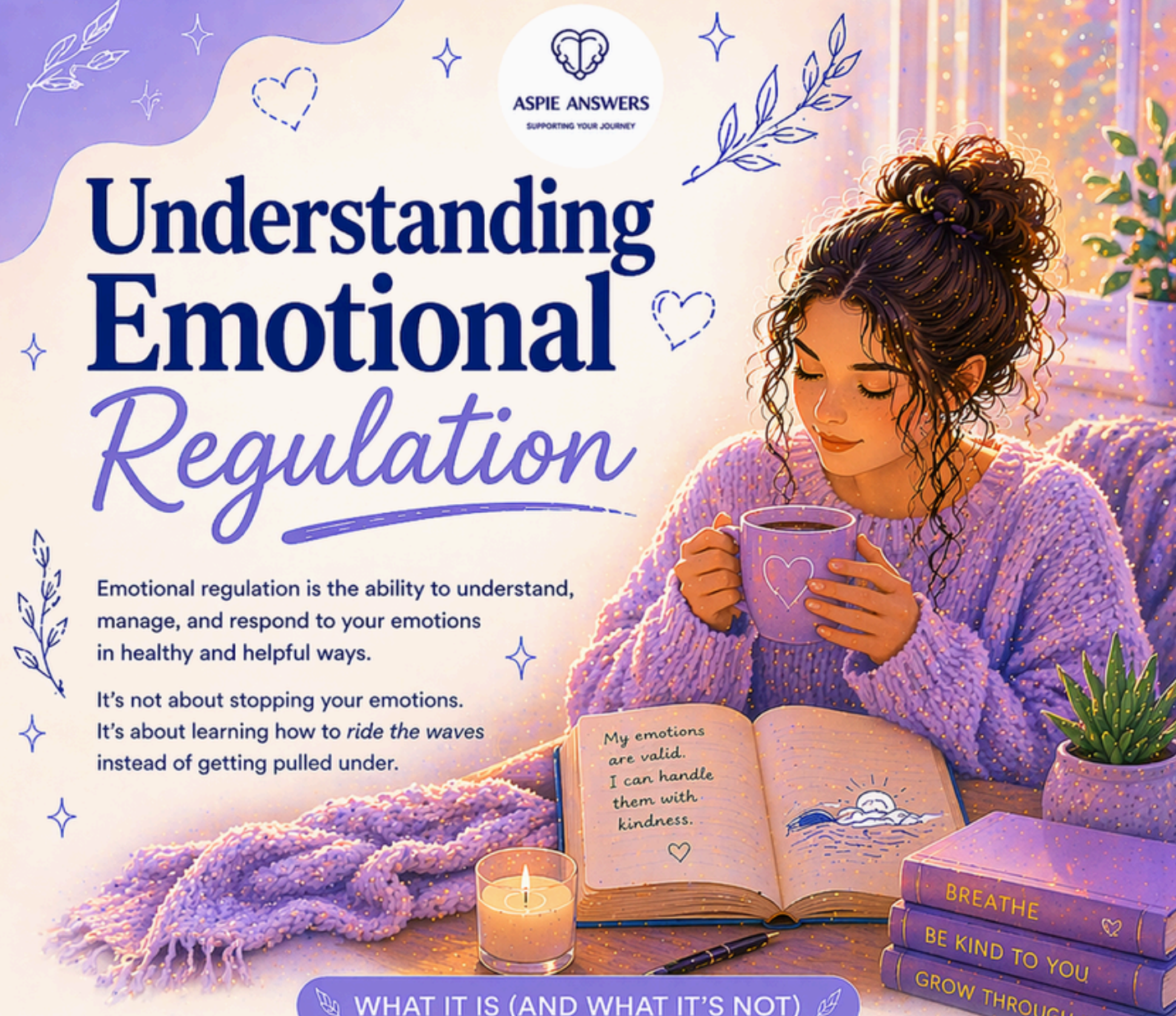
*You don't need to do everything at once—
small steps make a big difference.*

YOU'VE GOT THIS, AND YOU'RE NOT ALONE. 

Understanding Emotional Regulation

Emotional regulation is the ability to understand, manage, and respond to your emotions in healthy and helpful ways.

It's not about stopping your emotions. It's about learning how to *ride the waves* instead of getting pulled under.



My emotions are valid.
I can handle them with kindness.

WHAT IT IS (AND WHAT IT'S NOT)

✓ IT IS:

-  Understanding what you feel
-  Accepting your emotions
-  Managing your body's reactions
-  Choosing helpful ways to respond
-  Building resilience over time

✗ IT'S NOT:

-  Ignoring or suppressing feelings
-  Pretending you're "fine"
-  Weakness or failure
-  Something that happens overnight
-  A one-size-fits-all process



Your emotions are not the enemy. They are messages. With practice, you can learn to understand them, care for yourself, and respond in ways that support you.

You've got this.

Feelings come and go. But the skills you build will stay with you.

The Emotional Regulation Cycle

Emotional regulation is a process. You move through these steps many times a day. The more you practice, the easier it becomes.

THE CYCLE:



1. NOTICE

Tune in to what you're feeling and what your body is telling you.



2. UNDERSTAND

Identify the emotion and what might be causing it.



3. REGULATE

Use tools and strategies to calm your body and mind.



4. RESPOND

Choose a helpful way to act that aligns with your values.



5. REFLECT

Check in with yourself. What helped? What can you try next time?



You don't have to get it perfect. You just have to keep practicing.



YOU MIGHT MOVE AROUND THE CYCLE.

That's okay! Some days you might need to spend more time in the "Regulate" step. Other days, you might need more time understanding how you feel.

There's no right order.



**AWARENESS
+ PRACTICE
= GROWTH**

BE GENTLE WITH YOURSELF.

Emotions aren't problems to solve. They're signals to understand. You're learning. You're growing.

And that takes courage.



Every time you go through the cycle, you build confidence, calm, and self-trust.

You're becoming the safe place you deserve.

Your Emotions Make Sense And So Do You

Emotions are not random. They are your mind and body working together to protect, guide, and support you.

When you understand how emotions work, you can respond with more calm, clarity, and confidence.

THE BIG IDEAS



YOUR BRAIN NOTICES

Your brain is always scanning for information. It looks for danger, opportunity, and what matters to you.



YOUR BODY RESPONDS

Your body reacts instantly to what your brain notices. This is normal and automatic.



YOU FEEL SOMETHING

Emotions are your body's way of communicating with you. Every feeling has a reason.



YOU HAVE A REACTION

This might be big or small. Helpful or unhelpful. It's your first response. And that's okay.



YOU GET TO MAKE A CHOICE

With awareness and practice, you can choose how to respond next. That's where your power is.

EXAMPLE:



You notice a loud sound.



Your body tenses, your heart races.



You feel anxious.



You want to shut down.



You take a breath and give yourself a moment. You choose a different response.



There is no such thing as a "bad" emotion.

Emotions are messages. They help you understand what you need, what matters, and where to start.

All emotions are welcome here.

You are not too sensitive. You are not overreacting.
You are human. And that is enough.

The Many Emotions

All Are Welcome Here

Emotions come in many forms, and each one carries a message. There are no "good" or "bad" emotions—just feelings that help you understand your inner world.

Let's get to know some of them.



SOME COMMON EMOTIONS AND WHAT THEY MIGHT BE TELLING YOU



HAPPINESS

Things feel good. You might want to celebrate and share this feeling.



SADNESS

Something is hard or you've experienced a loss. You might need comfort and time.



ANXIETY

You're feeling uncertain or worried. You might need reassurance and grounding.



ANGER

Something feels unfair or frustrating. You might need space or a healthy outlet.



FEAR

You sense danger or a threat. You might need safety and support.



LOVE

You feel connection and care. You might want to nurture and be close to others.



REMEMBER:

Emotions are like waves. They rise, they fall, and they keep moving.

You don't have to push your emotions away. Try getting curious about what you're feeling.

What is this emotion trying to tell me?

When we listen with compassion, we can respond in ways that truly support us.



YOU MIGHT FEEL MORE THAN ONE EMOTION AT A TIME.

That's completely normal. ❤️

YOUR TURN: EMOTION CHECK-IN

What emotions are you feeling right now? (You can circle or write more than one.)



What do you think these emotions might be telling you? _____

What do you need right now? _____

Every emotion is valid. Every moment is temporary.

You're allowed to feel it all.



ASPIE ANSWERS
SUPPORTING YOUR JOURNEY

Listening to Your Body

Your body often notices emotions
before your mind does.

You might feel:

-  Tight chest
-  Fast heartbeat
-  Restlessness
-  Shutting down
-  Tension



These are early warning signs—not something
to ignore.

What does your body feel like when emotions start building?

.....

.....

.....

.....



Calm Your Body First

When emotions feel intense, calming your body is the first step.

4~4~6 Breathing



Breathe in for 4



Hold for 4



Breathe out for 6



Repeat a few times and notice what changes.

How did this exercise feel for you?





ASPIE ANSWERS
SUPPORTING YOUR JOURNEY

Ground Yourself

Grounding helps bring you back to the present moment.

Try the 5~4~3~2~1 method:



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



What helps you feel more grounded?



Emotional Regulation Toolkit



ASPIE ANSWERS
SUPPORTING YOUR JOURNEY

Build Your Coping Toolbox

Everyone needs different tools
to cope — and that's okay.

Your toolbox might include:



Music



Movement



Talking to someone



Taking a break



Writing or drawing



What helps you feel safe, calm, or supported?



Emotional Regulation Toolkit

Reflect and Learn

Reflection is a key step in emotional regulation. It helps us understand our experiences.

After you navigate a big emotion, take time to reflect by asking yourself:



What triggered this emotion?



How did my body feel?



What helped me calm down?



Journal Your Thoughts:





ASPIE ANSWERS
SUPPORTING YOUR JOURNEY

Creating Healthy Habits

Small daily habits can boost our emotional well-being and resilience over time.

What habits nurture your mind and body?



Sleep well



Eat nourishing foods



Move your body



Spend time in nature

What healthy habits would you like to nurture?



Emotional Regulation Toolkit



ASPIE ANSWERS
SUPPORTING YOUR JOURNEY

You're Doing Better Than You Think

Emotional regulation is not about being perfect.

It's about learning, growing, and showing up
for yourself in small ways each day.

Some days will feel easier than others—
and that's okay.

What matters is that you are trying.

You are learning how to understand
yourself, care for yourself, and
respond to life in a way that
supports your wellbeing.



You are growing.
You are learning.
And you are not alone.

What is one thing you will take with
you from this toolkit?

