

Improving your understanding of your difficulties and learning to regulate your emotions more effectively will involve making some changes to the way you do things.

We advise prior to the group that you take a look at some of these self-help resources:

- Websites with workbooks and self-help on managing a range of emotions and difficulties and positive lifestyle changes:
- www.ntw.nhs.uk/pic/selfhelp/
- www.mind.org.uk
- Mobile Phone Apps:

Optimism – a mood chart that helps you to look at what affects your mental health includes sleep, diet, exercise etc

Calm or Headspace – Mindfulness apps which help you to manage difficult thoughts and emotions by remaining non-judgementally present

There are other mindfulness apps or YouTube mindfulness exercises that you can also try

Emotion Regulation Group

What it's about and what to expect

What is emotion regulation?

It is normal and natural to experience emotion, but sometimes emotions can feel overwhelming and uncontrollable and can lead to us doing things which might not be helpful to us in the long term.

Emotion regulation is about learning to take control back from your emotions so that they feel less overwhelming and more manageable.

How could the group help me?

It is hoped that by the end of the group you will have:

- Increased your understanding of emotions
- Developed skills for helping you to manage your emotions in healthier and helpful ways
- Increased your understanding of the links between thoughts, emotions and behaviours
- Developed skills for helping you to manage, evaluate and change unhelpful thoughts

What should I expect if I attend the group?

There will be lots of discussions and activities which will give you a chance to share your views and practice skills. Active participation in these discussions and activities is really important if you want to get the most out of the group, however, you should only share what you feel comfortable with. You will be asked to complete some work, out of sessions, which is important to learning to apply skills in real life.

Most of all, this group asks you to make a commitment to the possibility of change.

When, where and how many sessions?

The place and time will be different for each group so you will be informed beforehand. However, the groups usually take place at either Hallam Street or Edward Street Day Hospital.

There will be a total of 8 sessions. Usually the group will run on a weekly basis but sometimes there may be a break and if this is going to happen you will be told in advance by the facilitators.