

# Emotional Regulation

## Is it Normal to Get Angry? To Get Nervous?

Joy, anger, sadness, fear, disgust, surprise... These examples of emotions are common and felt by everyone. However, a person's ability to regulate them varies from one person to the next.

Emotional regulation consists of a person's ability to regulate his/her emotions and behaviours in an appropriate manner according to the situation. This requires self-control, adaptability and the use of different skills to deal with the situation.

Emotional dysregulation occurs when a person presents certain challenges, like impulsivity, a difficulty in recognizing his/her emotions, etc.

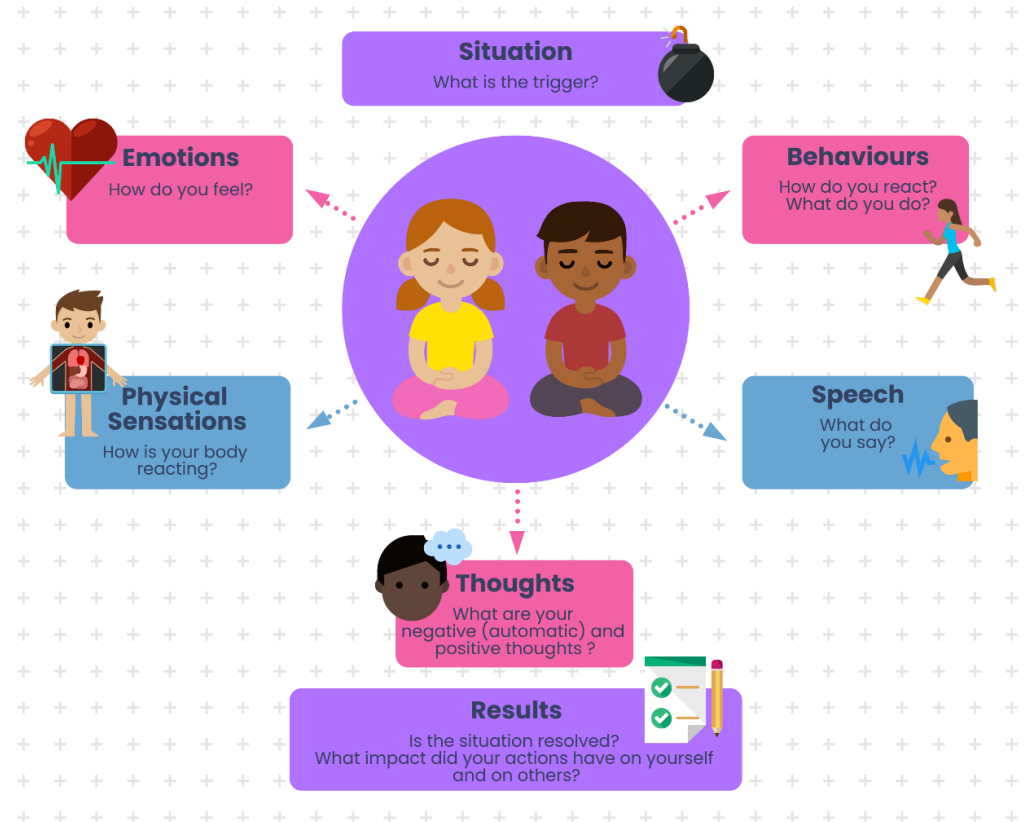
Emotional regulation is the result of a person's characteristics (including his/her age and maturity), his/her environment and the interaction between the two.

Référence : <https://childmind.org/article/can-help-kids-self-regulation/>

## Intervention

Depending on a person's strengths and challenges, it may be recommended to develop a better understanding of his/her emotions, physical sensations, thoughts, words and behaviours used when faced with a situation; to have a better understanding of his/her triggers; to develop coping skills; and/or to develop problem solving skills. Often, a cognitive behavioural approach is used.

Moreover, in the case of children or teenagers, parental implication plays an important role because parents also have an impact on the situation, as mentioned previously.





## Livres / Books

Série de Couture, N., & Marcotte, G. Éditions Midi Trente

-*Fantastique Moi calme sa colère* (2018)

-*Extraordinaire Moi clame son anxiété de performance* (2014)

-*Super Moi surmonte sa timidité* (2015)

-*Incroyable Moi maîtrise son anxiété* (2011)

Série de Huebner, D. Dominique et compagnie / Magination Press.

-*Champion pour maîtriser sa colère - What To do When Your Temper Flares* (2009)

-*What To Do When You Grumble Too Much* (2006)

-*Champion pour maîtriser ses peurs - What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* (2009)

Série Instant Help

-Lohmann, R.C. (2019). *Journal pour gérer ma colère - The Anger Workbook For Teens.*

-Purcell, C. M., & Murphy, J.R. (2014). *Mindfulness For Teen Anger.*

-Biegel, G. M. (2009). *Journal pour gérer mon stress – The Stress Reduction Workbook For Teens*

-Vo, D.X. (2015) *The Mindful Teen.*

Dufour, G. (2012). *Operaction : Mieux te connaître pour mieux agir (7-14 ans).* Midi Trente Éditions.

Dufour, G. & Morin, S. (2013). *Malin comme un singe : Comprendre, prévenir et désamorcer les crises (7-14 ans).* Midi Trente Éditions.

Leroux-Boudreault, A., & Poirier, N. (2013). *Enfants volcans.* Québec, Midi Trente Éditions.

Robinson, A. (2020). *Anger Management Skills : Workbook For Kids.* Z Kids.

Verdick, E., & Lisovskis, M. (2012). *Grrr!!! Comment surmonter ta colère. / How To Take The GRRRR Out Of Anger.* Québec, Éditions Midi Trente.

Équipe Santé mentale jeunesse  
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## Internet

<https://childmind.org/article/angry-kids-dealing-with-explosive-behavior/>

<https://childmind.org/article/can-help-kids-self-regulation/>

<https://mentalhealthliteracy.org/>

<http://www.mindhealthbc.ca/resources>

## Ressources / Resources

**SNAP (Stop Now And Plan)** Programme d'intervention / Intervention program : 514-676-7775, <https://www.centrefamille.com/snap>

**Ligne Parents (24/7)** : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

**8-1-1**: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

**Tel-Jeunes (24/7)**: 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

**Jeunesse, J'écoute - Kids Help Phone (24/7)**: 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

**Suicide Action Montréal (24/7)**: 1-866-277-3553, <https://suicideactionmontreal.org/>

**L'Autre Maison Crisis Center (24/7)**: 514-768-7225, <https://centredecrise.ca/lautre-maison>

**West Island Crisis Center (24/7)**: 514-684-6160, <https://centredecriseoi.com/>

**Amis de la santé mentale - Friends for Mental Health**: 514-636-6885, <https://info@asmfmh.org>



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Please note that some information or resources may have changed since the last update (2021/08/17).

