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SMME Clinic Masterclass

**How to Regulate Your Emotions &
Build Resilience**
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EQ Consulting & Coaching

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How to Regulate Your Emotions & Build Resilience

Strategies to master your emotional responses and develop unshakeable resilience in the face of life's challenges.



Today's Topics

- *Resilience Self-Assessment*
- *Why Emotional Regulation Matters for Resilience*
- *The Science Behind Emotional Regulation & Resilience*
- *The 5 Pillars of Emotional Resilience*
- *Practical Emotional Regulation Techniques*
- *Building Resilience Through the 7 Cs Framework*
- *Common Challenges & How to Overcome Them*
- *Emotional Regulation Action Plan*



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Resilience Self-Assessment

Rate yourself on each statement from 1-5

1 = Rarely true for me

2 = Sometimes true for me

3 = Often true for me

4 = Usually true for me

5 = Almost always true for me



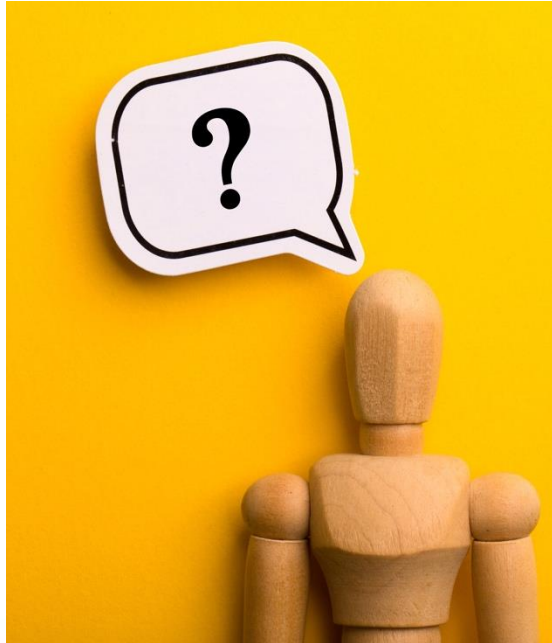
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Questions



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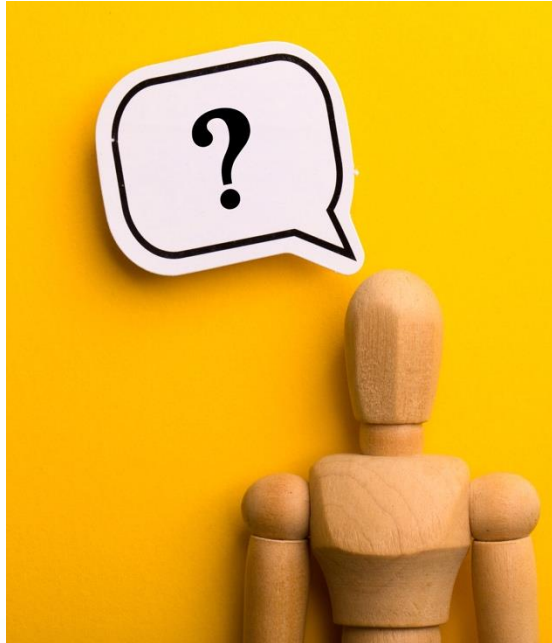
1. I can reframe challenging situations to find positive aspects or learning opportunities
2. I maintain a sense of purpose that helps me persevere through difficulties
3. I recognize when stress is affecting me and take appropriate steps to manage it
4. I approach changes and transitions with flexibility rather than resistance
5. I view setbacks as temporary rather than permanent conditions



Questions



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6. I break down overwhelming challenges into smaller, manageable steps
7. I regularly practice self-care activities that support my physical and mental wellbeing
8. I can identify aspects of situations that are within my control versus those that aren't
9. I maintain a growth mindset, believing I can develop new abilities through effort
10. I've identified my personal values and use them to guide decisions during challenging times



Why Emotional Regulation Matters for Resilience



Emotional Regulation

The ability to manage and adapt our emotions in healthy, constructive ways that serve our wellbeing.



Resilience

The capacity to bounce back from stress, trauma, and adversity whilst maintaining psychological equilibrium.



The Connection Between Emotional Regulation & Resilience

Effective emotional regulation strengthens resilience by preventing overwhelm and fostering adaptive coping strategies.



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The Science Behind Emotional Regulation & Resilience



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Neuroscience Insights Dynamic Resilience

- Brain imaging reveals that emotional regulation activates the prefrontal cortex
- Increasing the crucial gap between stimulus and response.
- Neuroplasticity reduces impulsive reactions and strengthens decision-making pathways.
- Research demonstrates that resilience isn't fixed, it's dynamic and malleable.
- Emotional-cognitive skills develops our skills
- With the appropriate support and meaningful social connections.



The 5 Pillars of Emotional Resilience



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Mindfulness

Accepting emotions without judgement, observing thoughts and feelings.



Self-Awareness

Recognising your emotional patterns, triggers, and physical responses.



Self-Care

Prioritising relaxation, proper nutrition, quality sleep, restoring your energy.



Purpose

Finding meaning and direction that motivates you through difficulties



Positive Relationships

Building and maintaining supportive social connections that provide encouragement & perspective.



Practical Emotional Regulation Techniques



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1

Cognitive Reappraisal (Reframing)

Consciously reframe negative thoughts and situations to reduce emotional intensity and find alternative perspectives.

2

Mindfulness & Acceptance

Observe emotions calmly without immediately reacting, allowing feelings to flow naturally without resistance.

3

Relaxation Exercises

Practice deep breathing, guided meditation, progressive muscle relaxation, or yoga to calm your nervous system.

4

Strategic Problem-Solving

Approach challenges methodically with clear, actionable steps rather than emotional reactions.

5

Seeking Support

Share feelings with trusted friends, family members, or mental health professionals when needed.



Building Resilience Through the 7 Cs Framework



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Competence

Develop practical skills to face challenges with confidence and capability.

Confidence

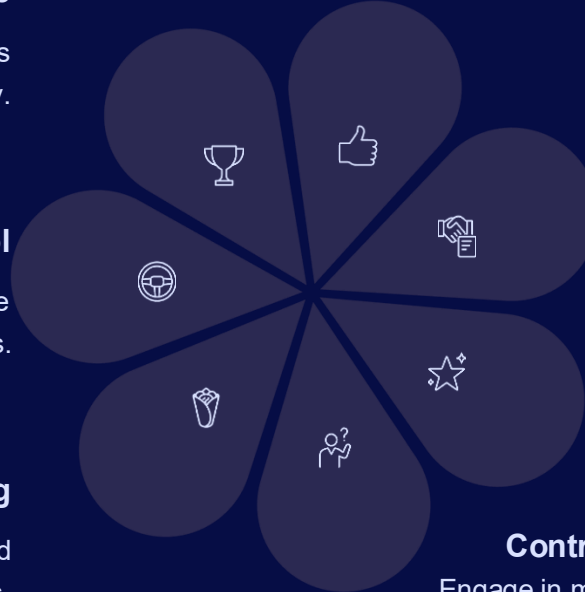
Believe in your ability to overcome obstacles and learn from setbacks.

Control

Focus your energy on what you can influence rather than external circumstances.

Coping

Use adaptive strategies to manage stress and recover from difficult situations.



Connection

Lean on supportive relationships that provide emotional security and practical help.

Character

Uphold your values and maintain integrity.

Contribution

Engage in meaningful activities that create positive impact for others.



Real-Life Examples



1 — The Challenge

2 — Recognition & Response

3 — Building Skills

4 — Change & Growth



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Common Challenges & How to Overcome Them

Difficulty Recognising Emotion

Start a daily emotion journal. Note feelings, triggers, and physical sensations.

Impulsive Reactions

5,4,3,2,1 Grounding Technique, to control impulsive thoughts & reactions.

Negative Self-Talk

Reframe and challenge any harsh inner criticism. Stop overthinking.

Feeling Isolated

Actively reach out to build connections. Join communities, volunteer, schedule regular check-ins with supportive people in your life.



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Your Emotional Regulation Action Plan



Track & Observe

Monitor your emotions and triggers for one week using a journal.
Notice patterns and recurring themes.



Strengthen Support

Identify your support system: friends, family, mentors, coaches
and professionals like us ☺



Choose Your Technique

Select one regulation technique that resonates with you and
commit to practicing it daily (twice a day if possible)



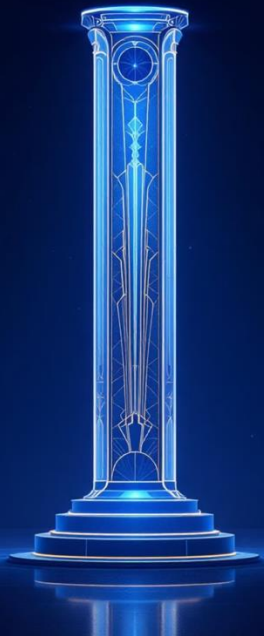
Review & Adjust

Reflect regularly, celebrating small wins
and adjusting strategies based on what
works best for you (Don't obsess).



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Empower Your Emotional Resilience



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Skills You Can Learn

Emotional regulation is a learnable skill that strengthens with practice and consistency.

Path Forward

Through awareness, acceptance, and strategies that work for you and be gentle with yourself.



Your Results



10-20 points: Building Resilience Foundations

You may find it challenging to bounce back from setbacks. Focus on developing basic resilience skills like identifying what's within your control and practicing simple stress management techniques.

21-30 points: Developing Resilience

You demonstrate resilience in some situations but may struggle in others. Work on reframing negative situations and strengthening your sense of purpose.

31-40 points: Resilient Responder

You handle most challenges effectively and recover relatively quickly from setbacks. Continue building your capacity through regular self-care and further developing your growth mindset.

41-50 points: Highly Resilient Individual

You consistently demonstrate strong resilience across various situations. You likely have effective strategies for managing stress and maintaining perspective during difficulties. Consider sharing your approaches to help others develop their resilience.



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