

JOSIE

Josie's Four Pillars of Emotional Regulation

Noticing

Awareness to self: notice thoughts, physical sensations, behaviors, etc.

Naming

Naming our emotions can help us feel in control. Multiple emotions can be felt at once.

Accepting/ Normalizing

Validate rather than judge our emotions. Our emotions are functional. Let's identify what our emotions are telling us.

Practicing Mindfulness

The first three pillars come together with mindfulness or *nonjudgmental awareness*. Learn how to challenge negative thoughts and beliefs without judging them or yourself.

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