

Caring for the Conditions Around Emotion

Emotion regulation | Adults and teens 13+ | 10 to 15 minutes

Identify one contextual or physical need that could support emotional coping.

Strong emotions do not happen in isolation. Look at the conditions surrounding a recent difficult day, including basic needs, health, demands, and available support. You are looking for one practical adjustment rather than trying to control every feeling.

Notice the load

Consider sleep, food, water, pain, medication routines as prescribed, substance use, sensory demands, caregiving, work, and social stress. Describe what was happening without blaming yourself. Many conditions are outside one person's immediate control.

Choose a supportable change

Pick one need you can influence or ask someone to help address. Examples include bringing a snack, requesting a quieter space, taking a planned break, or discussing symptoms with a health professional. Do not change medication or substance withdrawal plans using this worksheet.

The situation and the emotional load I was carrying

Needs or conditions that may have made the day harder

One realistic adjustment and any help needed

When I will try it and what I will notice