



When emotions become "big" they tend to follow a **Build|Peak|Decline** sequence. The cycle can occur very quickly, although generally, it takes place over a 1-2 minute period of time.

BUILD

(Disrupt)

Strategy

Notice | Identify
Label | Name
Pause | Breathe
Ask for Help
Distraction(s)
Walk Away
Aerobic Activity
Journal | Dump Pad

PEAK

(Mitigate)

Strategy

Pause | Breathe
Walk Away
Cold Water | Ice
Raise Your Arms
Shake It Off
Disrupt | Tapping
Muscle Relaxation
Sensory Engagement

DECLINE

(Metabolize)

Strategy

Take a Walk
Nature | Green Space
Journal | Dump Pad
Aerobic Activity
Task | Chores
Music | Podcast
Help Others
Draw | Paint | Puzzle

The "Secret Sauce" for Managing, Disrupting, or Down Regulating "big" Emotions is to Identify an Activity that Involves both Thinking (Focus) & Doing (Movement) at the Same Time.