

“Find Your 90”

Understanding and Managing Emotions

The process of understanding our emotions takes time and practice. It also involves a willingness to test and learn what works—or doesn’t work—for us. Emotions can shift by the moment, hour, day, and especially across different environments.

When we become dysregulated or highly activated by intense emotions, it can feel nearly impossible to implement a strategy to calm ourselves. That’s why developing emotional awareness and regulation strategies ahead of time is so important.

Strategy Overview: “Find Your 90”

“**Find Your 90**” is an invitation to ride the wave of emotions for 90 seconds. Research shows that emotional responses build, peak, and decline—typically within a range of just 10 seconds to a few minutes.

This approach uses a **bottom-up strategy**, focusing on calming the body, connecting to physical sensations, and navigating nervous system responses like fight or flight. The goal is to help your body settle, so you can begin to process emotions with clarity and care.

Through repeated practice, you’ll begin to identify small actions that help you **metabolize emotional energy**, **discharge tension**, and respond in alignment with how you want to show up in the world.

Exercise: Build Your Emotional Awareness

Begin by identifying your **WHAT, WHERE, WHEN, and WHO**. As you learn your own emotional wave patterns, practice surfing them with intention.

Use the prompts below for reflection:

Self-Reflection Prompts:

- What emotions am I comfortable with and often share with others?
- What emotions bring me discomfort and are difficult to express?
- What emotions have I foreclosed on or try to avoid?
- What emotions leave me feeling embarrassed or shameful?
- Who do I feel safe sharing my emotions with?
- Where do I feel most comfortable expressing my emotions?
- When do I most often open up? Shut down? Explode?
- How do I interpret and translate my emotions to others?
- How do I typically cope with or manage intense emotions?
- Where in my body do I feel different emotions?
- How do I metabolize or discharge emotional waves? What actions do I take?
- What patterns do I notice? How do my emotions build, peak, and decline?
- Do I respond out of habit or in response to real circumstances?