



THOUGHTS & MIND

Emotional Dysregulation When Feelings Become Overwhelming

Emotional dysregulation means feeling emotions **so intensely that it can be hard to manage or calm down**. It can make everyday situations feel overwhelming and leave you feeling exhausted, ashamed or out of control.



What is emotional dysregulation?

It's when your emotions feel bigger than you can cope with. Your reactions might feel intense or out of proportion to the situation.

It doesn't mean you're weak – it means your nervous system is overloaded.

Common signs

- ✓ Strong emotional reactions
- ✓ Feeling overwhelmed easily
- ✓ Difficulty calming down
- ✓ Mood swings
- ✓ Irritability or anger outbursts
- ✓ Crying or shutting down
- ✓ Feeling numb or disconnected
- ✓ Physical symptoms (racing heart, tension, nausea, headaches)
- ✓ Regret after the feelings settle
- ✓ Feeling everything all at once



Remember

Your emotions are valid.
You are not too much.
You just need support in managing them.

What can trigger dysregulation?



Build your regulation toolkit



There is no perfect way to feel. What matters is finding what helps you feel a **little more steady**.

What can help calm you?



Slow your breathing

Try 4 in, 4 hold, 6 out.
Longer exhales calm your nervous system.



Ground yourself

Use your senses. Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.



Move your body

Gentle movement, stretching or walking can help release built-up energy.



Be kind to yourself

Use supportive self-talk. You're doing the best you can.



Reach out

Connect with someone you trust.
You don't have to manage it alone.

When to seek extra support



If intense emotions are affecting your daily life, relationships or safety, it's important to reach out to a professional. You deserve support and relief.

“ Real voices ♥

"I used to feel like my emotions controlled me. One minute I was fine, the next I was crying, angry or shutting down. Learning about emotional dysregulation helped me understand it wasn't me being 'too sensitive' – my nervous system was overwhelmed. Breathing, grounding and having my toolkit nearby helps me ride the wave. It's not perfect, but I feel more in control now."



"It's okay if your emotions feel big. You're not broken. You're human."

– Anonymous



You don't have to be okay all the time. **Breathe, feel, and be gentle with yourself.**

