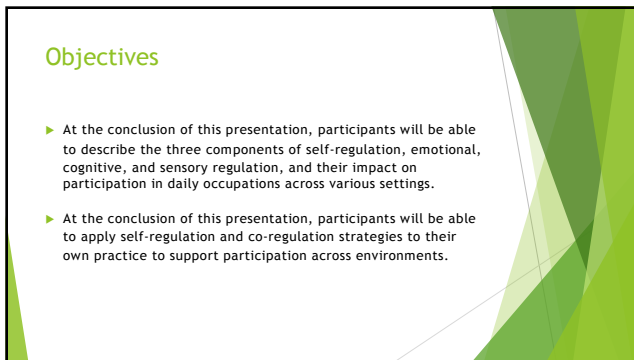


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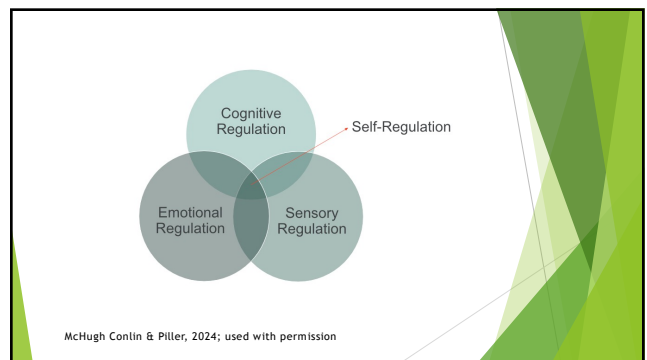
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6

Emotional Regulation

- ▶ Recognize and understand emotions
- ▶ Monitor and evaluate emotions
- ▶ Modify emotions based on environmental and social expectations
- ▶ Manage intensity of emotions
- ▶ Express emotions based on personal and social expectations

Gross, 2024

7

Emotional Regulation Strategies

- ▶ Waiting (e.g., breathing techniques, counting techniques)
- ▶ Positive self-talk
- ▶ Reframing emotions
- ▶ Taking breaks
- ▶ Seeking support
- ▶ Safe spaces

8

Cognitive Regulation

- ▶ Aspect of executive functioning
- ▶ Control and manage thoughts
- ▶ Planning, problem-solving, goal-setting, decision making, appraisal
- ▶ Allows for goal-directed actions
- ▶ Manage thoughts to control behavior towards chosen actions

9

Cognitive Regulation Strategies

- ▶ Positive self-talk
- ▶ Planning
- ▶ Attention shifting
- ▶ Cognitive reappraisal- reframing
- ▶ Goal setting and planning
- ▶ Metacognition

10

Sensory Regulation

- ▶ Making sense of sensory input received from the environment
- ▶ Sensory reactivity and modulation impacts a person's response to sensory input
- ▶ Sensory input impacts levels of alertness and physiological arousal levels
- ▶ Sensory strategies help modulate the nervous system and calm the mind
 - ▶ This frees up cognitive energy needed for other aspects of self-regulation

11

Sensory Strategies

- ▶ Movement (vestibular)
- ▶ Proprioception- organizing effect on nervous system
- ▶ Deep pressure tactile- calming to nervous system
- ▶ Auditory- calming and alerting effects

12

Prevalence of Mental Health Difficulties

CDC, 2021

13

Children: Ages 3-17

- ▶ Nearly 1 in 5 (21%) have ever been diagnosed with a mental, emotional, or behavioral condition
- ▶ Current diagnoses (2022-23):
 - ▶ 11% anxiety
 - ▶ 8% behavior disorders
- ▶ 4% depression
- ▶ ADHD lifetime prevalence: ~10%

14

Adolescents: Ages 12-17

- ▶ 20.3% had a current mental/behavioral condition in 2023
 - ▶ 16% anxiety
 - ▶ 8% depression
 - ▶ 6% behavior/conduct problems
- ▶ Diagnoses increased 35% since 2016
 - ▶ Anxiety is up 61%
 - ▶ Depression is up 45%



15

Symptoms and Risks for Adolescents



- ▶ 40% felt persistent sadness/hopelessness (past year)
- ▶ 20% seriously considered suicide
- ▶ 16% made a suicide plan
- ▶ 9% attempted suicide

16

Impact of Mental Health Difficulties

- ▶ Academic performance and executive functioning
- ▶ Social participation
- ▶ Self-care
- ▶ Sleep
- ▶ Family participation and functioning



17

Academics

- ▶ Lower academic performance
- ▶ Higher absenteeism
- ▶ Lower graduation rates.
- ▶ Impaired concentration, memory, and problem-solving skills

CDC, 2022

18



Social Participation

- ▶ Struggle with peer relationships
- ▶ Social withdrawal
- ▶ Target of bullies
- ▶ Poor conflict resolution

APA, 2020

19




Self-Care and Daily Routines

- ▶ Disrupt sleep
- ▶ Cause difficulties in
 - ▶ Eating
 - ▶ hygiene
 - ▶ self-care routines

NIMH, 2022

20



Family Participation

- ▶ Increase in family stress
 - ▶ Impact on parents' work performance, work attendance
 - ▶ Caregiver burnout
 - ▶ Strained relations with family members
- ▶ Financial burden
- ▶ Time needed for treatment increases stress and disrupts family routines

National Academies of Sciences, Engineering, and Medicine (2019)

21

Promoting Self-Regulation

22

Assessment

- ▶ Behavior Assessment System for Children- 3rd Edition (Reynolds & Kamphaus, 2015)
- ▶ MOHO Assessments
- ▶ Quality of Life
- ▶ Occupational performance (i.e. PEDI-CAT; COPM)
- ▶ Sensory assessment


23

Theoretical Framework

Cognitive Behavioral Frame of Reference

Lifestyle Redesign®-Informed

24



Cognitive Behavioral

- ▶ Understanding one's own behaviors; thoughts influence behavior
- ▶ Modifying thoughts- modification in behavior
 - ▶ Recognize and reframe distortions in thinking
 - ▶ Problem-solving strategies to various situations
 - ▶ Improve self-confidence

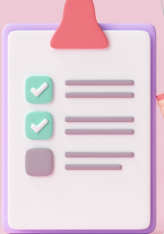
APA, 2024

25

Lifestyle Redesign®

- ▶ Interaction with the environment through occupations
- ▶ Modifying habits and routines
 - ▶ Self-analysis
 - ▶ Problem-solving
 - ▶ Communication

(Clark et al., 2015; Pyatak et al., 2022)




26

Goal Setting

- ▶ SMART Goals
- ▶ Specific- begin with the main area of focus and then change it to a specific goal
- ▶ Measurable: how, when, how often
- ▶ Attainable: What do I already have or do that can help me achieve this goal?
- ▶ Relevant: Why do I want to achieve this goal?
- ▶ Time: When do I want to achieve this goal?

27



Positive Affirmation

- ▶ Use your name.
- ▶ Relate to goal.
- ▶ Example: Name am positive trait.

28

Reframing

1. Identify the negative thought.
2. Examine the evidence for the negative thought. Is your perspective based on facts or an overgeneralization?
3. Challenge the thought by questioning the negative. Is this thought based on facts or feelings? Am I jumping to conclusions?
4. Consider an alternative perspective.
5. Replace the negative thought with a neutral thought
6. Practice gratitude and allow yourself grace.

Example: I will never be good at math.
Evidence: You received a poor grade on your last math test but have received good grades in the past.

29



Productive and Unproductive Anxiety

- ▶ Anxiety is a regular experience
 - ▶ Productive anxiety/stress-motivation and drive to improve performance
 - ▶ Unproductive anxiety: debilitating or limiting; recurrent; creating a negative perception of the world
- ▶ Understanding positives and negatives of emotions can help reframe them into a productive emotion

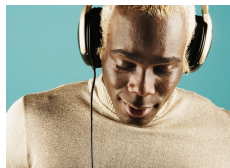
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Recognizing Signals and Knowing Triggers

- ▶ Identify triggers to make a plan
- ▶ Understand some triggers are avoidable, some are not
- ▶ Teach clients and caregivers to recognize signals
- ▶ Identifying triggers:
 - ▶ Journaling
 - ▶ Self-reflection
 - ▶ Trigger tracker
 - ▶ Reframing

31

Sensory Strategies



- ▶ Sensory input can calm the nervous system to allow our mind and bodies to be better able to handle challenging situations
- ▶ Self-awareness of sensory processing helps do two things:
 - ▶ Identify potential triggers
 - ▶ Understand what sensory input is needed to regulate
- ▶ Awareness of arousal levels
- ▶ Identifying and accessing calming sensory strategies

32

Movement

- ▶ Physical health, energy, strength flexibility, weight management
- ▶ Reduces stress- stimulates natural chemicals and hormones that reduce stress and improve mood
- ▶ Linked to increased serotonin and dopamine production- reduces anxiety and depression
- ▶ Improve sleep
- ▶ Generate a movement routine- types of movements, movement schedule, movement log

33

Hobbies and Leisure

Hobbies: activities for pleasure, relaxation, and personal fulfillment outside of their work or obligations

Leisure exploration refers to the process of actively seeking out and engaging in a variety of leisure activities to discover new interests, hobbies, and experiences.

34

Benefits of Hobbies

- ▶ Personal fulfillment
- ▶ Stress relief
- ▶ Mental Stimulation
- ▶ Sense of accomplishment
- ▶ Creativity
- ▶ Social-connection
- ▶ Lifelong learning and personal development

35

Hobby/Leisure Planning

1. Explore
2. Determine interests
3. Choose hobby
4. Answer the following questions:
 1. Who with and where
 2. Materials needed
 3. Costs and time
 4. Do you have the money, time, resources
 5. Does the activity excite you
5. Make a plan to engage in the activity

36

Art of Trying

- ▶ Learn new things- curiosity, growth, goals, opportunities to learn
- ▶ Growth mindset
- ▶ Failure is part of life; leads to learning
- ▶ Learn to celebrate progress

37

CO-OP


- ▶ Use of CO-OP Polatajko & Mandich (2004)
 - ▶ Goal- establish an achievable goal
 - ▶ Plan- how to reach the goal
 - ▶ Do- perform the plan
 - ▶ Check- what the plan successful?
 - ▶ Yes- repeat
 - ▶ No- Return to step 3 and make a new plan


38

Healthy Habits

 Sleep

 Meditation

 Breathing

 Nutrition

39

Sleep

Value- be intentional about sleep and bedtime routine
 Prioritize- consistent, relaxing routine
 Personalize- pre sleep relaxing activities
 Trust- set up environment conducive for sleeping
 Protect- protect sleeping space; bed is only for sleep

Espie (2022)

40

Meditation

- ▶ Find a quiet and comfortable space
- ▶ Relaxed posture
- ▶ Focus attention on object- breathing, mantra, visual image
- ▶ Practice
 - ▶ Create a plan
 - ▶ Start with 2 minutes and add time
 - ▶ Practice quieting your mind
- ▶ Keep a meditation log/journal

41

Breathing

- ▶ Belly breathing
- ▶ Box breathing
- ▶ Nostril breathing
- ▶ Pursed lip breathing
- ▶ Practice regularly

42



Nutrition


- ▶ Nutrition and hydration impact brain function
- ▶ Blood sugar, gut-brain axis
- ▶ Be mindful of caffeine and other stimulants
- ▶ Pace your mealtime
- ▶ Learn to read labels
- ▶ Attend to body signals

43

Summary

- ▶ Understand the importance of self-regulation: emotional, cognitive, sensory
- ▶ Promote holistic healthy habits
- ▶ Help clients understand their own body, mind, and unique needs
- ▶ Self-initiated achievable goals, measurable progress

44



Questions

45

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46