



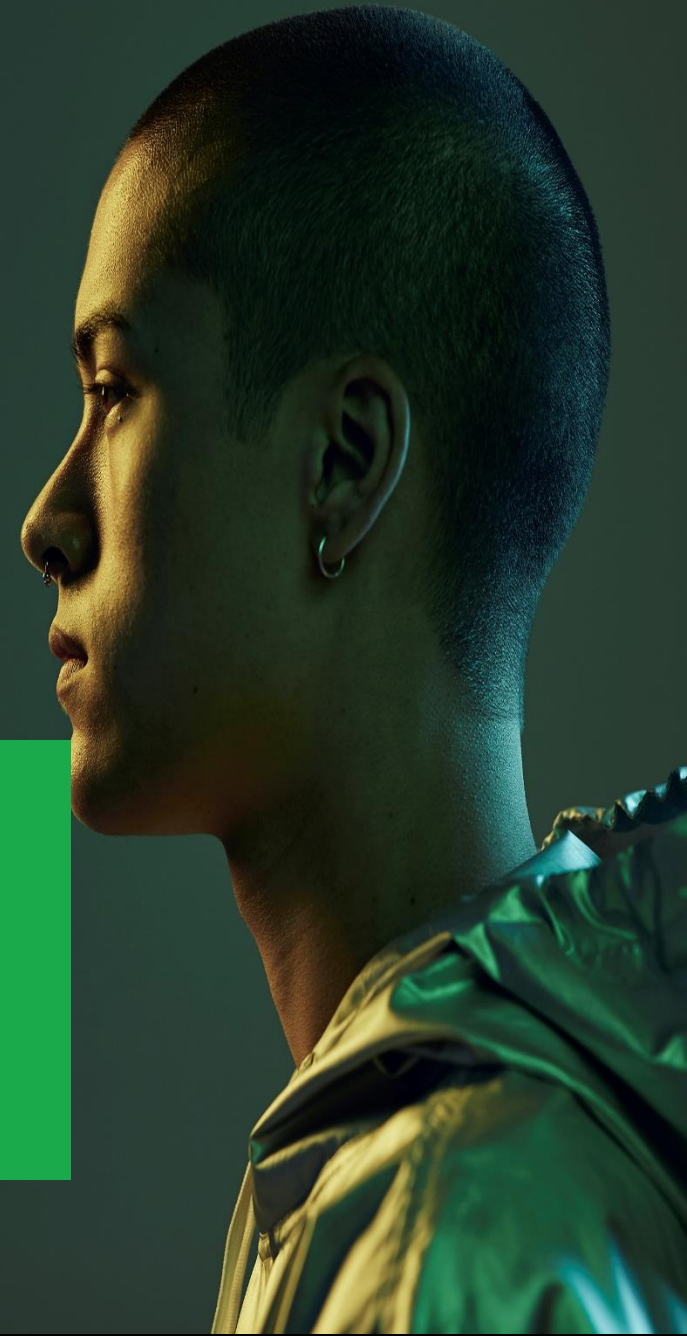
Peace River Center Emotional Regulation in College and University Settings



Emotional Regulation in College and University Settings

Understanding the Brain

Promoting Positive Mental Health





Understanding the Brain



Brain stem – respiration, digestion, etc.

Limbic system – threat detection, emotions, etc.

Cortex – mapping and meaning-making

Pre-frontal cortex - integration



Emotional Regulation

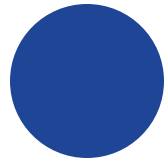




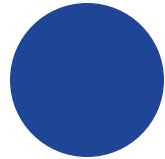
*Moment of Mindful
Regulation*



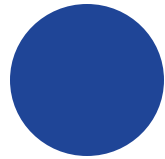
Dysregulation



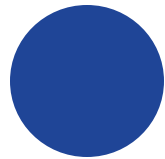
Limbic system perceives threats; emotions take over; disintegration begins



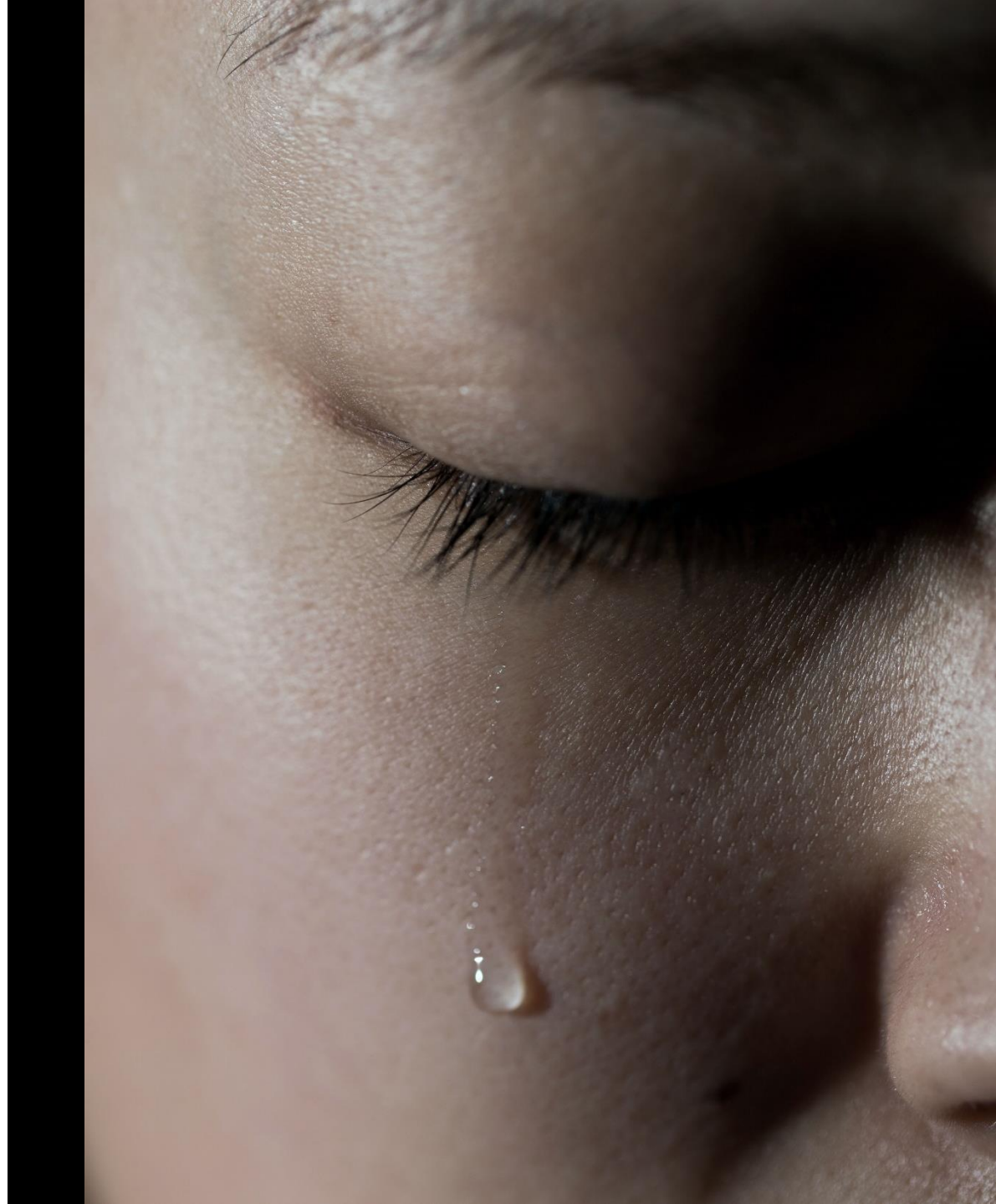
Dysregulation is not a behavioral choice



Both intensely strong emotional reactions and numbing/zoning out are a part of dysregulation



Resolved by bringing the prefrontal cortex back online and regaining integration





Emotional Regulation in the Classroom

Make it
predictable



Expectations,
heads up, etc.

Build in
transitions



Moment of
mindfulness,
images,
etc.

Consider the
environment



Lighting,
temperature

Monitor
your own
regulation



Check in
with yourself
regularly



Policies Promoting Mental Health



- Attendance policies related to “Mental Health Days”
 - Maintain standards
 - Put in place contingencies for making up work
 - Recognize the reality people will continue to meet their own needs



- Integrate mental health into learning
 - Offer opportunities for self-reflection
 - Model self-regulation
 - Promote healthy boundaries and self-care
 - Ask for feedback



Crisis Situations

Prioritize safety!

- Name the emotion (speak to the limbic system)
 - Give clear and specific instructions
 - Offer choices, but make them concrete and limited
 - Moderate tone of voice
 - Allow for movement
 - Recognize the signs of substance use and potential signs of violence
 - Call for help if it seems the situation might escalate or there is any threat of violence
-





24-Hour Emotional Support and Crisis Line



TEXT

863.204.3443

Text "TALK" to 863.204.3443
on your mobile phone



CHAT

using your
computer browser

Visit
PeaceRiverCenter.org/chat



CALL

863.519.3744

Our Emotional Support &
Crisis Line is available
24/7/365.



References

Bergmann, U. (2020). (2nd ed.) *Neurobiological foundations for EMDR practice*. Springer Publishing Company.

Harvey, P., & Rathbone, B.H. (2013). *Dialectical behavioral therapy for at-risk adolescents: A practitioner's guide to treating challenging behavior problems*. New Harbinger Publications.

Seigal, D. (2014). *Brainstorm: The power and purpose of the teenage brain*. TarcherPerigree.

Stanley, E.A. (2019). *Widen the window: Training your brain and body to thrive during stress and recover from trauma*. Avery.

Van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Penguin Books.



Questions?



Morgan Whitaker Smith, LMHC

Email: morgan.smith@peacerivercenter.org

Office: 863.519.0575 ext. 7186

Mobile: 863.512.4228