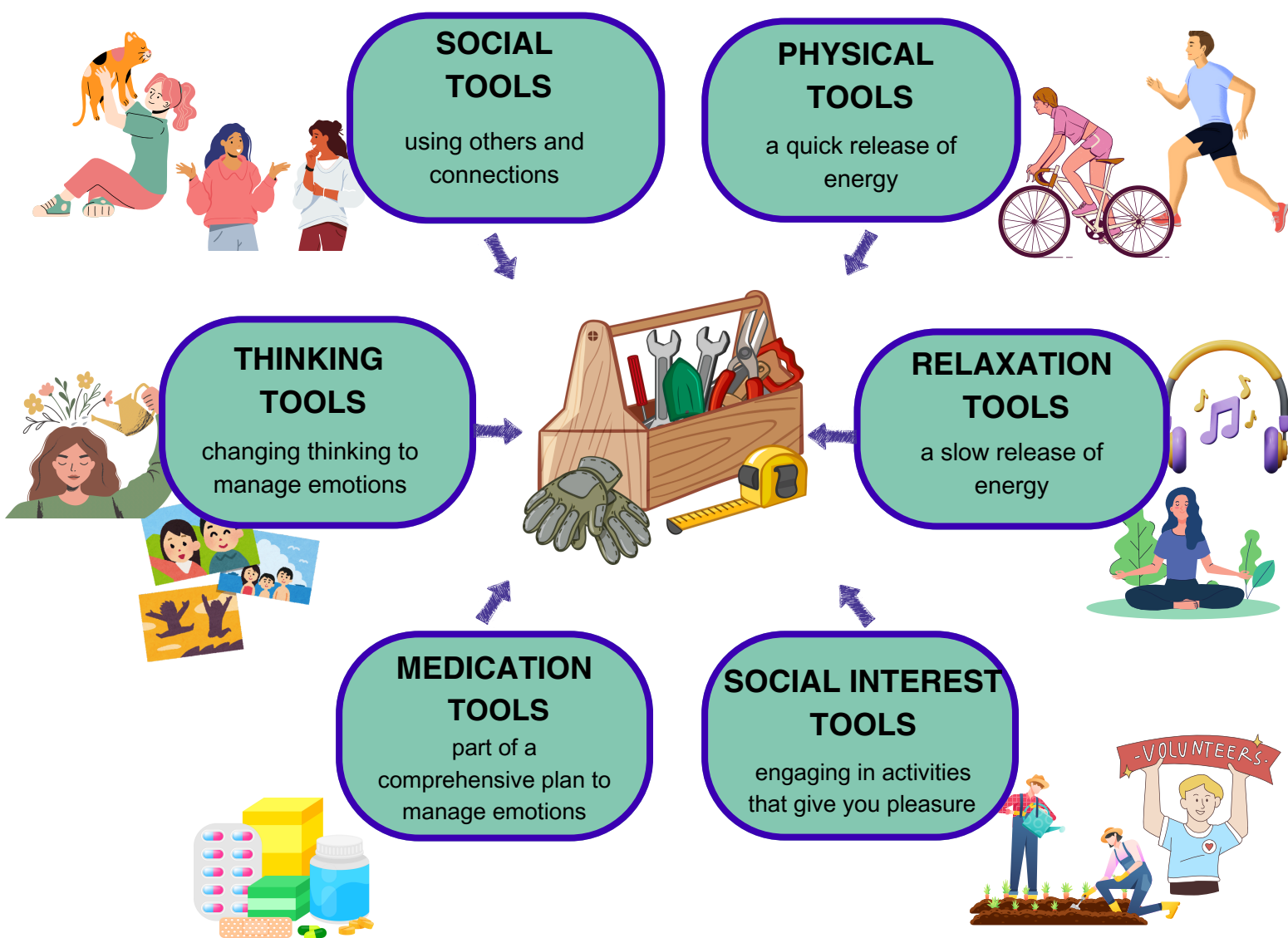


Strategies for Emotional Regulation

The Emotional Toolbox

Autistic persons have a higher risk of mental health challenges when compared to the general population, with around 40% being diagnosed with an anxiety disorder and over 80% experiencing general anxiety. Autistic persons may also experience challenges with emotional regulation, which creates challenges when responding to stress. The “Emotional Toolbox” is a framework developed by Clinical Psychologist Tony Attwood, to represent a collection of tools and strategies to help a person respond to emotions they are experiencing. Below is an adaptation of the Emotional Toolbox. To support a person’s emotional regulation, the following tools can be considered:



Reference: Attwood, T (2004). Exploring feelings: Cognitive Behaviour Therapy to Manage Anxiety: Future Horizons; 2004. For information on emotional regulation see the Kerry's Place workshop “Don't Tell Me to Calm Down”.

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