



Student Guidance: Emotional Regulation

Strong emotions are a normal part of growing up, but sometimes they can feel intense or hard to control. Learning how to recognise what's happening in your body and finding safe ways to reset can help you feel more in control.

Everyone experiences frustration, sadness or anger at times. When emotions build up quickly, your brain can go into “fight, flight or freeze” mode, making it harder to think clearly or make calm choices. Emotional regulation is not about stopping feelings, it's about learning ways to manage them safely and recover after difficult moments.

Understanding strong emotions

- Big feelings can make your body feel tense, restless or overwhelmed
- Your brain reacts quickly to stress before you have time to think
- Feeling intense emotions does not mean you have done something wrong

Spotting early warning signs

- Faster breathing, clenched muscles or raised voice
- Feeling irritated, distracted or wanting to leave a situation
- Struggling to focus or listen to others

Learning and getting support

- Everyone has difficult moments, and they are opportunities to learn
- Speak to your Head of Year, pastoral staff or another trusted adult if you feel overwhelmed
- School can help you find strategies and safe spaces that work for you

Ask for help

If you're feeling overwhelmed and need to talk:

- Speak to your college pastoral team
- Visit [Kooth.com](https://www.kooth.com)

Simple reset strategies

- Slow breathing or counting quietly to yourself
- Taking a short movement break or getting some water
- Focusing on something calming like music or writing

Safe ways to express emotions

- Talk to someone you trust about how you feel
- Use sport, art, journaling or music to release frustration
- Step away from situations before they escalate