



emotion



regulation

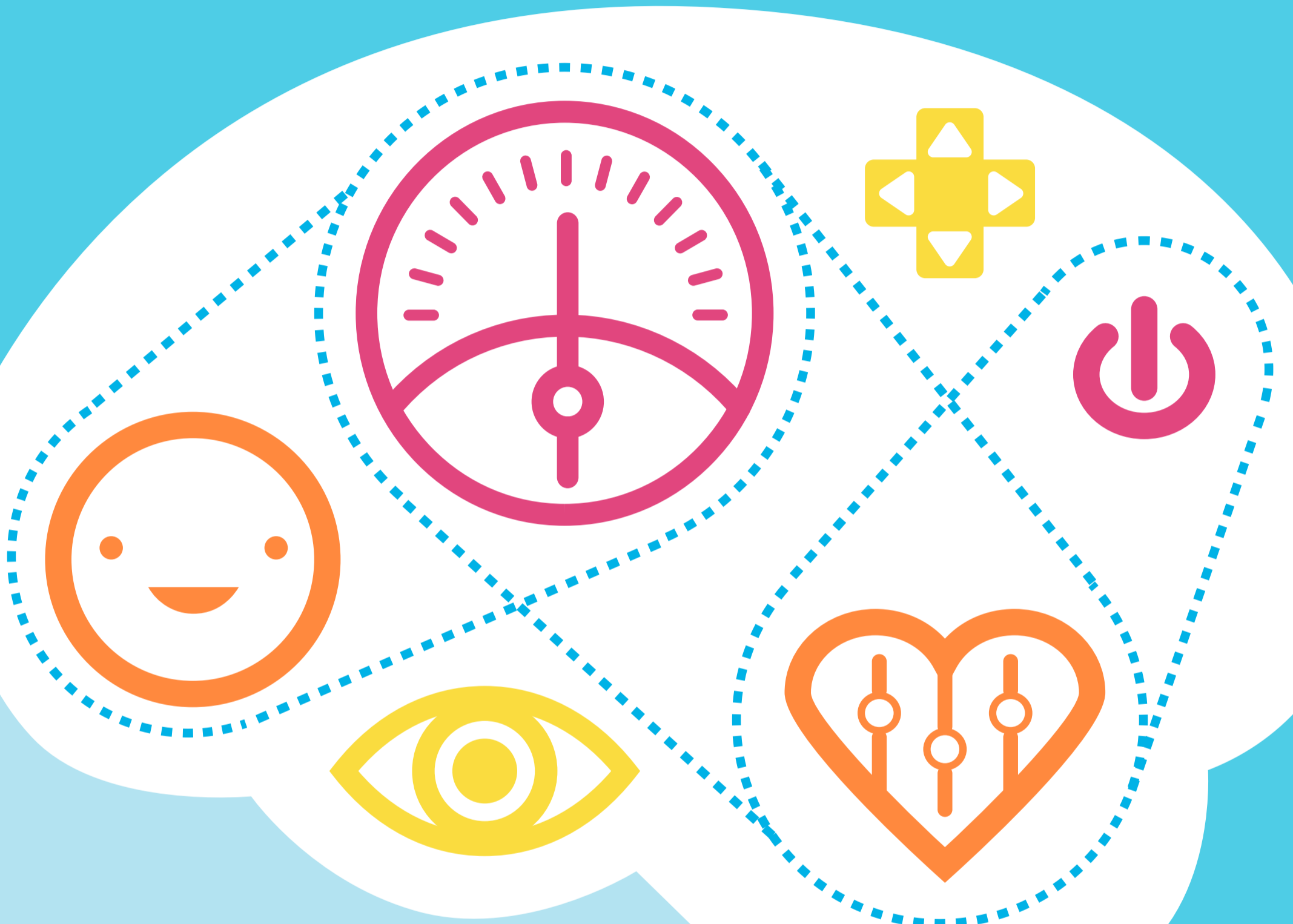


impulse



control

KEYS Team Values



Keep your team in mind
Be consistent
Be cohesive
We are many as one!



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KEYS Relationship Values



Be curious
Be present



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KEYS Boundaries

Uphold boundaries about your *private* life

Be truthful

Stay in your role, not a friendship



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KEYS

Tolerating Discomfort

- Can I sit with the feeling?
- Can I take a break?
- What can I do?
- What is your plan for right now?
- What else can I do to stop thinking about this?
- What can I do make myself feel more relaxed?
- How do I want to feel later?
- What can we do to get through this?



KEYS

Emotion Regulation Framework

1. Name the feeling
2. Show feelings safely
3. Calming down
4. Act so I can reach my goals
5. Be brave and keep going
6. Be kind to myself and others



KEYS

Emotional Literacy

- Name the feeling
- Why am I feeling like this?
- What is my mind and body telling me to do?
- Will doing that make me feel better or worse later?





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KEYS

Emotional Literacy



- Name the feeling
- Where in your body do you feel it?



- Why do I feel like this?
- What is your mind and body telling you to do?



- Will that help you now?
- Will that make you feel better or worse later on?



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- What am I feeling?
- Where can I feel it in my body?
- Can I take a break?
- Can I sit with it?
- Can I try to do something else?
- Can I do something to make myself feel more relaxed?



KEYS Emotional Literacy



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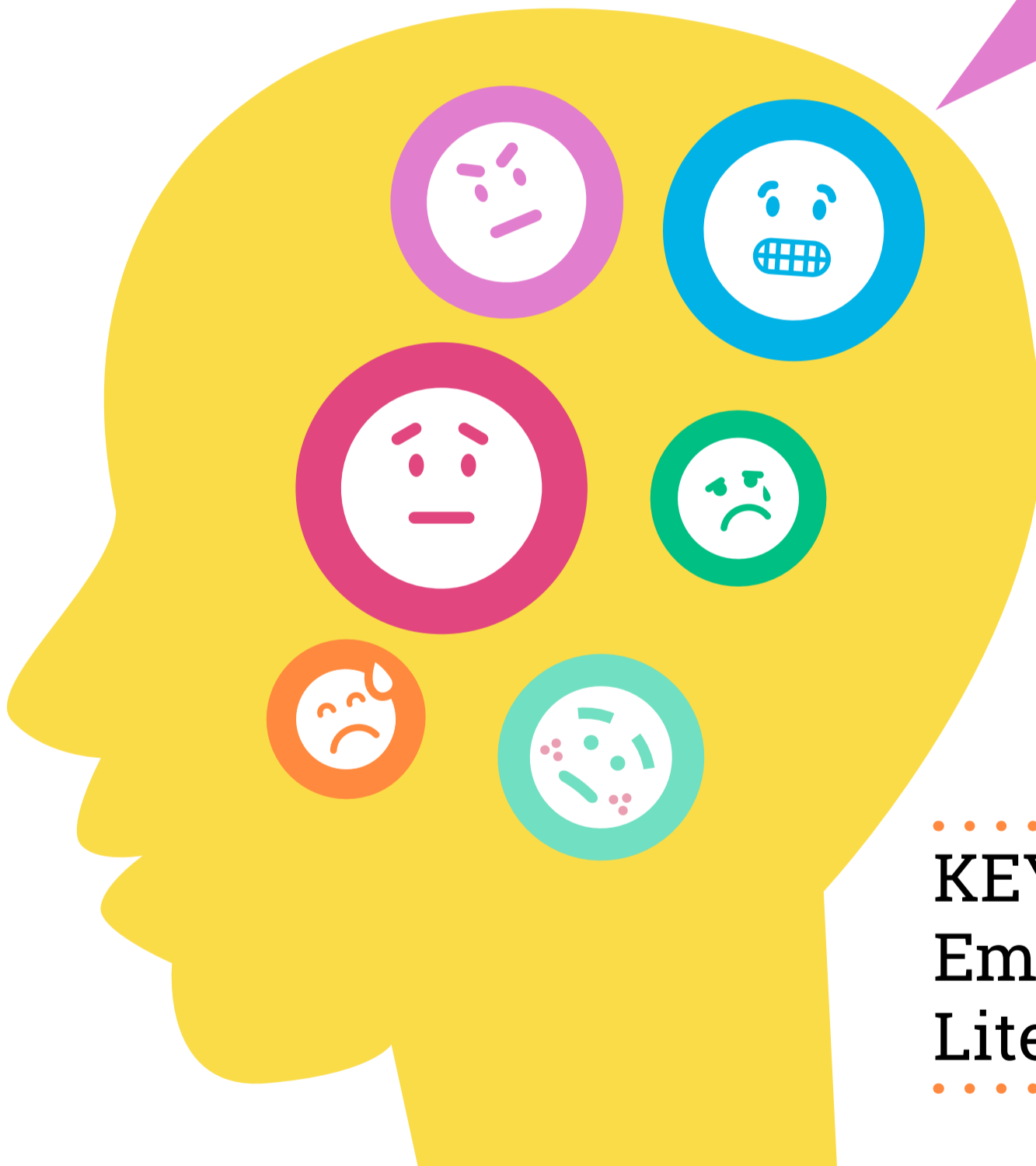


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- Name the feeling
- Show feelings safely
- Calming down
- Act so I can reach my goals
- Be brave and keep going
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KEYS Emotional Literacy



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