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Emotion Regulation and Self-Awareness

UNIT 3





Theme 3:

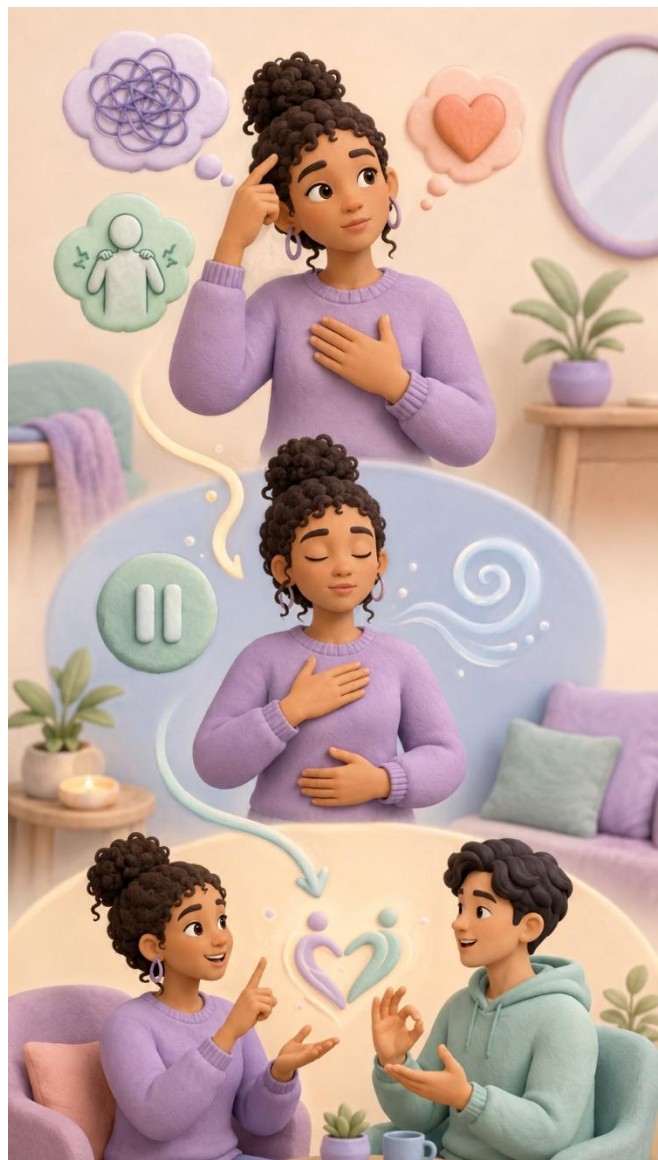
Emotion Regulation and Self-Awareness

Emotions are part of every person's daily life. We feel emotions from the moment we wake up to the moment we fall asleep. Emotions guide many of our choices. Emotions influence how we interact with others. Emotions affect how we understand situations. Sometimes emotions help us. Sometimes emotions make things harder. This is normal. Everyone experiences this. Emotion regulation means managing your emotions in a healthy way. It means understanding what you feel. It means slowing down before reacting. It means choosing an action that is helpful, not harmful. Emotion regulation helps you stay calm in difficult moments. It helps you communicate clearly. It helps you feel more steady inside. Self-awareness is the ability to notice what is happening inside you. It means recognising your own thoughts. It means observing your emotions. It means paying attention to your body. Self-awareness helps you understand why you react in certain ways. It gives you information about your needs. It helps you see patterns. It helps you make better choices.





Emotion regulation and self-awareness support each other. Self-awareness comes first. You notice what you feel. You notice the tension in your body. You notice your thoughts. After that, you use emotion-regulation tools to calm yourself. When both skills work together, you gain emotional strength. You become more stable. You become more confident. You become more independent in managing difficult moments. These skills are very important for deaf adults. Emotions are expressed through the body. Emotions show in facial expressions. Emotions show in hand movements. Emotions show in signing speed. Emotions show in posture and eye contact. When communication becomes confusing or stressful, emotions can change very quickly. A small misunderstanding can grow into a big emotional reaction. Emotion regulation helps prevent this. Self-awareness makes it easier to understand what is happening inside you, even before it shows in your signing or behaviour. Emotion regulation is not about ignoring emotions. It is not about hiding emotions. It is not about pretending to be strong all the time. It is about recognising your feelings and treating them with care. Self-awareness is not about being perfect. It is about being honest with yourself. Both skills grow slowly. They become stronger with practice. Every small step helps.





Topic 1 Understanding Emotions:

Emotions are signals. They tell us something important about our experience. They help us understand what we like and what we dislike. They help us protect ourselves. They help us connect with others. They guide our behaviour. When we understand our emotions, we understand ourselves better.

There are many types of emotions. Some emotions feel pleasant. These include happiness, calmness, relief, interest and excitement. These emotions make us feel light and open. They help us feel motivated. They help us enjoy life. Some emotions feel unpleasant. These include anger, sadness, fear, frustration, shame and guilt. These emotions may feel heavy. They may feel uncomfortable. But they also have a purpose. Anger shows that something feels unfair. Sadness shows that something matters to you. Fear shows that you want safety. Frustration shows that something is not working. All emotions carry meaning. Emotions start in the body. Your body reacts before your mind understands what is happening. This is normal. It happens to everyone.

Physical signs of emotions include:

- faster heartbeat;
- warm face;
- tight chest;
- heavy stomach;
- tense shoulders;
- trembling hands;
- shallow breathing.



Emotions also appear in the mind. You may notice:

- many thoughts at once;
- worrying about the future;
- thinking about a past experience;
- feeling confused;
- feeling unfocused;
- imagining negative outcomes.





Emotions also appear in behaviour. People may:

- sign faster or harder;
- frown or look tense;
- avoid eye contact;
- walk away;
- become silent;
- react without thinking.



Understanding emotions means recognising these signals early. It means saying to yourself:

- “I feel angry.”
- “I feel upset.”
- “I feel stressed.”
- “I feel happy.”
- “I feel worried.”
- “I feel overwhelmed.”



Naming the emotion helps your brain relax. It reduces confusion. It gives you space. It helps you choose a healthy action. When you identify your emotion, you take control of the situation. Emotions change throughout the day. You may feel one thing in the morning and something else in the afternoon. You may feel several emotions at once. This is normal. Emotions are not fixed. They move like waves. You do not have to react to every emotion immediately. You can pause. You can observe. You can respond with care.

Understanding emotions helps you understand what you need. If you feel tired, you may need rest. If you feel lonely, you may need connection. If you feel anxious, you may need clarity. If you feel frustrated, you may need space. Emotions help you discover your needs. Understanding emotions also helps you understand others. When you learn to read your own emotional signals, it becomes easier to read the emotional signals of people around you. You can recognise frustration, sadness or confusion in someone's face, posture or signing. This builds stronger relationships.



Topic 2 Emotional Triggers and Body Signals:

Emotional triggers are events or situations that create a strong emotional reaction. They may be small. They may be big. They may be loud. They may be quiet. A trigger is anything that touches something sensitive inside you.

Triggers can come from the environment. These include:

- crowded places;
- loud spaces;
- fast movement;
- bright lights;
- sudden changes;
- too many people talking at once.



Triggers can come from communication. These include:

- someone signing too fast;
- someone not facing you;
- unclear signs;
- miscommunication;
- feeling ignored;
- being left out of information;
- someone speaking without interpreting;
- someone refusing to adjust to your needs.



Triggers can come from relationships. These include:

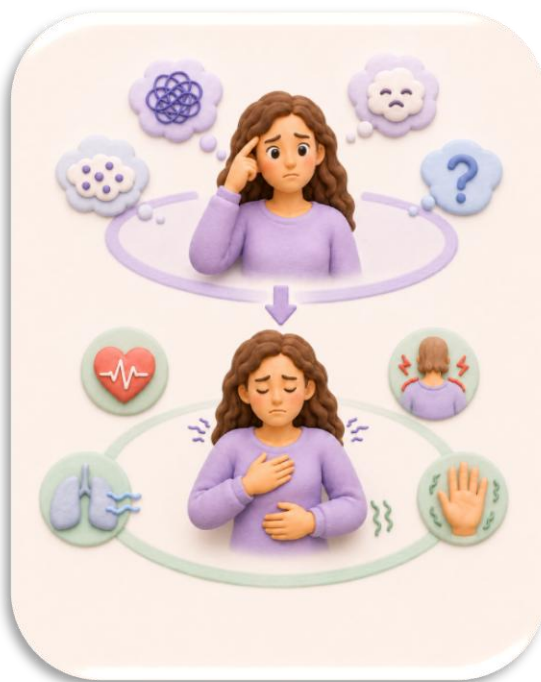
- criticism;
- rejection;
- conflict;
- feeling judged;
- feeling controlled;
- feeling misunderstood.



Triggers can come from memories. Sometimes the body remembers something painful. A small event today may activate an old emotional wound. You may not understand why you feel strong emotions suddenly. This is normal. The brain connects past and present. Your body always reacts before you fully understand the emotion. Body signals appear first. They warn you. They tell you something is happening. They give you time to stop and breathe.

Common body signals include:

- tight shoulders;
- tense jaw;
- raised eyebrows;
- heavy chest;
- cold hands;
- shaking;
- sweating;
- feeling hot;
- difficulty breathing;
- dizziness;
- stomach pressure.



These body signals are not dangerous. They are information. They tell you: “Slow down. Something is triggering you.”. Recognising body signals is one of the most important self-awareness skills. When you notice them early, you can act early. You can regulate before the emotion becomes too intense. Here are examples of how triggers work:



Example 1

You are in a group conversation. Two people start signing very fast. You feel lost. Your body reacts: your heart speeds up. Your shoulders tighten. This is a trigger.

Example 2

Someone misunderstands you. You feel frustrated. Your hands become tense. Your signing becomes harder. This is a body signal.

Example 3

Someone criticises your signing. You feel hurt. Your chest feels heavy. You want to shut down. This is a trigger connected to past experiences.

Example 4

You receive too many instructions at once. Your mind becomes full. Your breathing becomes shallow. This is a sign that you need a pause.

Understanding triggers helps you protect yourself. It helps you prepare. It helps you communicate your needs. It helps you avoid automatic reactions.





Topic 3 Strategies for Emotion Regulation:

Emotion regulation means calming your body, mind and behaviour. It does not mean stopping emotions. It does not mean hiding emotions. It means managing emotions in a healthy way. There are many helpful strategies:

- **Deep breathing**

Slow breathing sends a signal of safety to your brain. It lowers your heartbeat. It relaxes your muscles. It clears your mind. Even 10 slow breaths can change how you feel.

- **Pausing**

A pause is powerful. A pause gives you space. A pause stops automatic reactions. A pause helps you choose your response. Sometimes a 5-second pause prevents a conflict.

- **Grounding techniques**

Grounding brings you back to the present. It helps when your thoughts race.

Examples:

- touching a cold object;
- feeling your feet on the floor;
- noticing 3 things you can see;
- taking a slow stretch.



- **Relaxing the body**

Emotions sit inside the body. Relaxing the body reduces emotional pressure.

Examples:

- rolling your shoulders;
- relaxing your face;
- stretching your neck;
- shaking your hands gently;
- slow body movements.





- **Positive self-talk**

Your inner voice matters. Your words shape your emotions. Say things like:

- “I can handle this.”
- “I am safe.”
- “I need a moment, and that’s okay.”
- “I can slow down.”



- **Taking breaks**

Breaks give your brain time to reset. Breaks prevent emotional overload. Breaks help you think clearly again.

- **Expressing emotions**

Talking or signing with someone you trust helps release pressure. Sharing helps you understand your feelings. Writing your thoughts helps organise your mind.

- **Understanding your need**

Ask yourself: “What do I need right now?” – Space?; Water?; Rest?; Support?; A slower conversation?; Clear boundaries help you feel safe.

- **Setting boundaries**

Boundaries protect your emotional health. They prevent emotional exhaustion.

Examples:

- “Please sign slower.”
- “I need a moment.”
- “I need more time.”
- “I cannot do this right now.”





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Emotion regulation in real life:

Example 1

Someone signs too fast. You feel frustrated. You pause. You breathe. You ask them to slow down.

Example 2

You feel sad. Instead of hiding it, you talk to someone you trust.

Example 3

You feel overwhelmed by tasks. You take a short break. You stretch. You return calmer.

Example 4

You feel anger rising. You ground yourself by touching something cool.

Emotion regulation is a lifelong skill. You do not master it instantly. You learn it slowly. You improve with practice. Each small success makes you stronger.



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★ Learning Notes

These learning notes show the key ideas from Theme 3. They make the information easier to understand. They help learners remember the most important points.

1. Understanding Emotions

Emotions are signals that tell us what we like, dislike, and need. They start in the body, appear in the mind, and show in behaviour. Pleasant emotions, like happiness and calmness, motivate us. Unpleasant emotions, like anger or sadness, give important information. Naming emotions helps the brain relax. Understanding emotions helps us understand ourselves and others.

2. Pleasant vs. Unpleasant Emotions

Pleasant emotions feel light and open. They help us enjoy life and stay motivated. Unpleasant emotions feel heavy or uncomfortable. They show us when something is wrong or important. Both types have a purpose. Emotions change throughout the day and can mix together.

3. Body Signals of Emotions

Emotions appear in the body first. Common signals include fast heartbeat, tense shoulders, heavy chest, shallow breathing, or trembling hands. The body reacts before the mind understands. These signals are normal and give useful information. Recognising them early helps control reactions.

4. Mind and Behaviour Signals

Emotions affect thoughts and behaviour. You may feel many thoughts at once, confusion, or worry. Behaviour changes can include frowning, avoiding eye contact, or signing faster. Observing these signals helps you notice emotions early. Early recognition gives space to choose a healthy action.





5. Emotional Triggers

Triggers are events or situations that cause strong emotions. They can come from the environment, communication, relationships, or memories. Small things can feel big if they touch something sensitive. Recognising triggers helps us prevent automatic or harmful reactions.

6. Self-Awareness

Self-awareness means noticing what is happening inside you. You observe your thoughts, feelings, and body signals. It helps understand why you react in certain ways. Self-awareness gives information about your needs. It makes it easier to respond calmly before emotions take over.

7. Emotion Regulation

Emotion regulation means managing emotions in a healthy way. It is not hiding or stopping emotions. It includes calming your body, mind, and behaviour. Strategies like deep breathing, pausing, grounding, and relaxing help. Practicing regulation makes you stronger and more stable.

8. Practical Strategies

You can use positive self-talk, take breaks, express feelings, understand your needs, and set boundaries. Grounding techniques bring focus to the present moment. Pausing prevents automatic reactions. Each small step strengthens your emotional skills over time.

9. Benefits of Emotion Regulation and Self-Awareness

Combining self-awareness and emotion regulation increases emotional strength. It makes you calmer, more confident, and independent. These skills improve relationships and communication. They help manage stressful situations. Both grow slowly with practice, and small successes build long-term resilience.





Assessment Test:
Theme 3 + Answer Key

Instructions:

Read each question carefully. Choose the correct answer from the options given. For True/False questions, select the correct statement. Select only one answer per question.

1. What is the first step in managing your emotions?

- a) Hiding your feelings
- b) Self-awareness
- c) Ignoring emotions
- d) Expressing anger

2. Which of the following are body signals of emotion?

- a) Warm face and tight shoulders
- b) Loud environment and bright lights
- c) Cold weather and hunger
- d) Watching TV and walking fast

3. Which of the following is an emotional trigger related to communication?

- a) Bright light
- b) Cold hands
- c) Fast signing
- d) Hunger

4. True or False: You should react immediately to every emotion.

- a) True
- b) False





5. Which strategy helps you focus on the present moment?

- a) Positive self-talk
- b) Expressing emotions
- c) Setting boundaries
- d) Grounding

6. Which of the following is an example of positive self-talk?

- a) "I must react now."
- b) "I can handle this slowly."
- c) "This emotion will stay forever."
- d) "I should ignore everything."

7. What is the purpose of naming an emotion?

- a) Relax the brain and choose a healthy action
- b) React faster
- c) Ignore the emotion
- d) Hide your feelings

8. Why is it important to combine self-awareness and emotion regulation?

- a) It makes emotions disappear
- b) It lets you control others
- c) It gives emotional strength, stability and independence
- d) It stops unpleasant emotions completely

Question	Correct answer
1.	B
2.	A
3.	C
4.	B
5.	D
6.	B
7.	A
8.	C