

# ADHD Intensive

## Module 5: Emotional Regulation

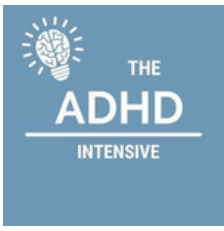
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What emotional regulation issues are you currently experiencing?

A large, empty light blue rectangular area intended for a user to write their response to the question above.

How ADHD affects emotional regulation

A large, empty light blue rectangular area intended for a user to write their response to the question above.

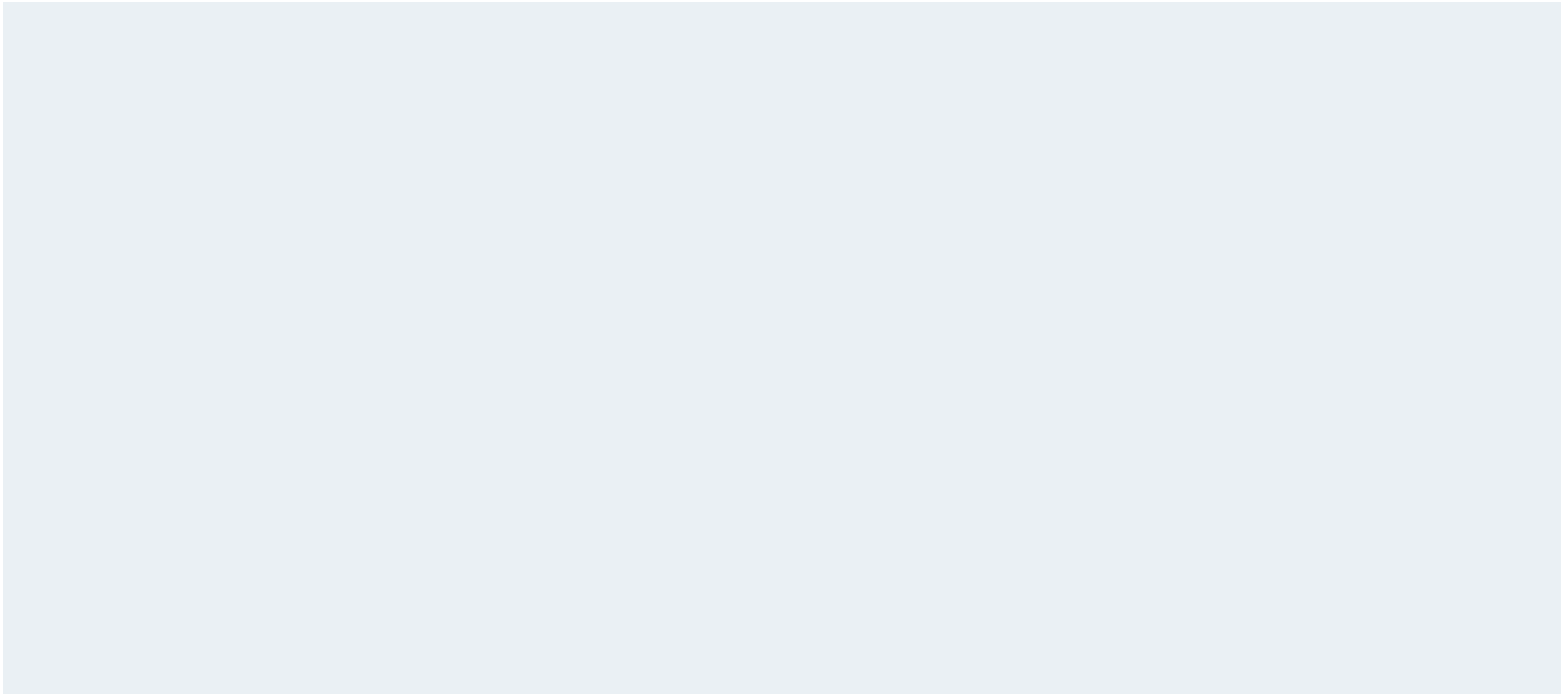


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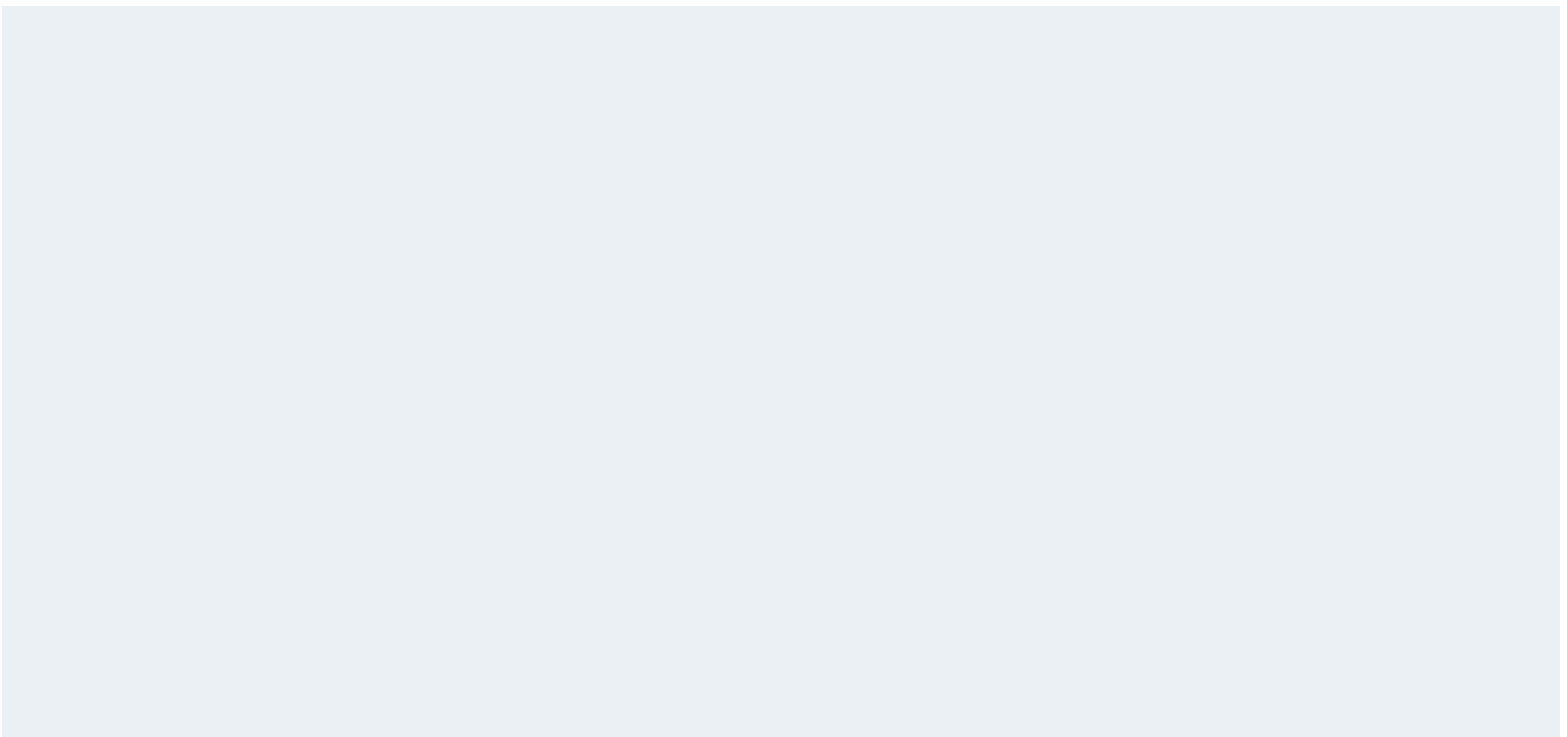
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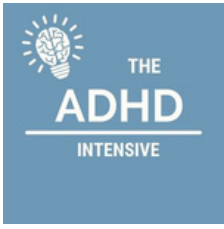
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Signs of emotional dysregulation



Start with healthy habits



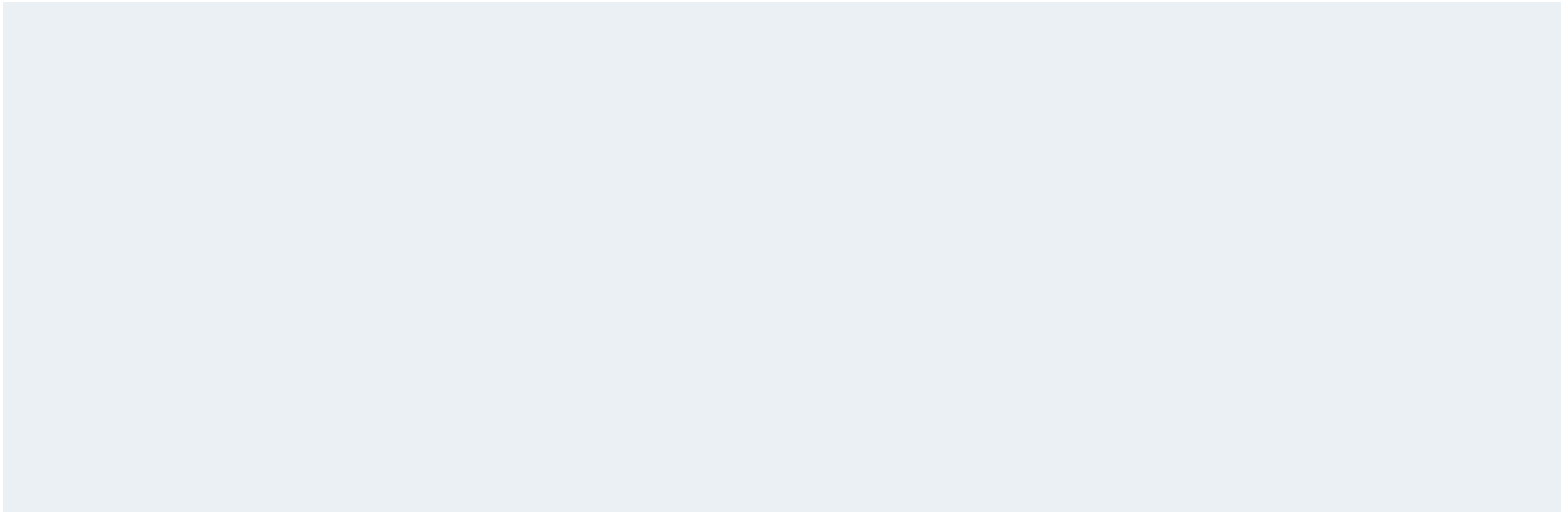


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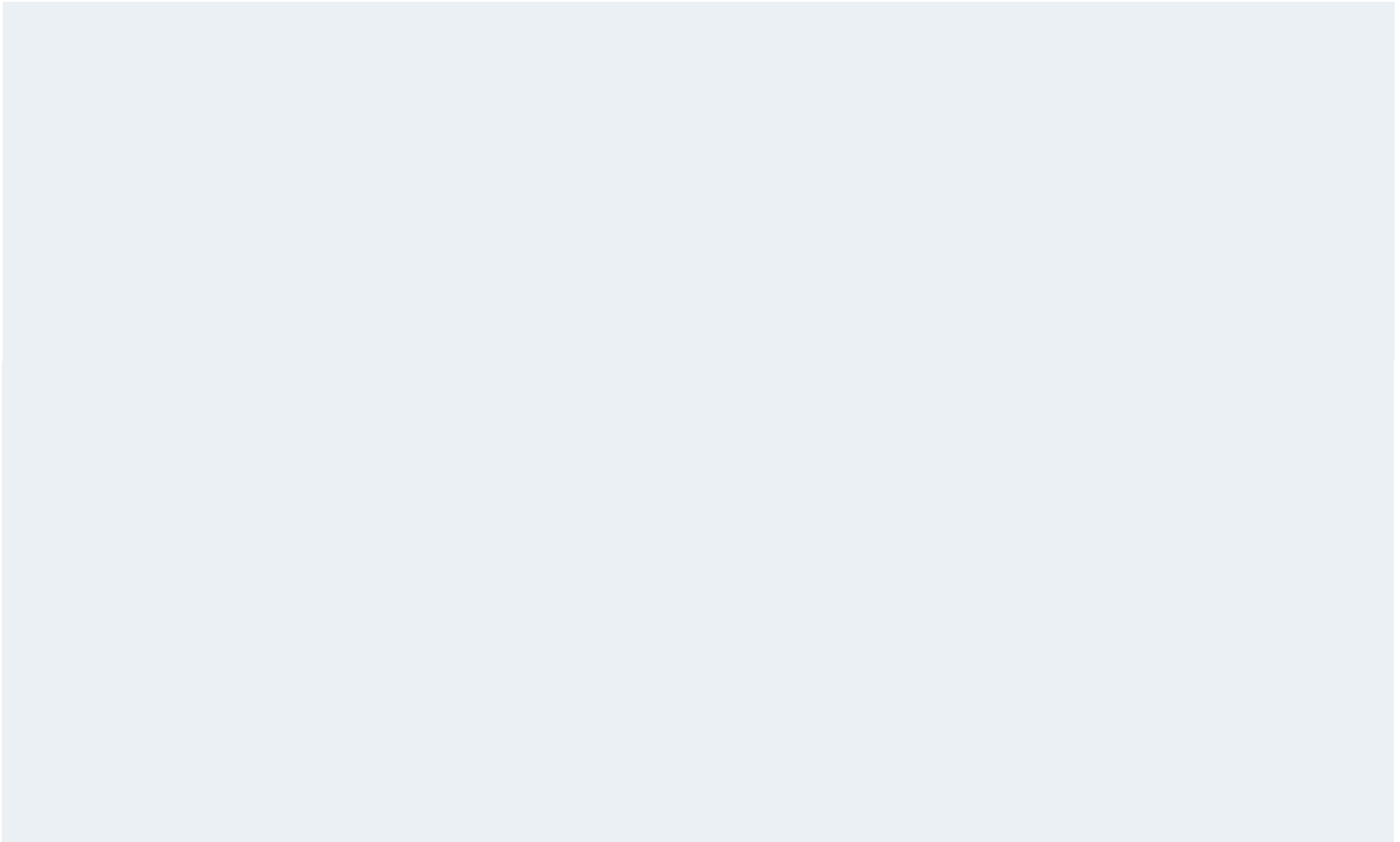
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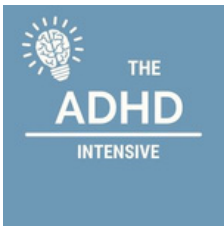
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### Build and Emotional Vocabulary



### Behavioral Interventions



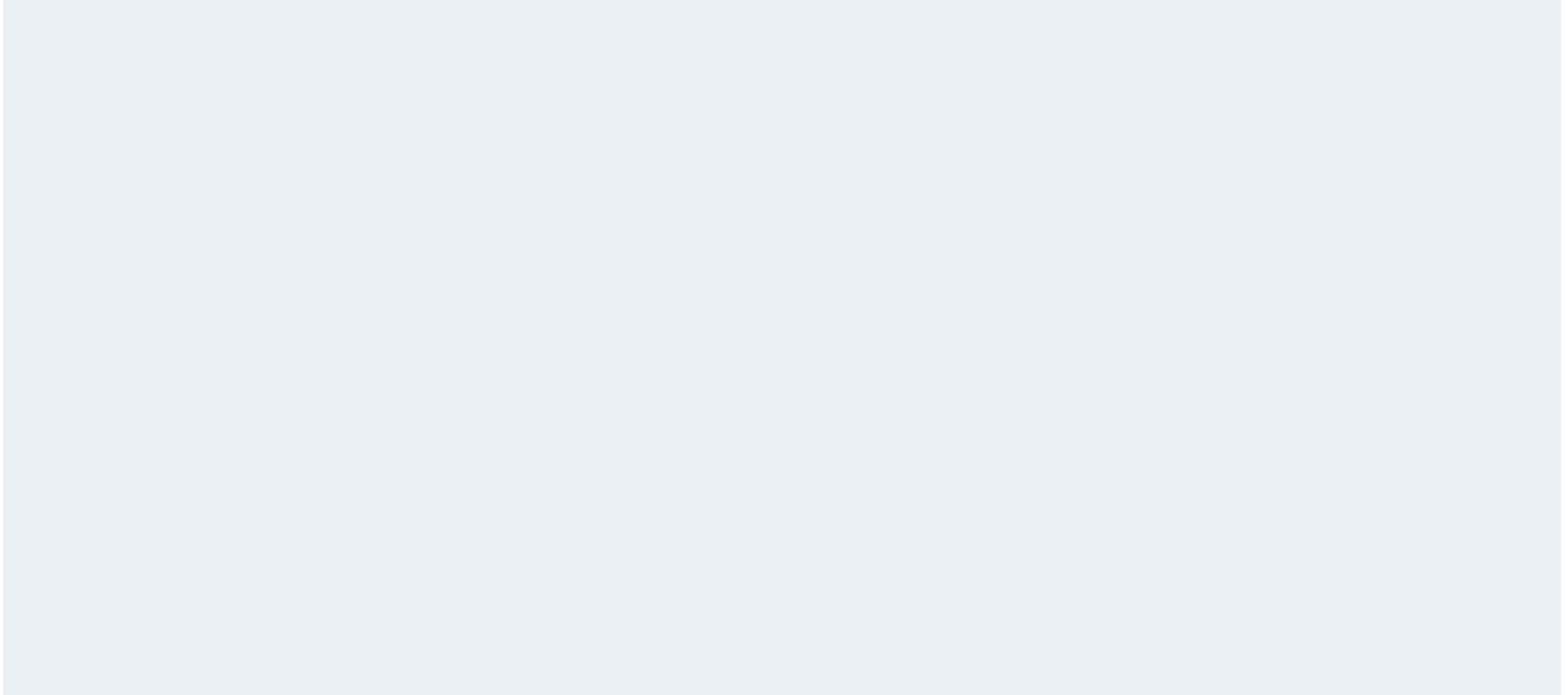


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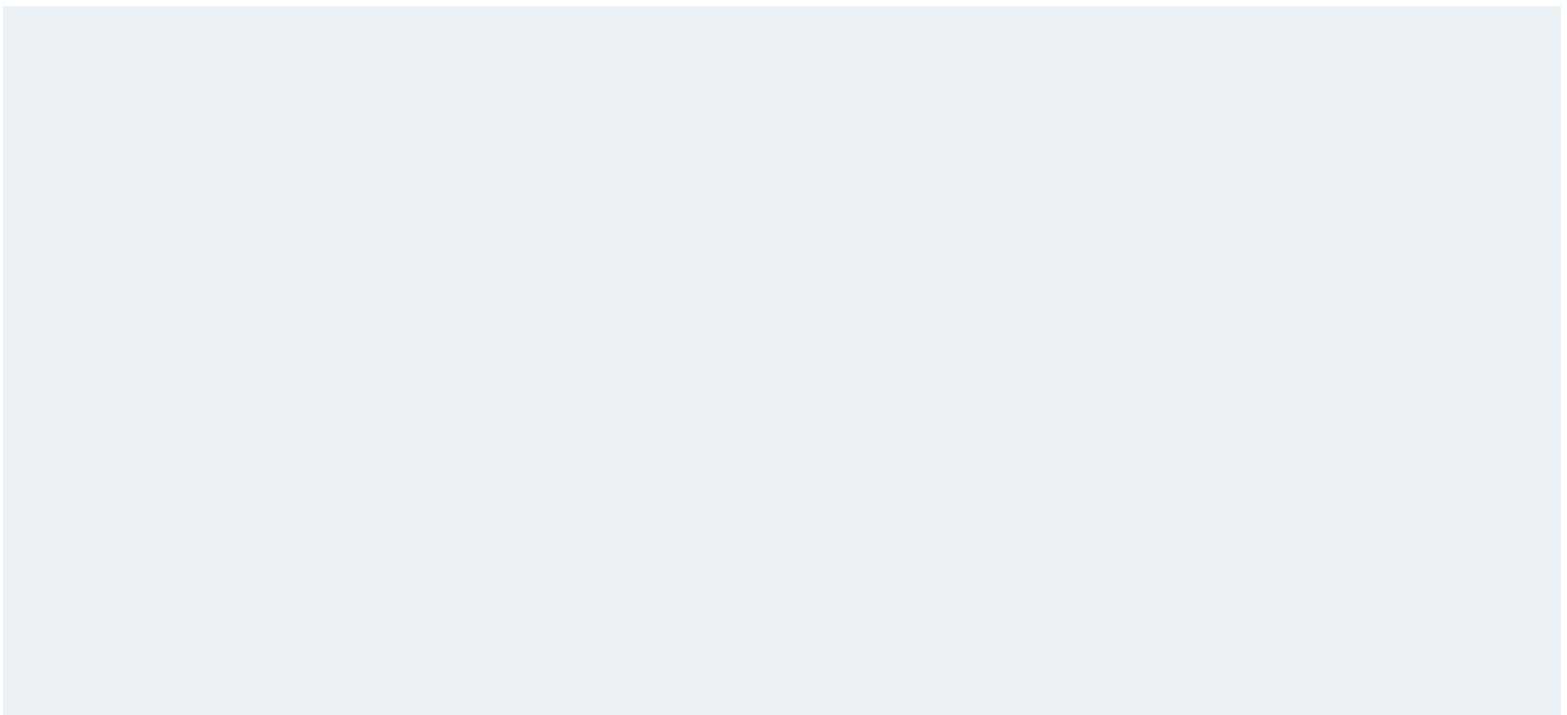
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The role of medications in emotional regulation



Mindfulness training





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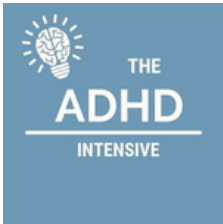
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More tools for your toolbox

Empty light blue rectangular area for notes.

My key takeaways

Empty light blue rectangular area for notes.



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### Resources

Building a Better Emotional Vocabulary: Plutchik's Wheel of Emotions

<https://www.6seconds.org/2020/08/11/plutchik-wheel-emotions/>

More info on Behavior Parent Training

<https://www.additudemag.com/adhd-behavior-therapy-parent-training-classes/>

Detailed Mindfulness Training Ideas

<https://www.mindful.org/mindfulness-for-kids/>

<https://www.mindfulmazing.com/how-to-teach-mindfulness-to-kids/#how-to-teach-mindfulness-to-kids-the-basics>