



OT Lens: Un Paso  
A La Vez

# Emotional Dysregulation

## WHAT IS EMOTIONAL DYSREGULATION?

Emotional dysregulation also referred to as ED, is defined as the difficulties of altering or adjusting emotions (Dell'Osso et al., 2023). Emotional dysregulation can exhibit self-injurious behaviors (such as biting, hitting, banging their head), crying, outbursts, and aggression (Nuske et al., 2023). This presents in individuals with autism spectrum disorder at the earliest age (Dell'Osso et al., 2023).

- Sensation can affect emotions as emotions impact sensations (Rodriguez & Kross, 2023).

## EVIDENCED-BASED STRATEGIES IDENTIFIED

The following strategies have been identified in addressing challenging behaviors and emotional dysregulation:

- Active role playing
- Practice other replacement behaviors
- Emotion Regulation Training (to recognize their own emotions-cognitive, behavioral, and bodily, in which identifies signs of stress)
- Calming strategies and sensory toys

(Nuske et al., 2023)



## REFERENCES

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Rodriguez, M., & Kross, E. (2023). Sensory emotion regulation. *Trends in cognitive sciences*, 27(4), 379-390. <https://doi.org/10.1016/j.tics.2023.01.008>

**\*\*Please consult a licensed occupational therapist or healthcare practitioner for more information. \*\***



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