

Emotion Regulation Resources



Parenting Teens

This site provides resources for parenting teens related to such areas as regulating emotions, fostering independence, and offering praise.

<https://www.cdc.gov/parenting-teens/about/index.html>



Mental and Emotional Health Resource Library

This site provides information about a number of skills and tools to help manage emotions, sleep, stress and more.

<https://healthy.ucdavis.edu/mental-emotional/resource-library/general>



Healthy Coping Skills

This article discusses a number of healthy problem and emotion-focused coping skills.

<https://www.verywellmind.com/forty-healthy-coping-skills-4586742>



Support Teen Emotions

This site provides information for caregivers about how to support teens in managing their emotions.

<https://parentandteen.com/support-teens-release-emotions/>