

Emotion Regulation Facts & Stats



Emotional Literacy: What the Kimochi?



Emotional literacy is the ability to identify, label, and understand emotions. It sets the foundation for listening to others with empathy and being able to express emotions productively. Kimochi is the Japanese word for emotion.

KIMOCHIS® has created these cute toys to help children become emotionally literate, a skill that will enable them to handle emotions and improve their relationships. Tools like feeling wheels and Kimochis are fun ways of learning the many labels for the emotions we experience, the first step in learning how to talk about how we feel.

In research studies, teenagers with poor emotion regulation skills were rated

57%

lower on scores of interpersonal warmth, closeness to others, social status, and likeability, and

1 in 10

experienced Alexithemia, a trait that makes it difficult to identify and describe emotions.

Dysregulation Looks Like

People who struggle with emotion regulation may experience:

- Lack of awareness of one's own emotions
- Lack of attunement with emotional needs
- Holding onto resentments
- Unable to forgive and let go
- Difficulty sleeping or disturbed sleep
- Chronic relationship problems
- Lack of resilience or ability to bounce back
- Academic difficulties
- Substance use or abuse
- Self-harm

Feelings Are Not Facts, Just Information

Thoughtfully reflecting on why we are experiencing emotions gives us time to react more maturely.

Emotion Regulation Scenarios

- 1) You see someone you are attracted to. Suddenly your heart begins to race. What emotions are you having? How can you regulate them in order to be able to talk to the person?
- 2) You are playing in a game. The referee calls a penalty that you disagree with. What emotions come up? How can you regulate in order to stay calm and continue to play well?
- 3) You studied really hard for a test and get a lower grade than you think you deserve. How do you experience this event? What emotion regulation skills do you need to engage?