



La régulation émotionnelle désigne l'ensemble des mécanismes mis en place par les individus pour moduler leurs émotions. Elle joue donc un rôle essentiel dans le bien-être et la santé mentale, mais aussi dans la santé physique et les relations sociales.

Cet ouvrage couvre tous les aspects importants du sujet de manière claire et concise. Il aborde notamment :

- les facteurs déclenchants des émotions ;
- les différents mécanismes par lesquels nous pouvons agir nous-mêmes sur nos émotions ;
- les obstacles qui peuvent contrecarrer nos tentatives de régulation émotionnelle ;
- la manière dont le psychologue peut travailler sur la régulation émotionnelle en thérapie.

Ce recueil de fiches deviendra l'allié de l'étudiant et du psychologue attiré par la question des émotions. Il intéressera par ailleurs toute personne désirant mieux comprendre ses émotions et leur fonctionnement.

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La régulation émotionnelle

10 fiches pour comprendre

*Comment peut-on réguler ses émotions ?
Un enjeu essentiel pour le bien-être, la santé
mentale et physique, et les relations sociales.*

Jean-Baptiste Pavani
et Théo Guiller

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