

ER stage or family of ER strategies (see Gross, 2015)	Example of digital ER (adapted from Wadley et al.)	Students' examples
Identification stage: Should I regulate this emotion?	<p>Use a phone-based app to help identify emotional states and decide if regulation makes sense.</p> <p>Notice that fellow social media users are criticizing one's expressed emotion.</p>	
Selection stage: What strategy might work?	<p>Read online about strategies that might work (such as those in this table).</p> <p>Swipe through app icons on your smartphone.</p>	
Implementation stage: Types of Strategies		
Situation selection (taking action to be in a situation that will give rise to desired emotions)	<p>Choose to watch videos rather than attend a social gathering.</p> <p>Switch to an online discussion that features less conflict.</p>	
Situation modification (taking action to alter a situation to change its impact)	<p>Use messaging tools to change work or family situations.</p> <p>Listen to music while exercising for motivation or to feel happier.</p>	
Attentional deployment (shifting attention toward or away from things to change emotions in a desired way)	<p>Browse Instagram during a boring meeting or difficult homework task.</p> <p>Have a child play a video game to distract them from an injection.</p> <p>Ruminate about an annoying social media post.</p>	
Cognitive change (changing the appraisal of a situation)	<p>Search for alternative information or perspectives on a situation that might help modify your emotions.</p> <p>Check how friends are responding to an alarming news story.</p>	
Response modulation (directly changing behaviors or physiological responses)	<p>Monitor breathing with a mindfulness app.</p> <p>Use social media to share emotions.</p>	
Monitoring stage (Tracking your feelings over time)	Use a heartrate app to monitor if ER work is successful.	