ABSTRACT
Individuals use emotional regulation (ER) strategies when dealing with various life circumstances. However, the methods individuals use to regulate emotions can impact life satisfaction and stress levels. Two common ER strategies include cognitive reappraisal (changing how one thinks about an event) and expression suppression (concealing one’s reaction). Past studies have shown cognitive reappraisal predicts higher life satisfaction and lower stress as compared to expression suppression. The current study investigated these relationships using data obtained from a doctoral dissertation study involving a national convenience sample of young adults completing the survey online at the University of Maryland, Baltimore County. Participants were recruited via online advertising and through flyers located at the university.

METHODS
We examined the relationship between emotion regulation strategies, cognitive reappraisal and expressive suppression, on reported life satisfaction and perceived stress. Multiple Linear Regression with hierarchical entry was used to examine the effects of the emotion regulation strategies, Cognitive Reappraisal and Expression Suppression, on Perceived Stress and Life Satisfaction. This study is important because emotional regulation moderates the relationship between perceived stress and well-being (happiness/depression in adults, males, but not females. Specifically, males who reported high stress and high emotional regulation also reported higher levels of happiness and lower levels of depressive symptoms.

RESULTS
Perceived Stress
Overall, emotional regulation strategies accounted for 7% of the variance in perceived stress, R2 = .07, (F(5,556) = 20.97, p < .001).

Life Satisfaction
Overall emotional regulation strategies accounted for 12.3% of the variance in life satisfaction, R2 = .12, (F(5,556) = 39.21, p < .001).

DISCUSSION
• Results from this study suggest that individuals who use cognitive reappraisal report higher levels of life satisfaction and lower levels of perceived stress, while those who use expression suppression report opposite outcomes.
• Compared to expression suppression, cognitive reappraisal has been found to be more adaptive in terms of mental health, well-being, and stress outcomes.

REFERENCES

Presented at the 20th Annual Undergraduate Research and Creative Achievement