Hi, my name is Sarah Chatt, and I am a fifth- year student in the School of Professional Psychology at Spalding University in Louisville, KY. I am looking for participants for a research project about problems accepting emotions, controlling impulses, using emotion regulation strategies, and mental health symptoms. I have attached my recruitment flyer below with more information, and here is the link for anyone interested in participating: https://spalding.questionpro.com/emotionregulationsurvey Thanks in advance for helping out with this important study!