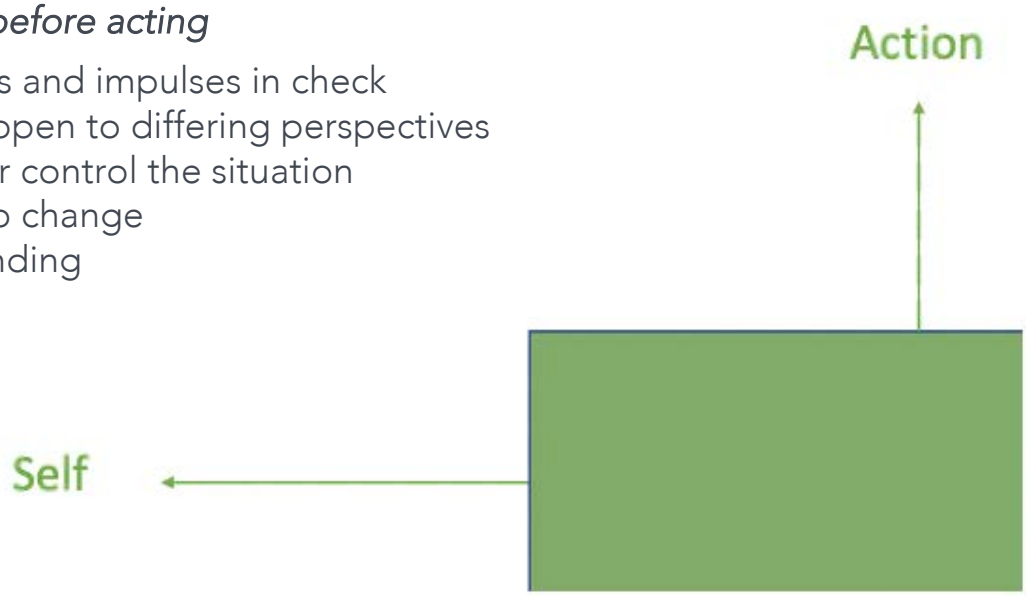
Self Regulation

The ability to control or redirect disruptive impulses and moods and the tendency to suspend judgment and think before acting

- Keeping disruptive emotions and impulses in check
- Being non-judgmental and open to differing perspectives
- Not letting emotion and fear control the situation
- Flexibility and being open to change
- Take a breath before responding



WHAT COULD / SHOULD I DO WITH / ABOUT WHAT I AM EXPERIENCING?

WHY SHOULD OR SHOULDN'T I?

HOW CAN I APPROPRIATELY EXPRESS / IMPACT WHAT I AM EXPERIENCING?

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TAKE 5 DEEP BREATHS

5 things you can see
4 things you can physically feel
3 thing you can hear
2 things you can smell
1 thing you can taste

HOW WILL I FEEL...

- IN A DAY
- IN A WEEK
- IN A MONTH
- IN A YEAR
- IF I DECIDE TO RESPOND WITH OPTION A
- IF I DECIDE TO RESPOND WITH OPTION B
- IF I DECIDE TO RESPOND WITH OPTION C

THINK

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Quote attributed to Bernard Meltzer

GRATITUDE

1.

2.

3.

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