Self-Regulation

Strategies for Emotional Balance and Resilience

Emotional self-regulation is about managing your emotions and reactions in different situations. It starts with self-awareness—noticing and understanding your feelings and what activates them. Once you're aware, self-regulation helps you handle tough emotions and express them in a healthy way.

Self-regulation is important for managing stress, communicating well, and staying functional and productive, even when things get difficult. It's not always easy, especially when dealing with competing priorities, unexpected problems, or personal challenges

The 6 Techniques

1. Self-Awareness
2. Positive Self-Talk
3. Gratitude and Self Compassion
4. Healthy Routine
5. Pausing Before Responding
6. Build a Support Network

For the next 6 weeks, pick any 1 of the 6 listed self-regulation techniques each week.

See what speaks to you and feels achievable; you can start in any order. Capture daily and weekly reflections as notes, bullet points, or drawings on the next pages to build your mental health 'snapshot'.

1. Self-Awareness: Understand and Recognize Emotions

- ☐ ***Check-In Regularly:*** Take short breaks to notice how you're feeling. Are you stressed, calm, frustrated, or content?
- ☐ ***Recognize Activators:*** Notice what sparks your emotions, whether it's a specific event, interaction, or thought. Understanding these activators helps you prepare for and manage your emotional responses more effectively.
- ☐ ***Label Feelings:*** When you feel a surge of emotion, identify it. Simply naming feelings (like anger, anxiety, or joy) can lessen their intensity and help you think more clearly.

2. Use Positive Self-Talk

- ☐ ***Reframe Negative Thoughts:*** If you're feeling overwhelmed, change your inner dialogue. For example, replace "I can't do this" with "I'm finding this hard, but I can take it one step at a time."
- ☐ ***Affirmations and Encouragement:*** Remind yourself of past successes, and use affirmations to build confidence, like "I am capable" or "I have managed challenges before."

If you're moving through a particularly rough day or week, use the 'Release and Rise' tool to help you with the heavy load. You will find the tool on page 5 of this toolkit.

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3. Practice Gratitude and Self-Compassion

- ☐ ***Focus on Positives:*** Spend a few minutes each day reflecting on things you're grateful for, as this can shift your mindset toward positivity.
- ☐ ***Forgive Mistakes:*** Be kind to yourself when you fall short. Accept that setbacks happen, and focus on learning from each experience.

4. Develop a Healthy Routine

- ☐ ***Establish Regular Sleep and Nutrition Habits:*** Adequate rest and a balanced diet play a big role in mood and resilience, helping you stay in control when faced with challenges. Set small achievable goals. E.g., Getting to bed 15 minutes early.
- ☐ ***Set Time for Reflection:*** Daily or weekly, take time to reflect on what went well and where you could improve, allowing you to make adjustments with intention. Use a non-critical inner voice to reflect and note areas for improvement.

5. Pausing Before Responding

- ☐ ***Use a Cushion Before Responding:*** When emotions are activated, your rational brain needs time to catch up. Responding in the heat of the moment can escalate conflicts. Instead, create a "cushion" by pausing—take a brief walk, sip some water, give yourself a moment to cool down, and then respond.
- ☐ ***Don't Feel Pressured to Respond:*** When our buttons are pushed, we might need some time to percolate before we respond. Sleep on it (if you can). What seems critical in the moment can seem like no big deal after a good night's sleep. You can also say: 'Let me gather my thoughts for a second' or 'I need a moment before I respond.'

6. Build a Support Network

- ☐ ***Talk It Out:*** Find a trusted friend or mentor you can turn to for advice or a listening ear. Sharing challenges can help you find solutions or see them from a different perspective.
- ☐ ***Encourage Accountability:*** Having someone who knows your goals can help you stay on track and offer encouragement. Find an accountability partner!

If you're moving through a particularly rough day or week, use the 'Release and Rise' tool to help you with the heavy load. You will find the tool on page 5 of this toolkit.

Find your notes space to jot down reflections on the following pages

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Self-Regulation

Your 6-Week Practice

Technique: Self-Awareness - Understand and Recognize Emotions

Notes & reflections

Technique: Positive Self-Talk

Notes & reflections

Technique: Gratitude and Self Compassion

Notes & reflections:

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Self-Regulation

Your 6-Week Practice

Technique: Develop a Healthy Routine

Notes & reflections

Technique: Pause Before Responding

Notes & reflections

Technique: Build a Support Network

Notes & reflections:

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Release and Rise

Each balloon symbolizes something you wish to release- something that is heavy, feels burdensome, or unbearable right now. This release can pave the way for personal growth and opportunities.

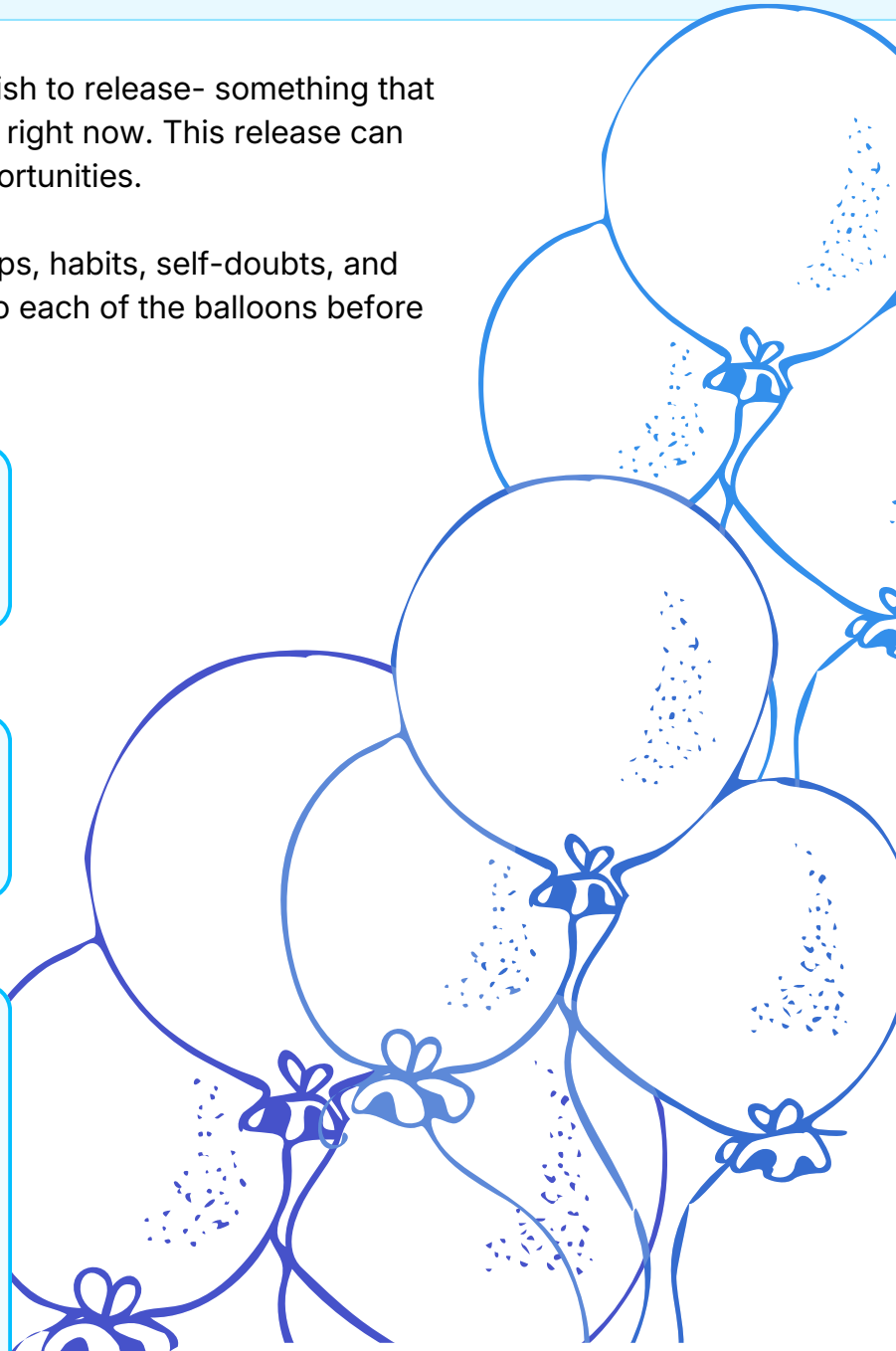
Reflect on areas of your life like relationships, habits, self-doubts, and fears, noting down what you wish to fill into each of the balloons before you let them go.

Step 1
Write down what you wish to release in each balloon.

Step 2
Acknowledge their impact on your life and why you're ready to release them.

Step 3
Close your eyes and visualize yourself letting go of each balloon, allowing it to rise higher and higher until it disappears into the sky. As they disappear, embrace the space you have created for new beginnings. Take your time with this visualization!

Step 4
Welcome a lighter you ♡



> Let go of what no longer serves you, not to create emptiness, but to make room for what inspires and ignites your spirit.

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Emotions Tracker

Keeping It *Real*

This is to help track how YOU are feeling as you balance life, work, and your health journey. Make a check mark if you felt any of the following during a given day. Most of these are normal emotions.

However, if you've had these feelings continuously for more than two weeks, stop and take action to get the help you need.

Today, I am feeling...

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
"Off"	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Moody	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Angry and agitated	○	○	○	○	○	○	○	○	○	○	○	○	○	○
That I want to be alone all the time	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Like I need to escape	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Helpless- very little control over what happens next	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Overwhelmed	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Note: **This is not a diagnostic tool.** The goal is to become aware of your emotions so that you can track your emotional baseline and recognize when you need to reach out for help.

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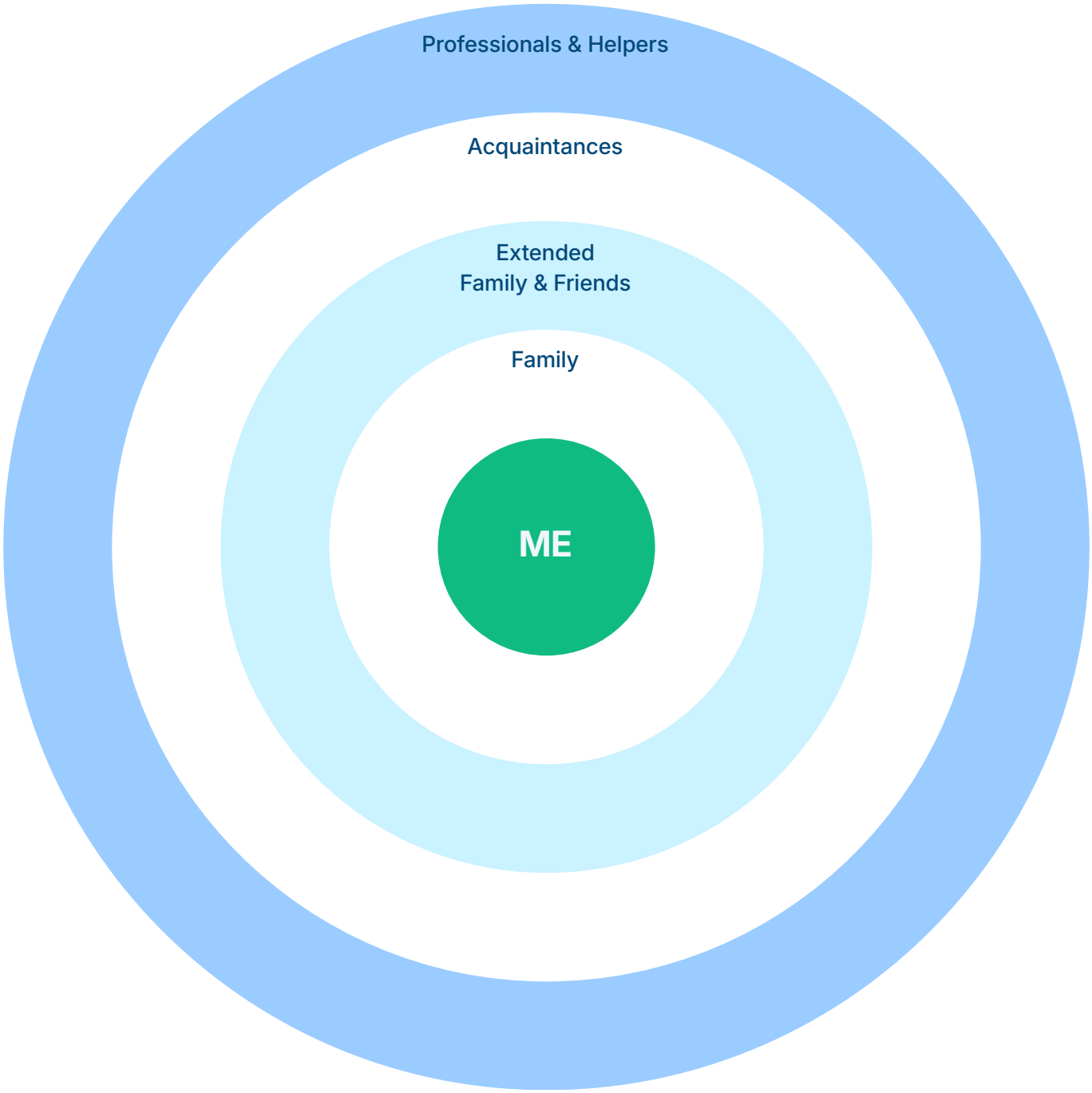
My Support System

Building a strong support network is often a lifelong pursuit for many of us. According to researchers, the ability to seek support is closely tied to our mental health. It's important to emphasize that simply having access to social support is not sufficient. What truly matters is actively choosing to utilize and engage with those social supports available to us.

Write down who is in your system, and commit to reaching out to them and building more relationships.



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