



## Self- Regulation

### **Definitions:**

Self-regulation: Understanding the function and rationale of utilizing a range of strategies for controlling one's emotions and feelings.

Behavioral self-regulation: The ability to act in long-term best self-interest, consistent with one's deepest values. It is what allows a person to feel one way, but act another.

Emotional self-regulation: Involves the ability to understand, recognize, assess, and manage one's emotions

### **Self- regulation Theory:**

There are four components involved in self-regulation theory:

1. Standards of desirable behavior
2. Motivation to meet standards
3. Monitoring of situations and thoughts that precede breaching standards
4. Determination to control personal urges

### **Self-regulation Learning:**

1. Planning: Individual a) sets goals plans her/his task, b) outlines strategies to tackle the task, and c) creates a schedule for the task. In this phase you get to work on her/his self-assessment and learn what are the best strategies for success. This helps an individual prioritize beliefs and goals to guide her/his life.
2. Monitoring: In this stage, the individual puts his/her plans into action and closely monitors her/his performance and experiences with the methods that were chosen. S/he gets to experience implementing the strategies and putting a theory to practice. Individuals can make real-time adjustments to the plans as needed.
3. Reflection: Finally, after the task is complete and the results are in, the individual must reflect on how well she/he did and why she/he performed in that manner. Finding out what worked and what didn't will give the individual knowledge about useful tools to keep creating healthy strategies.

### **How to teach self-regulation skills:**

1. Help identify the specific emotions others feel
2. Encourage adaptability
3. Practice being present
4. Point out past successes
5. Start with small goals
6. Reframe negative thoughts

7. Consider obstacles and proposing solutions
8. Identify priorities
9. Seek assistance and support
10. Enhance self-regulation through goal setting

### **Create Your SMART Plan Activity**

**S-** Specific

**M-** Measurable

**A-** Achievable

**R-** Realistic

**T-** Timely