### NEURO EMOTIONAL LITERACY PROGRAM



#### **SELF-REGULATION:**

CONTROL OF ONESELF BY ONESELF.

#### BEHAVIORAL SELF-REGULATION:

THE ABILITY TO ACT IN ONE'S LONG-TERM BEST INTERESTS,

CONSISTENT WITH ONE'S DEEPEST VALUES.

#### **EMOTIONAL SELF-REGULATION:**

HAVING KNOWLEDGE OF EMOTIVE FUNCTION AND USING LEARNED SKILLS AND STRATEGIES TO MANAGE ONE'S EMOTIONS.

## **SELF-REGULATION THEORY:**

- 1. CREATE AWARENESS OF BRAIN/BODY FUNCTIONS ESSENTIAL TO BEHAVIOURAL CONTROL
- 2.ESTABLISH STANDARDS OF DESIRABLE BEHAVIOUR
- 3. DEVELOP MOTIVATION TO MEET STANDARDS
- 4. CREATE AWARENESS AND MONITOR SITUATIONS AND THOUGHTS THAT PRECEDE BREAKING STANDARDS
- 5.EVOKE DETERMINATION TO CHANGE BEHAVIOUR AND TO CONTROL NEGATIVE URGES

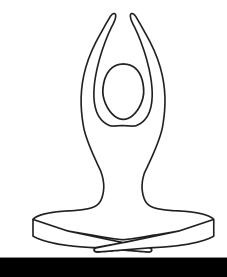
# WOOP

W-WISH:

O-OUTCOME:

O-OBSTACLE:

P-PLAN:



# CREATE YOUR SMART PLAN

S- SPECIFIC

M- MEASURABLE

A- ACHIEVABLE

R- REALISTIC

T- TIMELY

# HOW TO TEACH SELF-REGULATION SKILLS:

TEACH THE BRAIN/BODY FUNCTIONS OF EMOTIONS

HELP IDENTIFY THE SPECIFIC EMOTIONS YOU FEEL

PRACTICE BEING PRESENT

POINT OUT PAST SUCCESSES

START WITH SMALL GOALS

REFRAME NEGATIVE THOUGHTS

CONSIDER OBSTACLES AND FIND SOLUTIONS

FIND YOUR PRIORITY

ASK FOR HELP

IMAGINE THE SUCCESS

USE THE "IF, THEN" POLICY

HOLD YOURSELF ACCOUNTABLE

