

# SELF-REGULATION

## Techniques



### DEEP BREATHING

- Practice deep and controlled breathing to calm the nervous system and reduce stress



### MINDFULNESS MEDITATION

- Engage in mindfulness practices to stay present, observe thoughts and emotions without judgment, and manage reactivity.



### MUSCLE RELAXATION

- Relax different muscle groups sequentially to release tension and promote relaxation.



### VISUALIZATION

- Imagine a calm and peaceful scenario to shift focus away from stressful situations.
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### JOURNALING

- Write down your thoughts and feelings to gain insight into your emotions and patterns.



### POSITIVE SELF-TALK

- Replace negative self-talk with positive and affirming statements to promote a constructive mindset.



### TIME MANAGEMENT

- Prioritize tasks, break them into manageable steps, and allocate time for breaks to prevent overwhelm.



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### PHYSICAL ACTIVITY

- Engage in exercise or physical activities to release endorphins and reduce stress.



### HEALTHY NUTRITION

- Eat balanced meals and stay hydrated to maintain stable energy levels and support emotional well-being.



### SENSORY RELAXATION

- Engage your senses through activities like aromatherapy, listening to soothing music, or taking a warm bath.



### COGNITIVE REFRAMING

- Challenge negative thoughts and reframe them in a more positive and rational way.



### PAUSE AND REFLECT

- Take a moment before reacting to emotionally charged situations, allowing yourself time to respond thoughtfully.



### SOCIAL SUPPORT

- Replace negative self-talk with positive and affirming statements to promote a constructive mindset.



### TIME MANAGEMENT

- Connect with friends, family, or colleagues for emotional support and perspective.



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### SOCIAL SUPPORT

Connect with friends, family, or colleagues for emotional support and perspective.



### BOUNDARIES

- Set clear boundaries to protect your emotional well-being and prevent burnout.



### HUMOR

- Find humor in challenging situations to lighten your mood and reduce stress.



### NATURE WALKS

Spend time in nature to reduce stress, boost mood, and gain perspective.



### PRACTICE GRATITUDE

- Regularly acknowledge and appreciate positive aspects of your life to foster a positive outlook.



### SEEK PROFESSIONAL HELP

- If emotions become overwhelming or unmanageable, consider seeking support from a therapist or counselor.
- Remember that different techniques work for different individuals and situations. It's important to explore and experiment to find the self-regulating techniques that resonate best with you and your needs.

