

## 8 Ways to improve Self-Regulation

1. **Leading With Integrity:** Individuals who are self-regulated lead with integrity. Practice being a good role model, practice what you preach, and create trusting environments. Model doing the right thing for the right reasons, even when it means it may be uncomfortable. Practice living in alignment with our values.

2. **Being Open to Change:** People who self-regulate cope well with change, and adapt their behavior to different situations easily. Challenge yourself to deal with change in a straightforward and positive manner and work on improving your ability to adapt to different situations and stay positive through it all.

3. **Identifying Your Triggers:** Cultivate a sense of self-awareness (360 Awareness) that will help you learn what your strengths and weaknesses are, and what triggers you into a difficult state of mind. Learn to identify triggers by making a list of all the times when you've given in to your negative impulses at work. When you've identified emotions and reactions that aren't useful, replace them with more positive behaviors.

4. **Practicing Self-Discipline:** People who show initiative or work toward challenging goals often encounter difficulties and setbacks, but those who are able to keep going eventually succeed. Commit to taking initiative and staying persistent in working towards your goals, even when it's the last thing you feel like doing.

5. **Reframing Negative Thoughts:** Work on your ability to take a step back from your own thoughts and feelings, analyze them, and come up with alternative thoughts. People who are self-regulated are able to choose the wolf they feed. Are you feeding what you want or what you don't want. Learn to take the emotion out of the equation for a moment, and think about whether there's any element of truth in it. If there is, how can you improve your next time?

6. **Keeping Calm Under Pressure:** Self-regulation is about remaining calm in the face of adversity, and keeping your cool. Practice keeping your cool by removing yourself from the situation, whether physically or mentally or emotionally - for a short term - and use a relaxation technique like deep breathing or anchoring in or opening to possibilities.

7. **Considering the Consequences:** If you find yourself in a difficult situation, or if you're trying to control your impulses, think before you act and consider the consequences. When faced with a strong temptation towards old habits or "negative" behavior, stop and think about the consequences and your vision, goals and desires.

**8. Believing in Yourself:** Another important element of self-regulation is self-efficacy. This is your belief in your ability to achieve your goals. Boost your self-efficacy by working on your self-confidence, focus on the experiences in your life where you succeeded, to put your mistakes and setbacks into perspective, were they really mistakes or merely stepping stones and lessons along the way.

**Choose to believe in yourself, and surround yourself with other positive and confident people.**

The more you see the success of others whose skills and abilities are similar to yours, the more likely you are to believe that you can also achieve that success.

**Remember, the more you practice self-regulation, the more successful you'll be at it.**

Knowing your core values will help keep things in check.

List your CORE VALUES

- 1.
- 2.
- 3.
- 4.
- 5.

### **Key Points**

Self-regulation is the ability to manage disruptive emotions and impulses, and to think before you react. It makes up one of the five elements of emotional intelligence, a concept developed by psychologist Daniel Goleman, and it helps us stop unhelpful behavior, and keep calm under pressure. We all have the ability to control the way we react to situations. Build on your skills by leading with integrity, being open to change, practicing self-discipline, and believing in yourself. Keep calm under pressure by identifying your triggers to stress and reframing negative thoughts, and always consider the consequences of your actions.

- Deep breathing with an exaggerated exhale tells the brain that you are safe and can calm down.
- Exercise – even a little does a lot for calming the nervous system. Take a walk or stretch.
- Music can change a mood from negative to positive. Have some feel good tunes ready for use!
- Thinking about a person you love or a happy memory and holding that in your mind for at least 20 seconds.
- Identify what you are feeling – “name it to tame it.” Feelings are never wrong, they are important information that your body is giving you.
- Try a short meditation just focusing on your breath or maybe a phrase that helps you feel more centered.