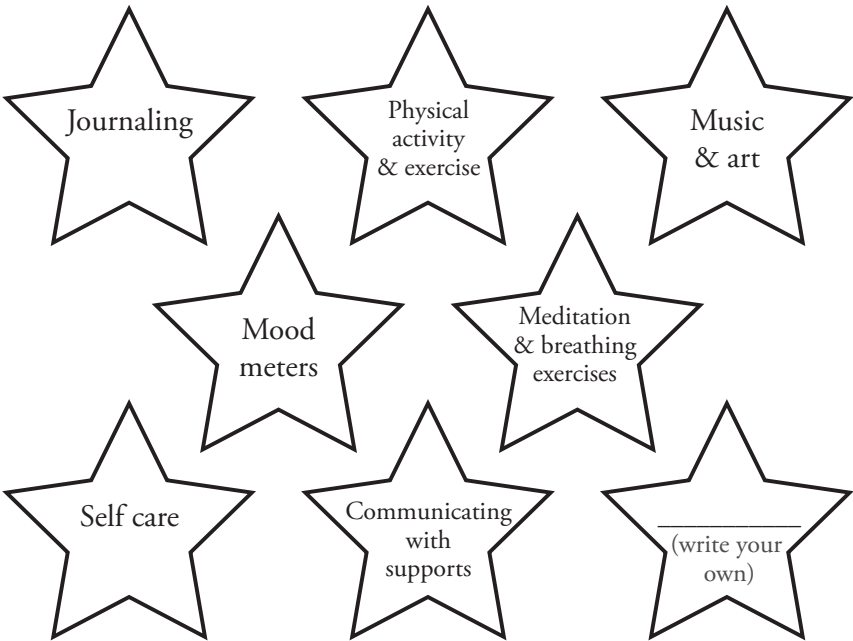# Self-Regulation

Self-regulation refers to the ability of an individual to regulate their own thoughts, emotions, and behavior in order to achieve specific goals or objectives. Self-regulation is important in many areas of life, including academic and career success, personal relationships, and overall well-being. Individuals who are able to effectively self-regulate are often better able to cope with stress, manage their emotions, and make healthy decisions.

Take a moment to think about how you self-regulate in your daily life activities. Color in the strategies you use.

Journaling

Physical activity & exercise

Music & art

Mood meters

Meditation & breathing exercises

Self care

Communicating with supports

_____ (write your own)

How can you improve your self-regulation strategies? Who could you ask for support from? What things might you need to complete the above strategies?

_____

_____