

Self-Regulation

When we can be in control and present with ourselves, we are regulated. We are also regulated when we are aware of what we are thinking and feeling. Both our emotional and physical selves require regulation.

If you have ever talked yourself out of a poor choice when you are in a bad mood, that is an example of self-regulation.

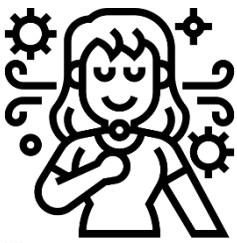


Self-regulation is good for us!

- It improves our mental AND physical health;
- It allows us to make calm decisions that are right for us;
- It helps us have healthier and more effective communication with others;
- It encourages us to react from a place of logic and not lash out.

How to self-regulate

Everyone finds different ways to regulate themselves that work for them. It is good to have more than one way to self-regulate because every situation is unique and we have different needs at different times. Some examples include:



Box breathing: Breathe in for 4 seconds, hold your breath 4 seconds, breathe out 4 seconds, and hold another 4 seconds. Repeat as long as is needed to feel calm and present to your surroundings.

Journalling: This allows us to get out our thoughts in an intentional and safe way.



Checking in with our bodies: Stop. Concentrate on what is happening inside. What is your body feeling? How is your heart rate? What emotions are you feeling? Checking in with ourselves instead of reacting gives us time to make choices that are good for us.



Physical activities: Movement allows our bodies and brains to release energy and balance us back to our normal healthy state.

Talking: Talking with a trusted friend or support allows us to get our reactions out and spend time thinking through healthy solutions.

There are a lot of ways to self-regulate!

- Take some time and think of the things that help you feel present and calm.
- Reach out for support from friends, community members and professionals for ways to practice self-regulation if you would like more ideas.
- Contact Family Service Saskatoon to receive low-cost counselling services at (306) 244-0127, or book a free Rapid Access Counselling appointment through <https://www.counsellingconnectsask.ca/>.



“The Noun Project” Icon Acknowledgements

- emotional control by Annette Spithoven from [https://thenounproject.com/browse/icons/term/emotional-control/](https://thenounproject.com/browse/icons/term/emotional-control/ "emotional control Icons") Noun Project
- breathing by Eucalyp from [https://thenounproject.com/browse/icons/term/breathing/](https://thenounproject.com/browse/icons/term/breathing/ "breathing Icons") Noun Project
- Writing by Millenials from [https://thenounproject.com/browse/icons/term/writing/](https://thenounproject.com/browse/icons/term/writing/ "Writing Icons") Noun Project
- movement by Adrien Coquet from [https://thenounproject.com/browse/icons/term/movement/](https://thenounproject.com/browse/icons/term/movement/ "movement Icons") Noun Project
- support by Ida Desi Mariana from [https://thenounproject.com/browse/icons/term/support/](https://thenounproject.com/browse/icons/term/support/ "support Icons") Noun Project