

SOCIAL WORK MONTHLY

8 Quick Self-Regulation Strategies

What is it and why does it matter:

- It is the ability to understand and control your emotions, thoughts, and behaviors in relation to the things around you.
- It allows for regulated reactions, calm responses, increased attention, controlled impulses, and effective social skills
- It gives your student the ability to be still and attend to various tasks and activities
- Teaches them the socially appropriate ways to behave and respond
- It helps with friendship making skills including taking turns, sharing, and using kind language
- It helps them to manage stress and anxiety that occurs throughout their day to day lives
- Self-regulation is a learned skill that needs to be taught and practiced in order to become a habit



1. **BREATHE:** Take long, slow breaths in the nose and out of the mouth to slow down
2. **TAKE A WALK:** Exercise will calm nerves and allow time to detach from stressors
3. **COUNT TO 10:** Focus on counting and breathing rather than what is upsetting or frustrating
4. **JOURNAL OR WRITE:** Getting thoughts out of your head and on to paper can help sort them out and move on forward
5. **POSITIVE SELF-TALK:** Tell yourself a positive mantra or affirmation, give yourself a pep-talk
6. **GROUND YOURSELF:** Focus in on the 5 senses: 1 thing you can feel, 1 thing you can see, 1 thing you can hear, 1 thing you can smell, and 1 think you can taste
7. **IDENTIFY POSITIVES:** Take the time to identify at least 3 positive things in your life or in your day
8. **TALK IT OUT:** Express how you are feeling, identify what you are needing, and/ or ask for help from a trusted friend or adult