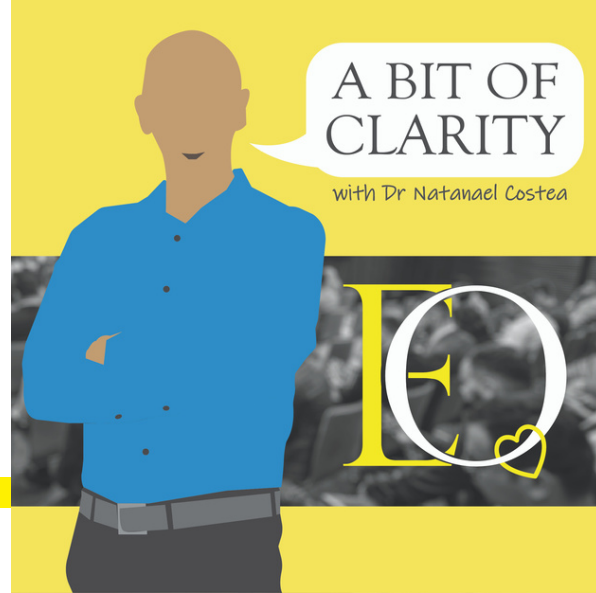


# EP 014

## SELF-REGULATION



### SHOW NOTES

#### OBJECTIVE

> Develop an understanding of self-regulation.

#### UNDERSTANDING SELF-REGULATION

> Self-regulation is **the ability to keep your emotions in check**, to resist impulsive behaviours that may worsen your situation and to cheer yourself up when you are feeling down. It means you have a set of flexible responses, both emotional and behavioural, to match the challenges you are confronting. In simple terms, it means you are able **to gain a sense of control over your behaviour and life**.

#### TYPES OF SELF-REGULATION

- 1. Behavioural Self-Regulation** - the ability to act consistent with your deepest values on long-term basis.
- 2. Emotional Self-Regulation** - the ability to regulate your emotions taking control of the direction they are going and realigning them.

#### DIFFERENCE BETWEEN SELF-CONTROL AND SELF-REGULATION

**Self-Control** - the ability to inhibit strong impulses. This is an active and purposeful decision making process.

**Self-Regulation** - the ability to reduce the frequency and intensity of strong impulses by managing stress-load and recovery. This can become an automatic subconscious process.

#### WHY SELF-REGULATION IS IMPORTANT FOR WELL-BEING

1. Gives you the ability **to address your emotions** adjusting these to pursue desired outcome.
2. It **triggers your motivation** into your endeavour to achieve your goals.
3. It **gives you focus by** promoting your ability to regulate your attention.

#### APPLICATION

> Create a list of long term life goals and for each goal identify at least three emotional blocks you will have to manage to achieve that goal. This awareness will give you the ability to manage those challenges when you will face them.

#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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