



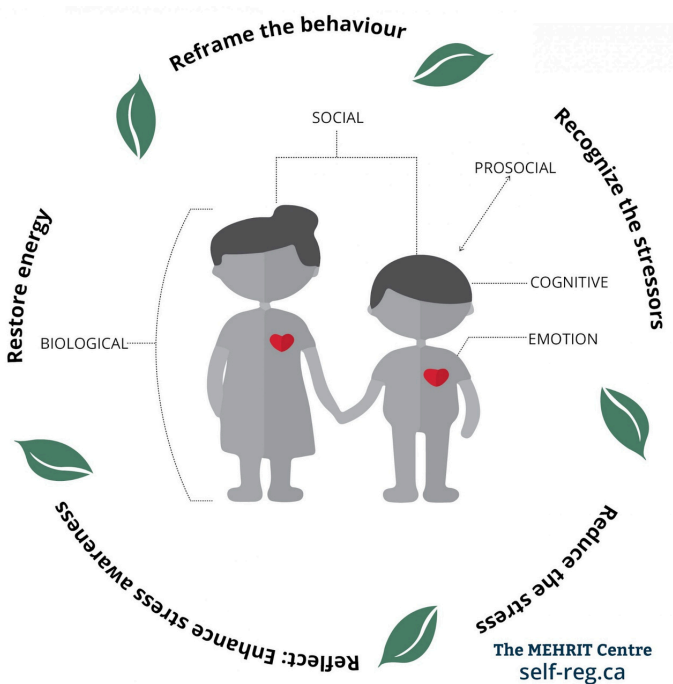
Self Regulation

WHAT IS SELF REGULATION?

Self regulation is a broad term, with many different factors and components. Self-regulation goes beyond self control, it is the way we recognise and respond to stressors (across five domains: biological, social, pro-social, emotion and cognitive) so that we can manage our energy across different contexts to do the things we want, and need to do. For example being able to be energetic and playful to be able to play with friends but then being able to have lower energy chill out moments, or being able to adjust our energy levels to learn at school. Emotion regulation, our thinking skills (executive functioning /cognitive regulation skills) and being able to monitor and adjust how we are reacting and acting (behaviour regulation) are all different components of self-regulation.

Self-regulation is something that impacts right throughout our days and lives. It is a process, and a lifelong journey filled with continual learning about ourselves, our stressors and how we manage and respond to these. While we never stop developing our self-regulation, there are times when we are under excessive stress and we aren't able to effectively manage our self-regulation to do the things we want and need to do.

ABOUT DR SHANKER'S 5 STEPS OF SELF REGULATION



These domains help us in breaking down what is contributing to how we react and act in situations across our lives. The MEHRIT centre which Dr Shanker is a part of has some great resources further explaining these domains, and other information on self-regulation: <https://self-reg.ca/online/> <https://www.youtube.com/c/TheMEHRITCentre>

5 Steps of Self-Reg:

- Reframe:** Reframing to see what is underlying the behaviour and identifying stress behaviour
- Recognise stressors:** (across the five domains)
- Reduce stressors:** Reducing the stressors we can (there are stressors that we can't reduce but recognising them and reducing the ones we can still can increase our capacity) across the five domains
- Reflect:** Building stress awareness- awareness of our signs and cues for different stress states and levels, and to know when something is a negative or positive stressor for us.
- Restore:** Personalised supports for restoration of energy and resilience

WHAT IS THE DIFFERENCE BETWEEN SELF AND EMOTION REGULATION?

Self-regulation is a broad term which is made up of different components. Emotion regulation is one of the components of self-regulation. Emotion regulation is the emotion processing part of self-regulation. It involves identifying, monitoring, adjusting and evaluating our emotions and emotional reactions (Thompson, 1999, Gross, 2015)



Self Regulation

WHAT IS STRESS?

Not all stress is bad stress! Positive stress (creating more energy than is being used) helps us to get things done, to learn and ultimately thrive. Negative stress is where we have too much stress (excessive stress). Walter Bradford Cannon viewed stress as anything that disrupts homeostasis, that we need to burn energy for to get back to base again (homeostasis). Self-reg is managing this stress- to be able to restore energy, but use it to thrive also.

ABOUT DR SHANKER'S 5 DOMAINS OF SELF REGULATION

More information on each domain can be found at: <https://self-reg.ca/self-reg-framework-5-domains-stress/>

biological

sleep
digestion
toileting
sensory
breath
temperature
immune system
motor skills

cognitive

attention
concentration
memory
impulsivity
distraction
learning
decisions
organising thoughts

emotion

trauma
grief
motivation
change
fears
support
understanding in others
understanding in self

social

friends
events
body language
social cues
conversation
conflict
compromise
inclusion

prosocial

helping
caring
values
co-regulation
sharing
justice
empathy
sympathy

