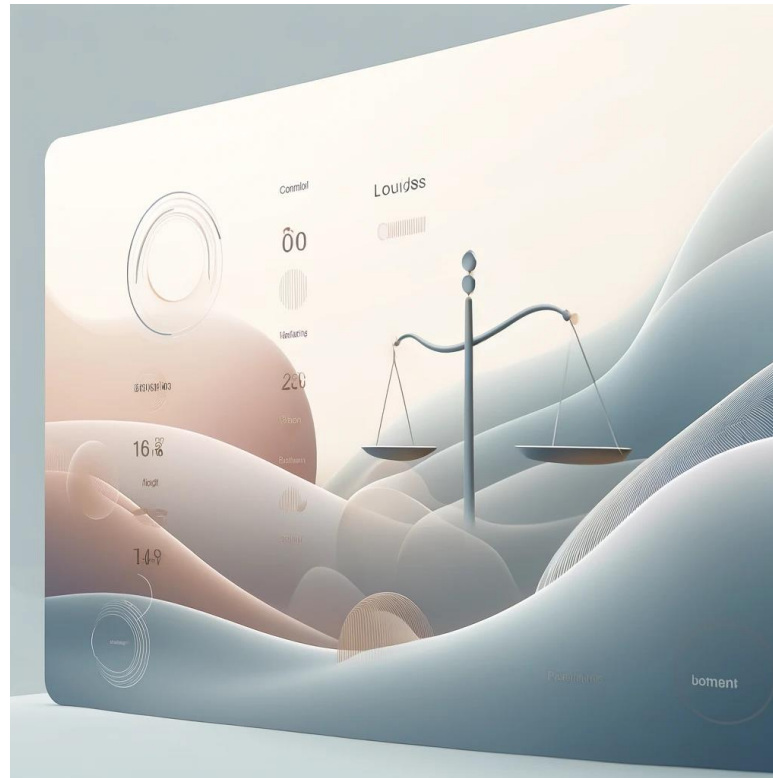


Skill – Self Regulation Elebo



Understanding Self-Regulation



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What is Self-Regulation?

Exploring the Foundation of Emotional and Behavioral Control

Definition: Self-regulation involves managing one's behavior, emotions, and thoughts towards achieving long-term goals.

Behavioral

Regulation: Choosing actions aligned with your goals.

Emotional Regulation: Managing emotional responses in various situations.

Cognitive Regulation: Modulating responses within cognitive activities.

Significance: Critical for adaptive and positive behavior in personal and professional life.



Causes of Poor Self-Regulation

Challenges to Self-Regulation

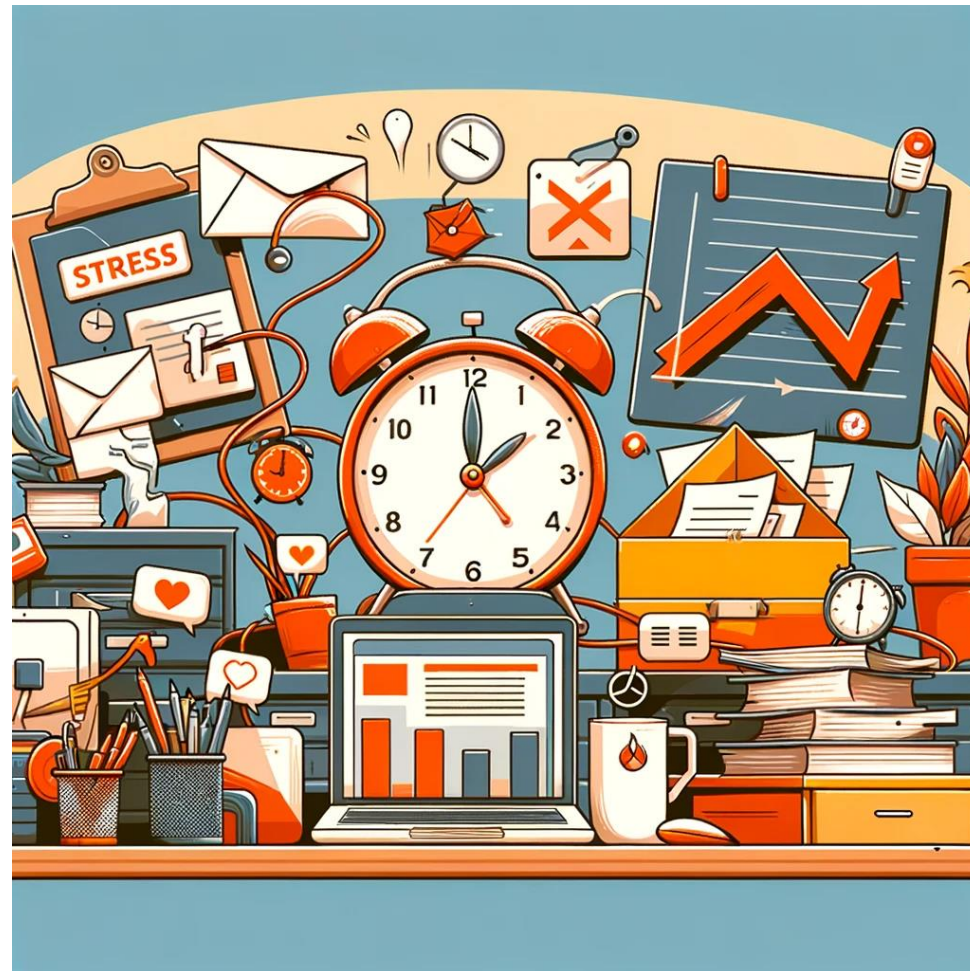
Identifying Common Triggers and Stressors

Personal Stressors: Lack of sleep, poor diet, minimal physical activity.

Environmental Stressors: Work overload, toxic relationships, lack of social support.

Behavioral Indicators: Procrastination, impulsivity, emotional outbursts.

Impact: Poor self-regulation can lead to stress, burnout, and health problems.





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Enhancing Self-Regulation

Building Stronger Self-Regulation Skills
Effective Strategies and Practices

Mindfulness: Focuses on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

Cognitive Restructuring: Changing destructive thoughts or inappropriate reactions.

Resilience Building: Enhancing your ability to cope with adversity.

Techniques: Practice exercises like deep breathing, meditation, and setting small, manageable goals.



Tools for Self-Regulation

Tools for Improving Self-Regulation
Practical Exercises and Resources

Daily Reflection Journal: Record and reflect on daily experiences, emotions, and responses.

Goal Setting Workshop: Learn to set SMART goals that are specific, measurable, achievable, relevant, and time-bound.

Application: How and when to use these tools effectively to enhance self-regulation.





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Implementing Self-Regulation in the Workplace

Self-Regulation at Work

Applying Skills in a Professional Environment

Professional Relationships: Manage reactions and interactions with colleagues.

Workload Management: Techniques to handle stress and avoid burnout.

Feedback and Adaptation: Use constructive criticism to improve work outcomes.





Measuring Improvement

Tracking Self-Regulation Progress

Methods and Tools for Assessing Improvement

Assessment Tools: Self-assessment checklists, feedback forms, and progress tracking applications.

Review Techniques: Regular review of goals and emotional responses to measure growth.

Adaptation Strategies: How to adjust your strategies based on assessment outcomes.



Conclusion and Moving Forward



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Committing to Continuous Self-Regulation

The Path Towards Sustained Personal and Professional Development

Long-Term Commitment: Importance of regular practice and continual learning.

Lifelong Skills: How maintaining self-regulation can improve overall quality of life and professional success.





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