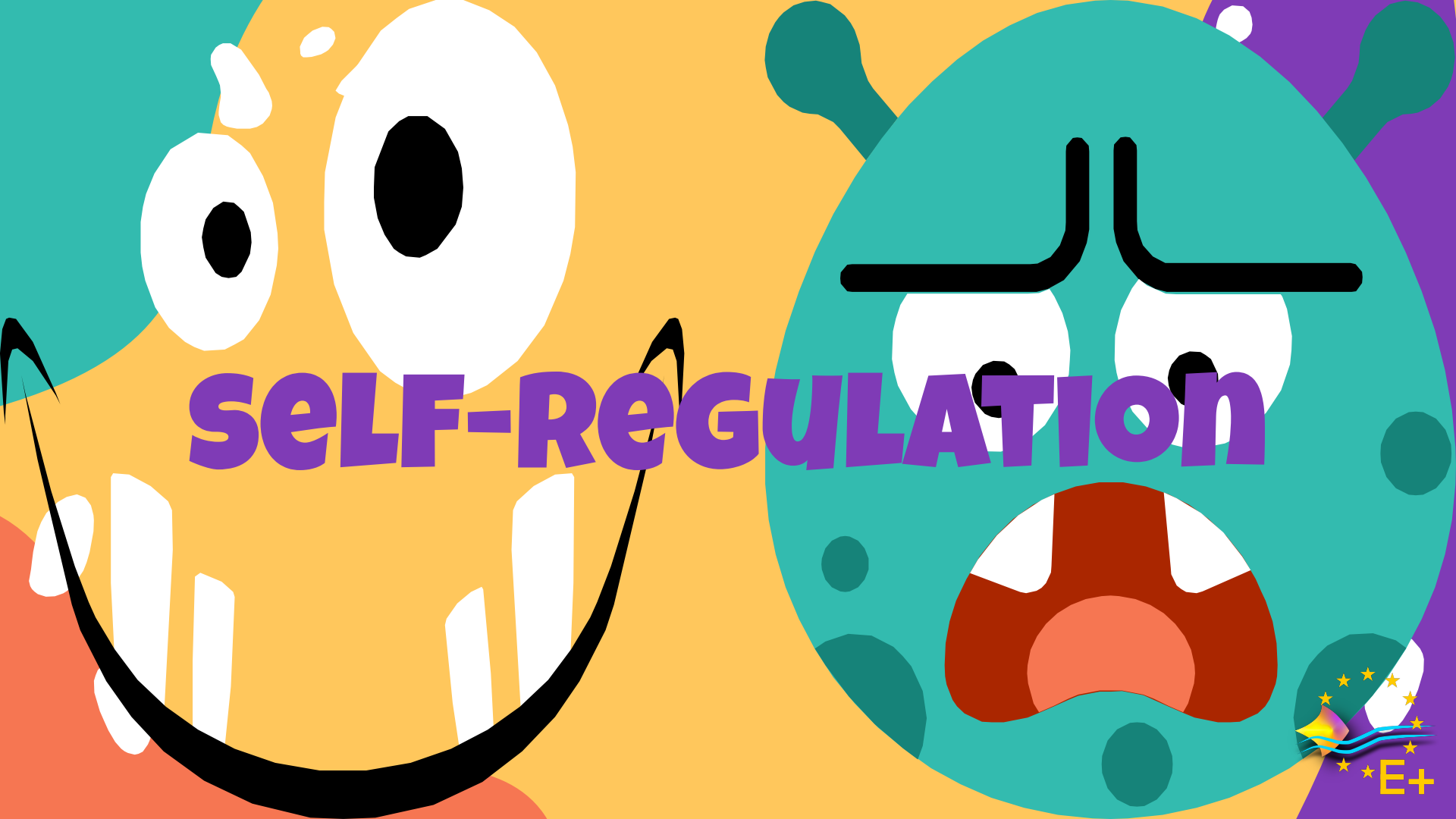

SELF-REGULATION

EMOTIONAL SELF-REGULATION

- It is the ability to regulate our behaviour and our emotional state in a flexible way according to the demands of specific situations, which allows us to adapt in a functional way to our environment, and implies being aware of our own emotions, and being able to express them in an assertive way (We communicate and defend our opinions, beliefs, values, feelings in an appropriate way, respecting others).

- It is also related to the way we focus our attention, how we interpret reality and how we react. We try to correct or improve the negative and improve the positive for us.

- This ability to manage thoughts, emotions and actions through personal strategies allows us to face different situations, it also allows us to set goals and direct ourselves towards them, and to avoid undesired consequences.

Bad self-regulation is related to:

- Difficulty in establishing healthy interpersonal relationships

- A risk factor for substance abuse

- Emotional disorders such as depression and anxiety

- The development of impulsive or aggressive behaviours

Good self-regulation is related to:

- More possibilities for good interpersonal relationships.

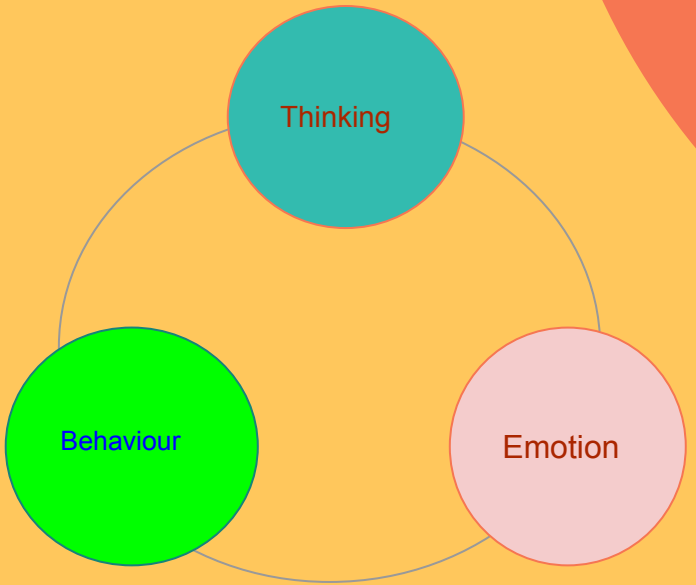
- Students with better academic results

- Adults with a higher success rate because they can controltheir impulses and achieve better results.

We can improve it

When we experience an emotion, our attention is focused on the thoughts that keep that emotion active, if we continually think about the same thing, we reinforce that emotion.

Emotions cannot be changed, but since emotion and thought are linked, if we change our thinking we can regulate both our emotions and our actions.



Phases of self-regulation

1.Planning: we analyse all the factors of the situation, identify our emotions, thoughts and acts, establish what we want to change or improve, and finally we prepare a strategy. Self-awareness is very important.

2. Monitoring: the phase in which the behaviour is put into practice or executed.

3. Adjusting as needed: we evaluate whether it works or not. We modify the initial plan if necessary.

4. Self-reflection: evaluation of the results obtained. Was I successful? What can I do differently?

SOME ADVICE

1. Learning to delegate

It is important to delegate tasks to the people we live with when we are overwhelmed.

2. Knowing how to say no

We don't always have to do things we don't feel like doing. Without harming others, train your assertive side.

3. Focusing from the outside

From an outside perspective, things look different. Your mind will focus on what you pay attention to, if you focus on the negative part, your emotional state will be negative.

4. Stop thinking

Stop for a moment and notice what you are thinking about, especially if you get into a mental loop. Stop your thoughts for a moment and breathe or change your attention.

5. Positive affirmations

If you change the focus of your attention to optimistic solutions, so will your mind do.

6.Practice mentally

When faced with a problem, recreate the situation with the goal that everything will be fine. Even imagine the details of how you are going to solve the problem, direct the situation. And when you are satisfied, keep that movie in your head and recall it when you need it.

7. Change the perspective of situations

Each person has a different experience of the situations they live through because their opinions or assessments have been formed by experiences different from yours. Accepting this is the first step in changing your perspective.

Be aware of what is happening to you

It is less important to judge what is happening to us than to understand and allow it to happen and to feel a discomfort and observe it. This is the first step to give ourselves the opportunity to stop and reflect.

You have to know how to choose where to focus your attention in order to change your state of mind. This is the way to say here I am and what is happening to me is real, but I am also capable of changing it.

We just have to try.