Emotional Regulation 5-2-5

SELF-REGULATION
The ability to manage your emotions and behavior appropriately in any given situation.

5 BREATHE IN

2 HOLD PLEASE

5 BREATHE OUT

IMPORTANT OF PRACTICING SELF-CARE
If you do things that take energy without replenishing energy, you will burn out. Some things you can do to replenish energy:

1. Wake up 10 minutes early.
2. Take a breath every time you transition during the day.
3. Record three “wins” each day and how you contributed to them.
4. Try something new.
5. Move on.
6. Say no more often. If it’s not hell yes, say no.
7. Make a “to be” list next to your “to do” list.
8. Practice mindfulness.