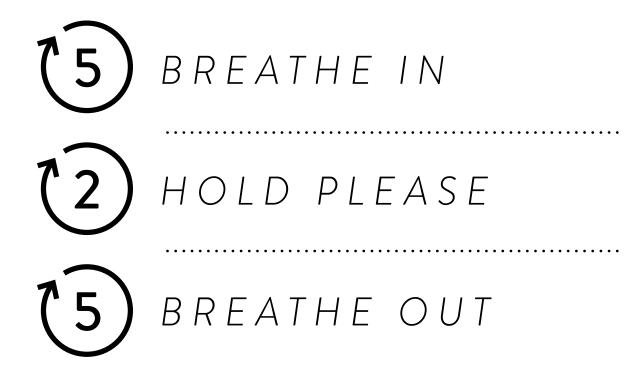


Emotional Regulation 5-2-5

SELF-REGULATION

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



IMPORTANCE 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.