



## TRAINING HANDOUT

### Emotional Regulation 5-2-5

#### SELF-REGULATION

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



B R E A T H E I N

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H O L D P L E A S E

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B R E A T H E O U T

#### 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.