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# Regulating our Moods

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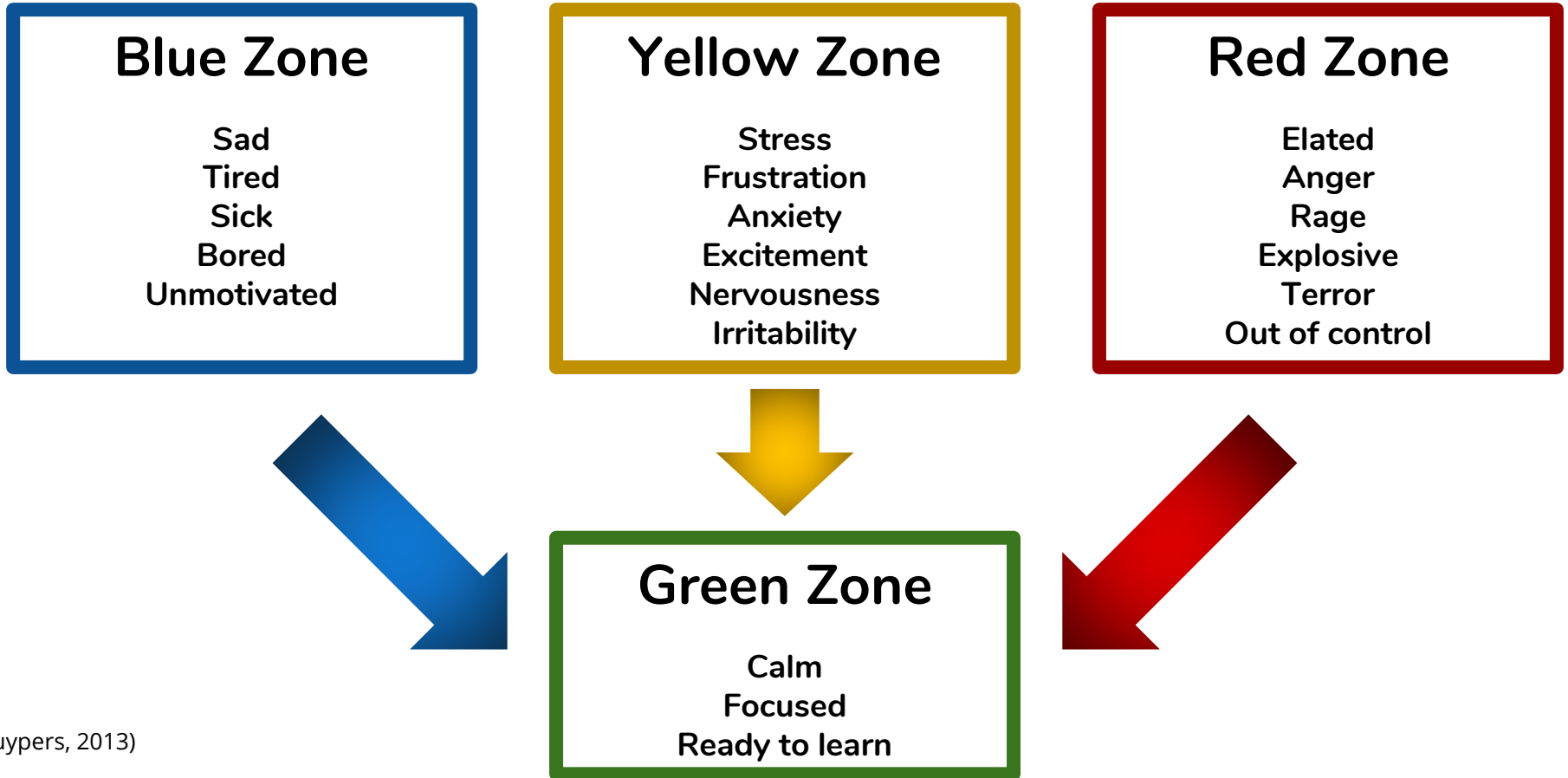
# Learning Outcomes

- Understand why self-regulating is important
- Identify cues that remind you to self-regulate
- Identify strategies that help you self-regulate

# Why is Self-Regulation Important?

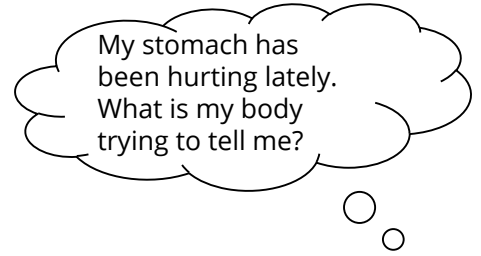
- Self-regulation is self-control, impulse control, emotion management
- Optimal state for productivity
- Positive emotions predict to higher achievement

# Zones of Regulation



# Know What Zone You're In

- What do you tend to experience?



<b>Blue</b>	<b>Yellow</b>	<b>Red</b>	<b>Green</b>
<ul style="list-style-type: none"><li>• Change in appetite</li><li>• Feeling sad</li><li>• Crying</li><li>• Repeating thoughts</li></ul>	<ul style="list-style-type: none"><li>• Upset stomach</li><li>• Anxiety</li><li>• Difficulty sleeping</li><li>• Difficulty listening</li></ul>	<ul style="list-style-type: none"><li>• Muscle tension</li><li>• Irritability</li><li>• Isolation from others</li><li>• Poor judgment</li></ul>	<ul style="list-style-type: none"><li>• Energetic</li><li>• Calm</li><li>• Productive</li><li>• Focused</li></ul>



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# Moving from Blue Zone to Green Zone

- Replace overgeneralizations with positive thoughts
- Remember the positive aspects of each situation
- Reframe the situation to become more interesting
- Engage in a favorite activity

Painting helps when I feel like sad.



# Moving from Yellow Zone to Green Zone

- Replace catastrophizing thoughts with positive thoughts
- Positively reframe situations
- Use humor
- Reading



Thanks for spending time with me. I can always count on you to make me laugh.



# Moving from Red Zone to Green Zone

- Spend time alone
- Remove yourself from the situation
- Avoid statements that begin with, “should”

Maybe it's okay to not agree on everything.





# Building Your Toolkit for Any Zone



- Physical activity
  - Yoga, exercise, dance
- Spend time with others
- Talk to someone you trust
- Relaxation exercises
  - Diaphragmatic breathing
  - Progressive muscle relaxation
- Journal
- Essential oils
  - Lavender, rosemary, orange.

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