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

(Kuypers, 2013; Seli & Dembo, 2020)
Zones of Regulation

Blue Zone
- Sad
- Tired
- Sick
- Bored
- Unmotivated

Yellow Zone
- Stress
- Frustration
- Anxiety
- Excitement
- Nervousness
- Irritability

Red Zone
- Elated
- Anger
- Rage
- Explosive
- Terror
- Out of control

Green Zone
- Calm
- Focused
- Ready to learn

(Kuypers, 2013)
**Know What Zone You’re In**

- What do you tend to experience?

<table>
<thead>
<tr>
<th>Blue</th>
<th>Yellow</th>
<th>Red</th>
<th>Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change in appetite</td>
<td>Upset stomach</td>
<td>Muscle tension</td>
<td>Energetic</td>
</tr>
<tr>
<td>Feeling sad</td>
<td>Anxiety</td>
<td>Irritability</td>
<td>Calm</td>
</tr>
<tr>
<td>Crying</td>
<td>Difficulty sleeping</td>
<td>Isolation from others</td>
<td>Productive</td>
</tr>
<tr>
<td>Repeating thoughts</td>
<td>Difficulty listening</td>
<td>Poor judgment</td>
<td>Focused</td>
</tr>
</tbody>
</table>

My stomach has been hurting lately. What is my body trying to tell me?
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

(Seli & Dembo, 2020)
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.

(Amstadter, 2008; Rizzolo, Zipp, Stiskal, & Simpkins, 2009; Seli & Dembo, 2020)
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.

(Seli & Dembo, 2020)
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.
References


