

SELF REGULATION & SELF ADVOCACY

A TINY GUIDE



SOURCE MATERIAL BY
**MEGAN
SAXELBY**

**CREATING
A CULTURE
OF DIGNITY**

SELF-REGULATION

is choosing to reflect, re-direct, and control your thoughts, feelings, and actions.



Self-Regulation isn't easy but it's necessary

Self-Regulation takes practice.

No one is born knowing how
to regulate how they feel or
think.





STRATEGIES for Self-Regulation



1. **Remind yourself that you matter!**

Even small reminders of your worth help you calm down, re-focus, and plan.

2. **Make lists... all the lists.**

*What emotions
are you
feeling?*

*What's
annoying you?*

*What can
you
control?*



3. **Find allies!**

- Ask others to keep you accountable. Find people who can give you honest, direct feedback in a way that doesn't make you feel judged or embarrassed.

4. **Organize your time.**

- Plan out your work on a calendar so you don't feel scattered.

Take a week and track how much time you spend on specific tasks.

5. **Do things you don't like!**

- Do one thing every day that you don't like but is good for you.

Practice = increased tolerance.



SELF-ADVOCACY

is learning to stand up for
your boundaries and
seeking support from others
when you're overwhelmed
or need help.



Self-Advocacy can feel awkward, but it's an act of self-compassion.

You get to take up space.

Your boundaries and feelings matter.

You matter.



**It would be
awesome if people
could read your
mind but people
aren't psychic.**



STRATEGIES for Self-Advocacy



1. **Know what your boundaries and values are.**

You have fundamental worth and value, no matter what.

Begin by writing down what you need. The clearer you can be with yourself, the clearer you can be with other people.

2. **Communicate your boundaries and values!**

Remember you have the right to your boundaries and have them taken seriously.

And that's true for everyone.



If I value honesty in
my relationships, it's
easier to stand up for
myself if someone
lies to me.

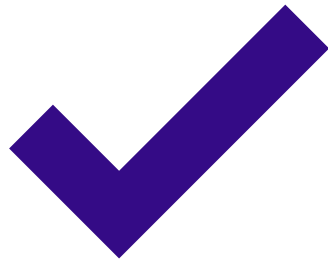


3. Practice saying Yes and No.

Choose one thing each day and say
NO to it.

Choose one thing each day and say
YES.

Both these things should be something
that makes you feel a little vulnerable.



4.

Practice conflict and productive discomfort.

You don't have to make people around you comfortable all the time.

Conflict isn't fatal, it's healthy.



**Emotional experiences
that seem to happen *TO*
you are actually made
BY you.**

Being the architect of your
experience helps build your
brain's ability to make new
predictions in the future.



**Your brain processes
emotional pain and physical
pain the same way.**

Your feelings are your feelings
and you get to have them.

But they aren't excuses.



SELF-ADVOCACY AND SELF-REGULATION take practice.

Be patient with yourself but
rise to the challenge of
taking care of yourself.



YOU MATTER.

YOUR EMOTIONS MATTER.

OTHER PEOPLE MATTER

