



Day 3

Time to Regulate

Getting Started with Self-Regulation

This is the most pivotal lesson in building resilience. While skillful self-awareness is a prerequisite, self-regulation is the linchpin to unlocking the fullness of your resilience. This is more than staying calm when the seas get rough. It's learning to utilize our natural reactions more effectively.

Primary takeaway:

You are in constant cycles of activating and settling throughout every day. You need to learn how to utilize this natural balancing act to keep within your range of resiliency. This primes the rebound of resiliency.

In the Moment Challenge

Understanding Your Stress Response

Your body naturally alerts you daily with signals. However, if you ignore them or are unaware, they can become problematic.

List three stress responses that you most connect to:

Increased Heart Rate
Shallow Breathing
Muscle Tension

Shaky Hands
Rapid Breathing
Decrease hunger

Feeling Distracted
Increase urination
Restlessness

1. _____

2. _____

3. _____

Understanding Your Stress Response ctd.

During these moments, it's often helpful to return to the self-awareness techniques from yesterday's lesson, paying attention to what opposites might be.

TIP: Using the Better 30-second Break method is a great way to begin to transition these stress responses.

Self-regulation is the ability to transition stress responses through self-awareness. This is important to:

- Better manage change
- Reduce chronic stress
- Engage in health relationships

Today's Challenge:

Take a Better 30-Second Break

We all need breaks. We also need to evaluate the breaks that we do take. After watching the video on how to take a better 30-second break, list 3 times throughout a normal day in which you can replace a break or transition to include the model set forth in the video.

1. _____
2. _____
3. _____

The goal is to take less time away while increasing our awareness of:

- Our surroundings
- How we feel in our body
- What emotions we may be experiencing

Deeper Dive

"Finding Flow." Mihaly Csikszentmihalyi.

“

After a storm comes a calm.

”

Matthew Henry

