

What Can We Do to Better Self Regulate?

- Think before responding
- better organized projects...
- Manage my time with goals in mind
- Reflect
- Don't gossip
- slow down
- watch my body language
- Paying attention to what I'm saying, how it is coming across to others and how I can say it more effectively and positively
- become more focused. Had 4 children and needed to be able to deal with each child. Invented a 15 minute fudge factor to be able to be Super Mom, Cubmaster, etc.
- Build in reflection time
- Focusing on my goals and taking the steps to get them done.
- learn about emotional intelligence
- don't respond in anger; see the other person's point of view
- Pause
- Turn negative to positive
- Changing my thoughts so that they in turn change my actions
- Deep breathing at strategic times
- Take three deep breathes.
- Keep a journal at the end of each day of things you did well that day
- Think it through
- Keep focused and fully listening; don't let mind wander
- I have to go now. Thanks.
- Trying not to let my ADD get the better of me. Cutting down on distractions, or allowing them a measured space then getting back to the task at hand.
- someone told me i say nice things in a nasty way. i didn't know that I did that. i am now self aware