

# Loseley Fields Wellbeing Newsletter

## Issue 2



### Self-regulation for wellbeing

Week one down and hopefully everyone is starting to get into new routines and teething problems are being ironed out. This week's newsletter will be focusing on self-regulation. This is the ability to manage your emotions and behaviour in accordance with the demands of the situation, in our case another lockdown. It is about being able to resist highly emotional reactions to upsetting events or situations, to calm yourself down before you get upset, to adjust to a change in expectations, and how to handle frustration without an outburst. In short, it is the ability to:

- *Identify and modulate emotions*
- *Control impulses*
- *Make thoughtful and conscious choices*
- *Set goals and achieve them.*

Self-regulation is an essential aspect of overall emotional intelligence. Adults and children with self-regulating skills cope better with stress and anxiety. They make better decisions because they listen to their own inner voice rather than external influences. However, self-regulation is a journey. Children learn through many strategies, one is through the imitation of the adult role models.

#### Here are 5 simple but effective steps for adults to improve their own self-regulation skills:

1. **Breathe deeply** – when stressed, take 3-10 slow, deep breaths
2. **Drink water** – our nervous systems are far more sensitive when we are dehydrated.
3. **Pause** – Place your hand over your heart and pause, do this a few times throughout the day.
4. **Think** – about positive experiences or feelings
5. **Visualise** – see positive outcomes in your mind. This does take practice.

As well as modelling these strategies, we can teach children self-control skills using these techniques:

1. **Get down to their level** – kneeling down creates safety
2. **Give Empathy**
3. **Match their emotional tone** – match their emotion with your tone of voice. This helps them feel heard and understood.
4. **Give them time**
5. **Let them play**

A technique that will help with this is *mindfulness*. I will go into more detail about this in next week's issue.

## Virtual Afternoon Tea

Thursday 28<sup>th</sup> January @ 3.30pm

Special guests:

Alison Rose – Primary Mental Health Worker

Maggie Walker – Specialist Teacher for Inclusion

Further information to follow



Next issue – Mindfulness