Objectives

1. Briefly discuss the research underlying self-regulation.

2. Discuss the Cognitive Behavioral conceptualization of dysregulation and a resilience model.

3. Practice techniques that can be used by children, teens, and adults.

What makes us Happy & Productive?

Let’s think from a resilience model of building strengths and skills

Self-control, modulating emotions, attention, and behavior serve as the basis for relationship building and success in most aspects of our life. (Moffitt et al, 2011) study.
Cultural Considerations

Take into account family values, religious beliefs, and cultural norms regarding emotional expression.

Is strong emotion expression acceptable?

If your family speaks several languages, what is the vocabulary for emotion expression.

How might the emotion be exhibited through the body.

Cognitive Behavior Therapy

Thoughts

Feelings

On the Mark and Off the Mark
Think I can’t do this; it’s not fair

Low energy

Tense muscles

Feel sad, feel and act irritable
Cognitive Distortions

- Filtering
- Shoulds
- Selective AWARENESS, ATTENTION AND MEMORY
- Perfectionism – not good enough – no mistakes
- All or Nothing/ Black & White Thinking
- Catastrophizing + B/W thinking – teens esp. Can be dramatic and feel and act suicidal, i.e. don't get a 4.0 and will never get into college. Life isn't worth living
- Blaming – typically in depression blame themselves
- Overgeneralization
- See the world through a negative lens.

On the Mark and Off the Mark

Way off the mark!

Some things I can do to feel better
- Play sports – throw baseball to dad
- Think about it in another way
- Detective Thinking
- Read
- Listen to music on my phone
- Horseback riding
- Watch TV
- Watch videos or movie
- Do something nice for myself
- Relax in a meditative natural setting
- Help others
- Play with friends
- Ask for help
See things in many colors
Not just all or nothing

Expecting the worst; fearing the worst; fearing the unknown
Fear of Uncertainty or Embrace life

Self-Regulation, Relaxation and Stress Management
- Guided Imagery
- Visualization
- Calm and Attentive Breathing
- Progressive Muscle Relaxation (PMR)
- Mindfulness Meditation
- Yoga
- Self-Talk


