

Self Management



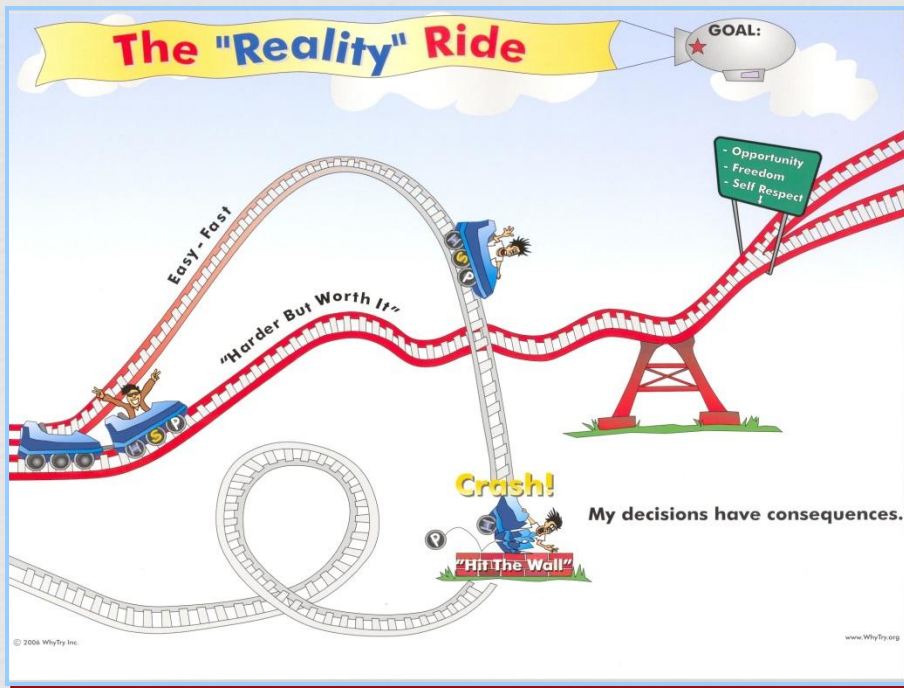
Astounding Number:

3,500

The number of decisions the average adult makes in a day.



Is it any wonder that one of the vitally important aspects of being a successful, effective, and happy adult is the ability to manage one's emotions?



Self Management

Being in control of our emotions and behaviors so that we can accomplish tasks and succeed in new and challenging situations.

Being A Self-Manager...

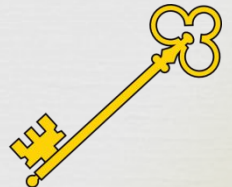


...doesn't mean you don't get upset when bad things happen – it's normal to get upset! But self-managers look for healthy and safe options when they feel annoyed, agitated, nervous, or stressful.

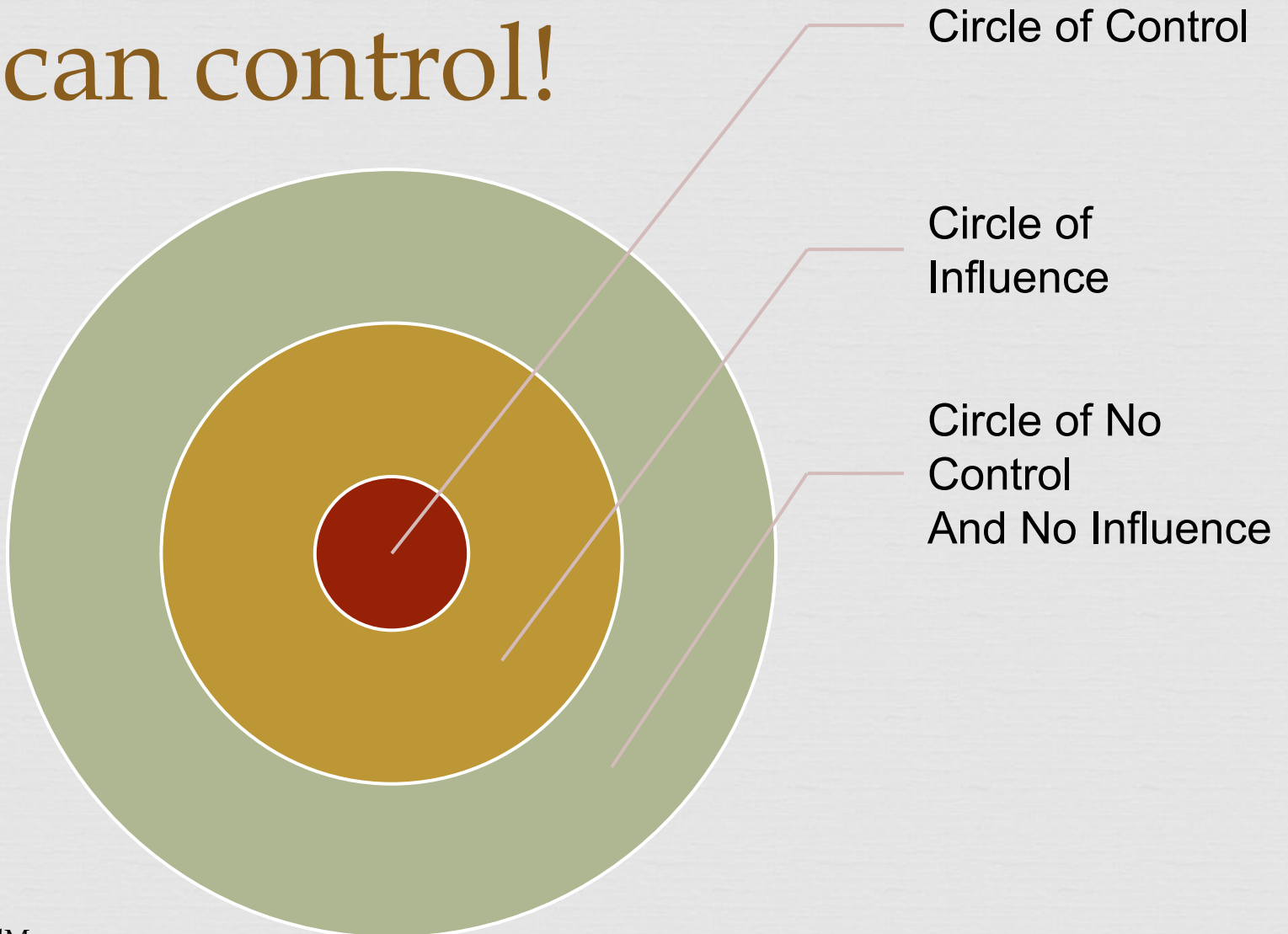
Key Concepts



- I can only control myself.
- My behavior is a choice based on my perceptions about what happens in the outside world.
- Emotions come and go, and I can recognize and manage them.
- My mind, body, and spirit work together.
- My brain can grow new pathways.
- Movement helps me manage my emotions.



Focus on what you can control!



Two Factors Go a Long Way



When students are learning and practicing Self-Management skills:

- Adult Modeling
- Fun Activities



They rewatching 100

Promoting Self-Management In Children



- Teach children what to do when they are distracted.
- Play games to teach your child how to manage frustration.
- Practice “choice” vocabulary when talking about behavior.
- Use “Think Sheets.”
- Help your child become aware of their self-talk.
- Model Self-Management.



Humble ISD Counseling & Behavioral Services