



The Halton Resource Connection

# SELF-REGULATION FOR EDUCATORS

## INFORMATION AND INSPIRATION

"Self-Regulation is the ability to manage your own energy states, emotions, behaviours and attention, in ways that are socially acceptable and help achieve positive goals, such as maintaining good relationships, learning and maintaining wellbeing- Dr. Stuart Shanker

## BEFORE WE SUPPORT CHILDREN IN BUILDING SELF-REGULATION SKILLS, WE, AS EDUCATORS, NEED TO BUILD THEM TOO!



### Reframe

Look at misbehaviour as stress behaviour and consider what it might mean.

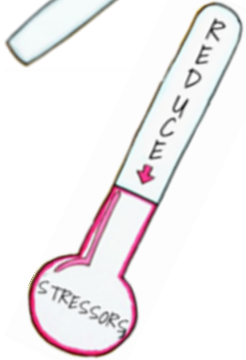
E.g.- Eating too much, angry outbursts, social withdrawal  
Instead of getting down on yourself, think "what is causing these stress behaviours?"



### Recognize

Where is this stress coming from?

Is it a biological, emotional, social, cognitive, or pro social stress?



### Reduce

Once you identify what the stress is and where it is coming from, then you can start to put together positive strategies to reduce the stress



### Reflect

Are there activities to support all senses including gustatorial, olfactory, vestibular, and proprioceptive senses indoors and outdoors? (See the additional resources for more information)



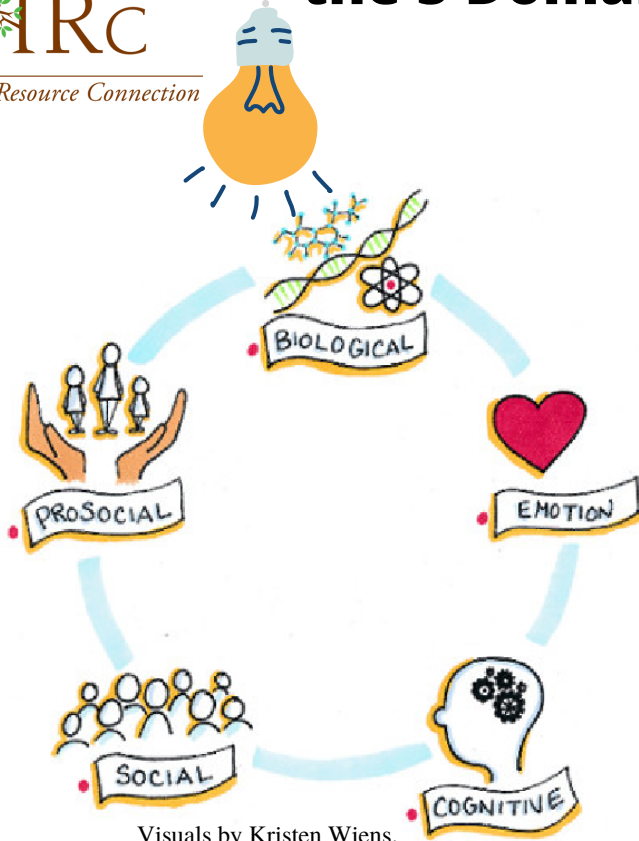
### Restore

Find positive ways of restoring your energy levels. This can be things like taking time for yourself (even on your lunch breaks), going for a walk, taking with a family member or friend on the phone.



It's important to remember that these "steps" don't have to be completed in any specific order. At times, you can go through them from reframe to restore. You may also have to restore your energy before you reframe the behaviour and reflect. This is a very fluid process.

# Consider Possible Stressors from the 5 Domains of Self-Regulation



Visuals by Kristen Wiens.

## ✓ Biological

- Have I had too much screen time?
- Am I too hot or too cold?
- Am I hungry or thirsty?

## ✓ Cognitive

- Are there time pressures/ deadlines that I am under?
- Am I balancing too many tasks at once?
- Am I bored?

## ✓ Emotional

- Is there a conflict in my personal or professional life?
- Am I dealing with grief or loss?
- Has there been a change in my routine?

## ✓ Prosocial

- How are the world events affecting me?
- Is there an illness in my family?
- Are there crying children in my personal life or in the classroom?

## ✓ Social

- Am I dealing with confrontation? From a co-worker? A parent? a family member?
- How is my attention to social media affecting me?
- How are up coming holidays making me feel?

"The demands on today's educators are unbelievable and not recognized. We need to be talking not just about the stress and mental health of kids but also about the stress and mental health of educators"  
- Stuart Shanker

**BORROW SELF-REGULATION BINS FROM THE RESOURCE LIBRARY!**



## ADDITIONAL RESOURCES

The Mehrit Centre

Co-Reg Community

Video Series: What is Self-Reg.



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