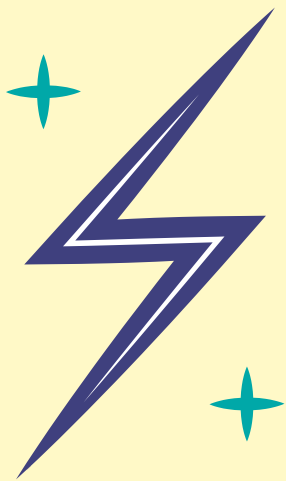


METACOGNITIVE SKILLS



REGULATION
AND
ADVOCACY

Self-Regulation is:

Choosing to reflect on,
re-direct, and control your
thoughts, feelings, and
actions.

Self-Regulation is not easy, but it is necessary

Self-regulation takes practice.

No one is born knowing how to
take charge of their thinking.

You have to *choose* to want to be
more in control.

Strategies to practice Self-Regulation

- Remind yourself that you matter. Even small reminders of your worth help you calm down, re-focus, and plan.
- Make lists... all the lists. What emotions are you feeling? What is annoying you? What can you control?
- Find allies! Ask others to help keep you accountable.
- Practice! Do one thing every day that you don't like.
Practice= increased tolerance

Self-Advocacy is:

Learning to stand up for your boundaries and seek support from others when necessary.

Self-Advocacy can feel awkward, but it's an act of self-compassion.

You get to take up space. Your boundaries and feelings matter. You matter.

People are not psychic, you have to tell them what you need. Even if you wish they could just tell.

Seeking support from others is not weakness, it is power. It is a defense against shame.

Strategies to practice Self-Advocacy

- Remind yourself that you matter. You have fundamental worth and value, no matter what.
- Get clear about your boundaries and values.
- Practice saying Yes and No. Choose one thing each day and say NO to it. Choose one thing each day that feels a little vulnerable and say YES.
- Practice conflict and productive discomfort. You do not have to make people around you comfortable all the time. Conflict is not fatal, it is healthy. You get to stand up for you.

Emotional experiences that seem to happen TO you are actually made BY you.

Being the architect of your experience seeds your brain to make new predictions in the future.

@namethemtomehem

You matter. Your emotions matter. You are so rad.

Your brain process emotional pain and physical pain the same way. Your feelings are your feelings and you get to have them. But they are not excuses.

Self-Advocacy and Self-Regulation take practice. Be patient with yourself, but don't let yourself off the hook.

Yaass!