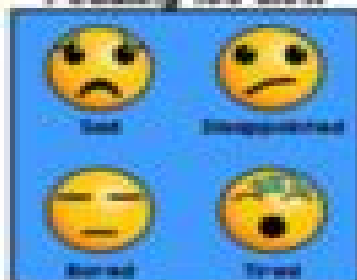




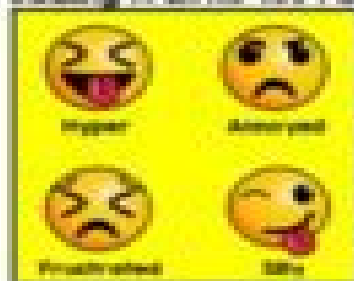
Levels of Self-Regulation



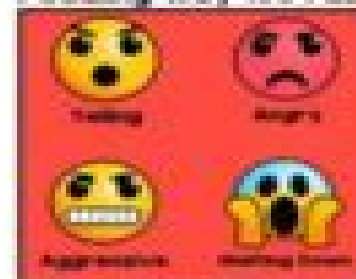
Pedaling Too Slow



Pedaling A Little Too Fast



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Pedaling Just Right



TOOLBOX

Use your coping skills to get back to GREEN!



Take a break



Talk about your feelings



Listen to music



Count down from 5



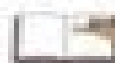
Take deep breaths



Remember: always eat!



Take a short walk



Journal



Drink water



Think happy thoughts



Stretch or do yoga



Draw or color

On The Self Regulation Of Behavior

**T. Elbert, B. Rockstroh, W.
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Psychology of Self-Regulation Joseph P. Forgas, Roy F. Baumeister, Dianne M. Tice, 2011-02-25 The ability to regulate and control our behaviors is a key accomplishment of the human species yet the psychological mechanisms involved in self regulation remain incompletely understood This book presents contributions from leading international researchers who survey the most recent developments in this fascinating area The chapters shed new light on the subtle and often subconscious ways that the people seek to regulate their thoughts feelings and behaviors in everyday social life The contributions seek answers to such intriguing questions as How can we improve our ability to control our actions How do people make decisions about which goals to pursue How do we maintain and manage goal oriented behavior What happens when we run out of self regulation resources Can we match people and the regulatory demands of to specific tasks so as to optimize performance What role does self regulation play in sports performance in maintaining successful relationships and in managing work situations The book offers a highly integrated and representative coverage of this important field and is suitable as a core textbook in advanced courses dealing with social behavior and the applications of psychology to real life problems

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Handbook of Biobehavioral Approaches to Self-Regulation Guido H.E. Gendolla, Mattie Tops, Sander L. Koole, 2014-09-22 How can people master their own thoughts feelings and actions This question is central to the scientific study of self regulation The behavioral side of self regulation has been extensively investigated over the last decades but the biological machinery that allows people to self regulate has mostly remained vague and unspecified Handbook of Biobehavioral Approaches to Self Regulation corrects this imbalance Moving beyond traditional mind body dualities the various contributions in the book examine how self regulation becomes established in cardiovascular hormonal and central nervous systems Particular attention is given to the dynamic interplay between affect and cognition in self regulation The book also addresses the psychobiology of effort the impact of depression on self regulation the development of self regulation and the question what causes self regulation to succeed or fail These novel perspectives provide readers with a new biologically informed understanding of self awareness and self agency Among the topics being covered are Self regulation in an evolutionary perspective The muscle metaphor in self regulation in the light of current theorizing on muscle physiology From distraction to mindfulness psychological and neural mechanisms of attention strategies in self regulation Self regulation in social decision making a neurobiological perspective Mental effort brain and autonomic correlates in health and disease A basic and applied model of the body mind system Handbook of Biobehavioral Approaches to Self Regulation provides a wealth of theoretical insights into self regulation with great potential for future applications for improving self regulation in everyday life settings including education work health and interpersonal relationships The book highlights a host of exciting new ideas and directions and is sure to provoke a great deal of thought and discussion among researchers practitioners and graduate level students in psychology education neuroscience medicine and behavioral economics

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