

Self-Control: Choosing to do what you should do, even when you don't want to.

From a rational perspective, it's kind of obvious that we need self-control, but it's less so when we are in the heat of the moment. When your kids are fighting, when an employee calls in sick again, when your car won't start, when a cupcake stares at you from the bakery counter...all of these are difficult situations in which to show self-control, even though we know we should.

"Self-regulation is also important in that it allows you to act in accordance with your deeply held values or social conscience and to express yourself appropriately. If you value academic achievement, it will allow you to study instead of slack off before a test. If you value helping others, it will allow you to help a coworker with a project, even if you are on a tight deadline yourself."

In schools recently, leaders have begun to recognize self-control a little differently than simply saying "no" to a bad idea. Teachers and administrators are understanding brain research and self-regulation and are actively teaching techniques to kids to help understand and manage the brain, regulation, and emotional connection. If this is new to you, check out this article from verywellmind.com: <https://www.verywellmind.com/how-you-can-practice-self-regulation-4163536>

In its most basic form, self-regulation allows us to bounce back from failure while also staying calm under pressure."

The thing is, when we are faced with these situations, our kids are watching. They see how you handle issues of self-control, and it encourages them, instructs them, reminds them, or shows them how to do the right thing.

CONVERSATIONS ABOUT SELF-CONTROL:

For parent reflection:

- How is self-control modeled to your child?
- What messages does your child get about self-control from adults in their life?
- How can you help your child practice self-control and brain regulation strategies?

With your child:

- When is it easy to show self-control?
- When do you have trouble showing self-control?
- What could help you practice self-control each day?
- Have you ever faced a long-term consequence over a quick decision? What happened? How might self-control have helped you?
- How might self-control help you build, maintain, or strengthen your relationships with others?

SELF-CONTROL

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Choosing to do what you should even when you don't want to

WEEK ONE:

What is self-control?

Displaying self-control can be difficult for all of us. We all give in to one more cookie, an afternoon of binging on Netflix, or staying up too late scrolling through TikTok. Talking through our strengths and weaknesses when it comes to self-control just might be the first step to helping live it out when it's needed.

WEEK TWO:

Brain/emotional regulation strategies

When we're overwhelmed and have to make tough choices, our brain can play tricks on us. In order to be able to make better choices under difficult circumstances, we need to learn some strategies and tactics to slow down that part of the brain and regulate ourselves to make calmer, more rational choices.

WEEK THREE:

How do I know what I should do?

Choosing to do what you should do requires that you know what it is that you should do. How do you know what to do in the "grey" areas of life? If we want to be good at using self-control, we need to be able to use tools to know the difference between choices we can make.

WEEK FOUR:

CHALLENGE: Stack it or attack it

Sometimes it takes self-control to NOT do something, and other times it takes self-control to DO something. The challenge this week will let you decide how to add a new good habit or ditch an old bad one.