

SELF REGULATION & SELF ADVOCACY

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

SELF-REGULATION

is choosing to reflect, re-direct, and control your thoughts, feelings, and actions.



1. Remind yourself that you matter.

Even small reminders of your worth help you calm down, re-focus, and plan.

2. Make lists... all the lists.

What emotions are you feeling?

What's annoying you?

What can you control?



SELF-ADVOCACY

is learning to stand up for
your boundaries and
seeking support from others
when you're overwhelmed
or need help.

