**Skill Module:** Self-regulation

# **Topic: Emotional Anchors: Calming and Motivating Yourself**

### **Definition of Skill**

**Self-regulation** is the ability to act in one's long-term best interest, consistent with one's deepest values. Emotionally, it involves the ability to calm oneself down when upset and cheer oneself up when feeling down.

### **Core Content**

**The Two Facets of Regulation** Self-regulation is often misunderstood as just "controlling your temper." However, for a job seeker, it involves two distinct emotional anchors:

1. **Crisis Management (Calming Down):** The ability to de-escalate anxiety or anger when facing rejection or stress. This prevents immediate negative reactions that could harm professional relationships.
2. **Sustaining Morale (Cheering Up):** The ability to self-motivate when feeling discouraged or lethargic. This is crucial for maintaining the stamina required for a long job search.

**Values as a Guide** How do we know what our "best interest" is? It is defined by our deepest values. When an immediate impulse (e.g., "I don't want to go to this interview because I'm nervous") conflicts with a long-term goal ("I want to provide for my family"), self-regulation is the bridge that allows us to choose the value over the impulse.

**Anchoring Techniques**

* **Breathing:** Physiologically calming the nervous system to regain mental clarity.
* **Reframing:** consciously changing the narrative from "I failed" to "I learned."