

SELF-REGULATION GUIDE

- CALM THE BODY
- PROCESS THOUGHTS AND FEELINGS
- ENGAGE WITH INTENTION

- Deep breathing/regulation exercise
- What am I thinking/feeling right now?
- How is this affecting me?
- Is this rooted in reality or is this a worry thought or fantasy?
- Do I want to attach myself to this thought/feeling?
- If not, can I let this go for right now?
- (If this needs to be addressed at a later time, set a time to do so.)
- Set a new focus/intention
- Engage



SELF-REGULATION EXERCISES

- Breathwork practices
- Meditation
- Yoga
- Concentration practices
- Aerobic exercises
- Cold exposure



AVINASH SATZ

Founder and Integrative Coach

"Our commitment is to improve the health and performance of individuals and organizations so they can experience more purpose, increased vitality- personally, professionally and creatively."

RESOLVING RESENTMENTS

"Holding resentment is like drinking poison and waiting for the other person to die." -12 Step saying

* DOES THIS RESENTMENT ALIGN WITH YOUR HIGHER SELF?*

-How is this resentment affecting you and your life?

-Identify and allow yourself to feel the underlying emotions that anger may be superimposed upon — such as hurt or fear.

-Practice being consciously present with your anger and resentment. (Sit and notice)

-Realize that you are using resentment to replicate old dramas and acknowledge that you cannot change the past.

-Acknowledge your part in allowing the abuse to occur, forgive yourself for that, and make a decision to not let it occur again.

-Practice kindness and compassion

-Lean into acceptance/gratitude



LOVING KINDNESS MEDITATION

- May we be well
- May we be happy and safe
- May we be healthy and strong
- May we be free from suffering and that which causes us to suffer.
- May we be filled with compassion.



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PRESENT

When my heart is calm, and my breathing is deep.
When the earth below supports my back and my feet.

While my eyes are closed and my shoulders relax,
with no thoughts of the future or of the past.

Nor of fantasy, envy, shame or lust.

Not of you, not of me, not of her, or of us...

Everything just is-
and I am present.

-Avinash Satz



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