


# Command Your Calm



## What is Self-Management?

It's the ability to control your emotions, actions, and thoughts so you can stay focused, make good decisions, and reach your goals.

Self-Management  
Middle School

 Think about a time when your emotions took over and you reacted in a way you later regretted:

Situation:

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Emotion(s) I felt:

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Physical sensations in my body:

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My Reaction:

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What happened as a result:

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What I wish I had done instead:


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# Emotional Awareness & Regulation


 Circle the emotions you've experienced in the past week. Add any others not listed:

- Annoyed
- Anxious
- Apathetic
- Appreciative
- Ashamed
- Bored
- Confident
- Confused
- Disappointed
- Discouraged
- Discouraged
- Embarrassed
- Enthusiastic
- Envious
- Excited
- Frustrated
- Guilty
- Hopeful
- Hurt
- Indifferent
- Inspired
- Irritated
- Jealous
- Joyful
- Lonely
- Melancholy
- Nostalgic
- Overwhelmed
- Proud
- Resentful
- Joyful
- Resentful
- Satisfied
- Scared
- Stressed
- Surprised

 Choose three emotions from the list above that you find challenging to manage and fill out the chart below:

Emotion	Triggers What causes this feeling?	Physical Signals How does my body respond?	Thought Patterns What goes through my mind?

# Self-Regulation toolkit

 Different situations call for different strategies.  
Rate how effective each strategy is for you (1-5):

1 = Not Effective      5= Very Effective

Emotions	Rating
Deep breathing techniques	
Physical exercise/movement	
Talking to a trusted person	
Journaling/writing	
Music (listening or creating)	
Visualization/guided imagery	
Progressive muscle relaxation	
Taking a short break	
Positive self-talk/affirmations	
Mindfulness meditation	

 Create a personalized 3-step plan for handling high-stress situations:

Step 1 (Immediate calming technique):

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Step 2 (Secondary regulation strategy):

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Step 3 (Reflection/processing):

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List what distracts you from staying focused on important tasks:

External distractions (in my environment):

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Internal distractions (in my mind):

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Digital distractions (devices/social media):

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For each category, list one strategy to minimize these distractions:

Environment strategy:

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Internal focus strategy:

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Digital management strategy:

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# Social Awareness & Communication



Consider how emotions spread between people:

How do your friends' emotions affect yours?

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How do your emotions affect others?

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One way I can positively influence the emotions of others around me:

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Check the conflict response styles you tend to use most often:

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Avoiding (withdrawing from the conflict)

☐

Accommodating (giving in to the other person)

☐

Competing (pushing for your way)

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Compromising (finding middle ground)

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Collaborating (working together for a solution)

One way I could improve my approach to conflict:

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# Self-Management Goals& Reflection



Rate yourself from (1-10) on these self-management skills:

1 = Needs Improvement

10= Very Strong

Management Skills	Rating
Identifying emotions accurately	
Regulating strong emotions	
Staying focused on tasks	
Managing time effectively	
Handling stress appropriately	
Communicating needs assertively	
Responding to conflicts constructively	
Setting and pursuing goals	



Choose one area from above to focus on improving:

Skill I want to develop:

Why this matters to me:

- Specific action steps I'll take:
- 1.
- 2.
- 3.

How I'll track my progress: