



# Self-regulation

## Definition

Self-regulation is the ability of a person to consciously control and direct their emotions, thoughts, and behaviors in order to adapt to different situations and achieve their goals. It involves an internal process of monitoring and personal adjustment.

## How does it affect teenagers

Self-regulation significantly affects adolescents because it influences their emotional, social, and academic development. During this stage, they are forming their identity and facing greater responsibilities, so the ability to self-regulate helps them to:

- Make more responsible decisions.
  - Manage stress, frustration, and emotional changes.
  - Avoid impulsive or risky behaviors.
  - Improve their relationships with others and their academic performance.
- In summary, good self-regulation allows them to better adapt to the challenges of adolescence.





## Self-regulation and social inclusion

Self-regulation and social inclusion are key aspects in the development of adolescents. Self-regulation refers to the ability to manage emotions, thoughts, and behaviors autonomously, which influences their well-being and academic success. On the other hand, social inclusion involves active participation in the community and the building of healthy relationships, which favors their integration and personal development. There are playful strategies that can help adolescents improve their emotional self-regulation, promoting meaningful learning and better school coexistence. Additionally, studies have shown that emotional self-regulation and coping strategies can influence prosocial behavior, strengthening adolescents' ability to interact positively with their environment.



## How to tackle it?

We can address self-regulation and social inclusion by promoting respect, emotional support, the participation of everyone, and valuing differences at home, at school, and in the community.





## Warm up questions

- What does self-regulation mean to you in your daily life?
- How do you think good self-regulation influences the way we interact with others?
- What actions do you consider important to promote social inclusion in our community?
- What strategies do you use to remain inclusive and empathetic in your daily interactions?



## Questions for discussion

- Is self-regulation a skill that is learned or a characteristic one is born with?
- Is it possible to have good self-regulation without being insensitive to the environment?
- Do social networks strengthen or weaken the self-regulation of young people?

## Find out more

-Harvard Health – Self-Regulation for Adults. This article dives into how self-regulation helps manage emotions like anger or anxiety, and offers strategies to stay grounded during stress.

-Verywell Mind – How to Develop and Practice Self-Regulation. A well-rounded guide that explains how self-regulation develops, why it matters, and how to strengthen it.

-PositivePsychology.com – What is Self-Regulation? (+9 Skills and Strategies) This one's packed with tools from goal-setting to mindfulness, to help you build self-regulation skills.





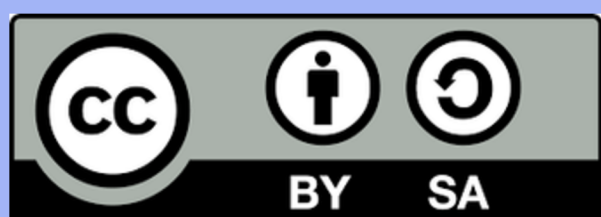
# DISCLAIMER

**FUNDED BY THE EUROPEAN UNION. VIEWS AND OPINIONS EXPRESSED ARE HOWEVER THOSE OF THE AUTHOR(S) ONLY AND DO NOT NECESSARILY REFLECT THOSE OF THE EUROPEAN UNION OR THE EUROPEAN EDUCATION AND CULTURE EXECUTIVE AGENCY (EACEA). NEITHER THE EUROPEAN UNION NOR EACEA CAN BE HELD RESPONSIBLE FOR THEM.**

## AUTHORS

**© MAY 2025 – COLEGIO CÓRDOBA, COPIII ÎN SANUL FAMILIEI, LICEUL TEORETIC "GEORGE MOROIANU", PODERIO TRAINING & RESEARCH. THIS PUBLICATION WAS CARRIED OUT WITH THE FINANCIAL SUPPORT OF THE EUROPEAN COMMISSION UNDER ERASMUS + PROJECT 'YOUR BEST VERSION', NUMBER 2024-2-ES01-KA210-SCH-000292259.**

## ATTRIBUTION, SHARE IN THE SAME CONDITION



**(CC BY-SA):** YOU ARE FREE TO SHARE- COPY AND REDISTRIBUTE THE MATERIAL IN ANY MEDIUM OR FORMAT AND ADAPT – REMIX, TRANSFORM, AND BUILD UPON THE MATERIAL FOR ANY PURPOSE, EVEN COMMERCIALY. THE LICENSOR CANNOT REVOKE THESE FREEDOMS AS LONG AS YOU FOLLOW THE LICENSE TERMS UNDER THE FOLLOWING TERMS:

**ATTRIBUTION** – YOU MUST GIVE APPROPRIATE CREDIT, PROVIDE A LINK TO THE LICENSE, AND INDICATE IF CHANGES WERE MADE. YOU MAY DO SO IN ANY REASONABLE MANNER, BUT NOT IN ANY WAY THAT SUGGEST THE LICENSOR ENDORSES YOU OR YOUR USE

**SHAREALIKE** - IF YOU REMIX, TRANSFORM OR BUILD UPON THE MATERIAL, YOU MUST DISTRIBUTE YOUR CONTRIBUTION UNDER THE SAME LICENSE AS THE ORIGINAL

**NO ADDITIONAL RESTRICTIONS – YOU MAY NOT APPLY LEGAL TERMS.**



**PODERIO**  
Training & Research