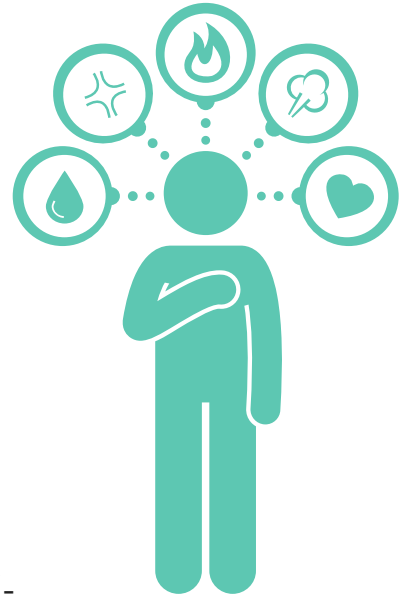


6 Effective Strategies

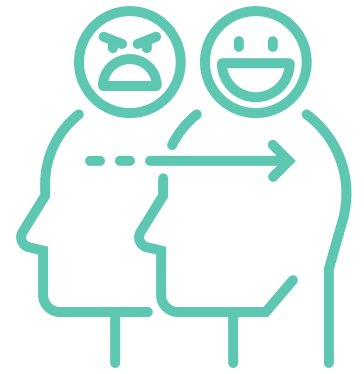
FOR EMOTIONAL REGULATION

A solid system for self-management will set your student up for Independence, self-control and self-motivation.



Tools

STRATEGIES FOR ER



1. Ask Powerful Questions

- If you don't do XX how will that affect
- your academic goals?
- What are your options now in this
- moment?
- What is in your control right now?
- What small action step can you make?

This can help get the student to change their perspective and openness to think outside their emotional box.

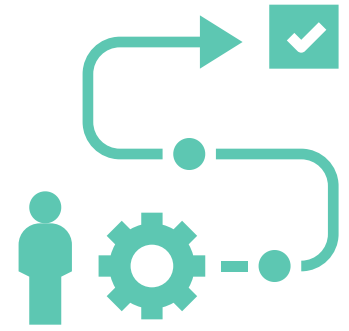
2. Facilitate a “Perspective Shift”

This strategy helps them move out of feelings of despair to gain momentum that hope brings.

Rather than making a huge to-do list of due dates and priorities based on that. We back up and look at the significance of task one to the overall effect for the grade in the class.

I have the student ask themselves, “What can I do TODAY that will relieve me of the most stress? Or improve my grade the most?”

Continued...



Sometimes it is letting go of the missing homework assignments, discussion boards, journals, and going after prepping for an exam with a tutor and using the past missing HW as a guide for prepping for ----- if it makes sense with the class grading structure. The student may realize that the value of turning in late homework is not worth the time and effort, so they feel relieved to “let it go” while prepping to do well for the bigger test.

With a coach to guide and hold them accountable, this CAN be a good strategy. The key here is to know where you stand academically, weigh the risks, do the math and follow through with a solid plan.

3. Give Advice to Eat the Frog

Mark Twain famously wrote:

“If you have to eat a live frog, it does not pay to sit and look at it for a very long time!”

Put the Frog at the top of your list!

Do your most important and hardest work first while you have the mental energy



Continued...

4. Enact the 2-Minute Rule

If you can get it done in less than 2 minutes, DO IT!

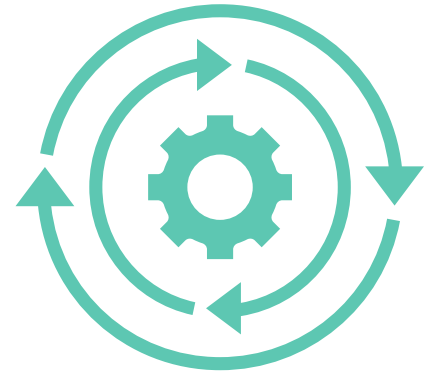
For the Overwhelmed student that sees everything as a must-do and wants to shut down at the size of the list AND is NOT behind but suffers from anxiety: use this simple method. I find it helps spur the momentum of motivation.

It is the opposite of “Eat the Frog” Advice

5. For Motivation and Overwhelm Try The Ivy Lee Method

- At the end of each day, write down the six most important things you need to accomplish for the next day
- Prioritize those six items in order of their importance with color-coding
- The next day, start on the first task. Work until the first task is finished before moving on to the second task and so on
- At the end of the day, start a new list of six tasks for the next day

Continued...



6. Start a Planning Routine

The student that has too many thoughts and feels overwhelmed with the academic load they carry---- often tells me that they don't have time for planning. They start and get lost or don't maintain it.

Often students will have many systems in place and jump around using different ones each day causing more stress and anxiety.

I encourage students to choose 1 system and use it for 30 days before deciding if it works or not. What I find is that there is no "right" way to plan because each client is so unique.

Students that develop a routine and habit of using WHATEVER system they use consistently are the ones who have better long-term success

When a student says they don't like planning or using a planner, I ask them if they would like more free time to hang with their friends, exercising or just "chilling out". They always answer "YES!".

I ask them how much time they waste trying to remember what they "should" be doing. Or "freaking out" because they forgot something.

I share with them that by spending a few minutes each week using the planner actually "Gifts" them more time because they don't have to waste time and energy remembering, They get it" and see the VALUE within a few short weeks.



Continued...

These self-management strategies and tools are great to keep emotions in check. It creates a sense of control in their ability to handle life's stressors.

BUT, I want to leave you with this:

When things get out of control it is SUPER helpful to have a “Go to Plan” when feelings of overwhelm and frustration take over.

Here is My personal crisis management tip:

It is a series of Ask and Answer solutions.

You can call it an “Emotional management self-contract”

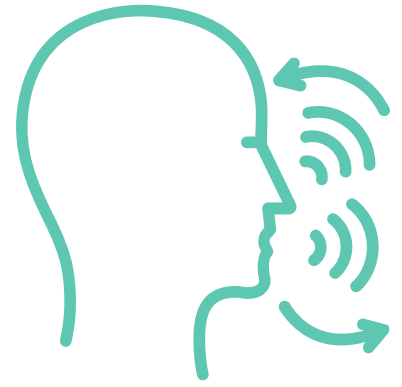
Here is an example: When I start to feel..... I will.....

I use it like this:

When I start to feel anxious, I will stop and complete 3 minutes of “box breathing”.

This is my go-to and helps me get through my rougher days. This is what you do:

Breath

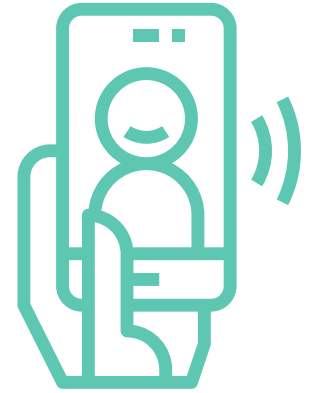


- **BREATHE IN THROUGH YOUR NOSE WHILE COUNTING TO FOUR SLOWLY**
- **HOLD YOUR BREATH INSIDE WHILE COUNTING SLOWLY TO FOUR**
- **BEGIN TO SLOWLY EXHALE FOR 4 SECONDS**
- **HOLD YOUR BREATH INSIDE WHILE COUNTING SLOWLY TO FOUR**
- **REPEAT**

Remember Metaphors are great tools too!

“Feelings are like waves, we can’t stop them from coming, but we can choose which ones to surf”

Need Supppport?



If you think ADHD Coaching could help you or your student with ER and other Executive Function challenges, reach out to me

Email Me: Team@thrivister.com

Call Us: (866) 442-0995

Lear More About Thrivister Academic Coaching Team at [Thrivister.com](https://thrivister.com)

Chat with me or take the quiz on the website to determine your EFS weaknesses