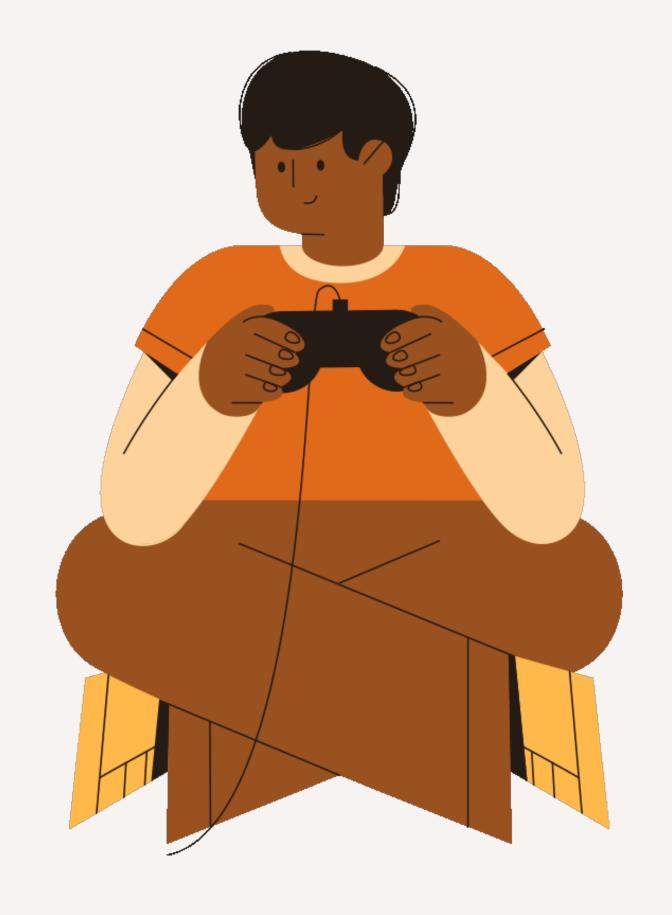


# Practicing Self-Control

How to stay in control of our emotions

### What is self-control?

Self-control is a fundamental aspect of self-regulation and personal development, enabling individuals to navigate life's challenges, pursue long-term aspirations, and lead fulfilling and purposeful lives.



### Areas of Self-Control

#### Emotional Self-Control

Managing and regulating emotions such as anger, frustration and anxiety.

#### Behavioral Self-Control

Maintaining discipline, even when faced with distractions or temptations.

#### Impulse Control

Resisting immediate gratification and overcoming urges.

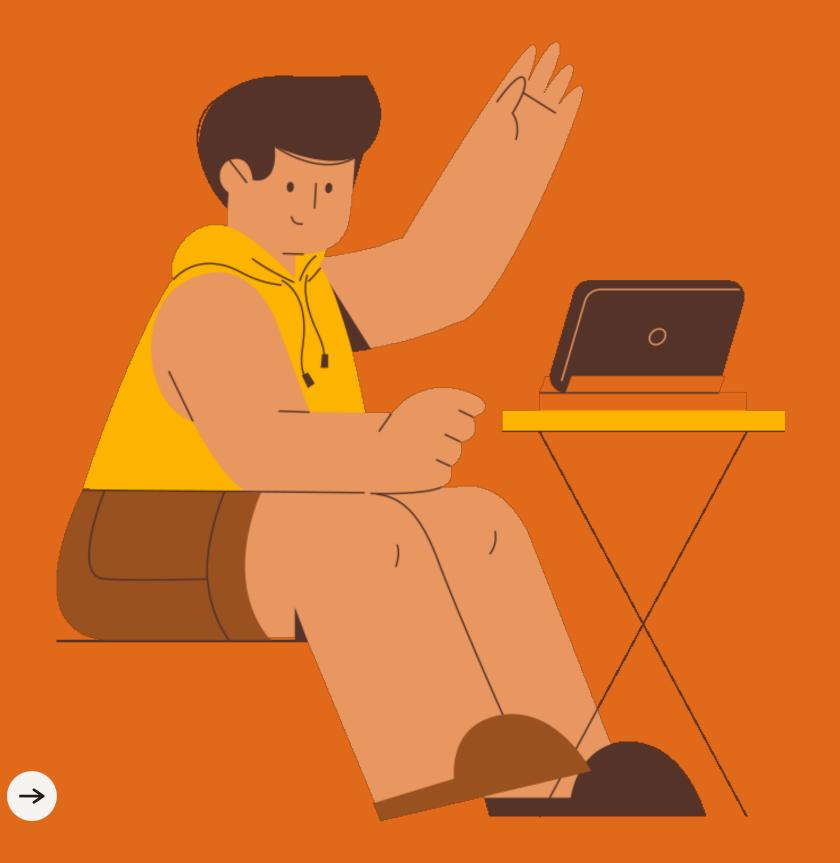
#### Social Interactions

Resist peer pressure and making decisions that align with your values.

## Whydo we need to practice selfcontrol?

- Achieve Goals
- Emotional Regulation
- Healthier Lifestyle Choices
- Enhanced Productivity
- Building Resilience



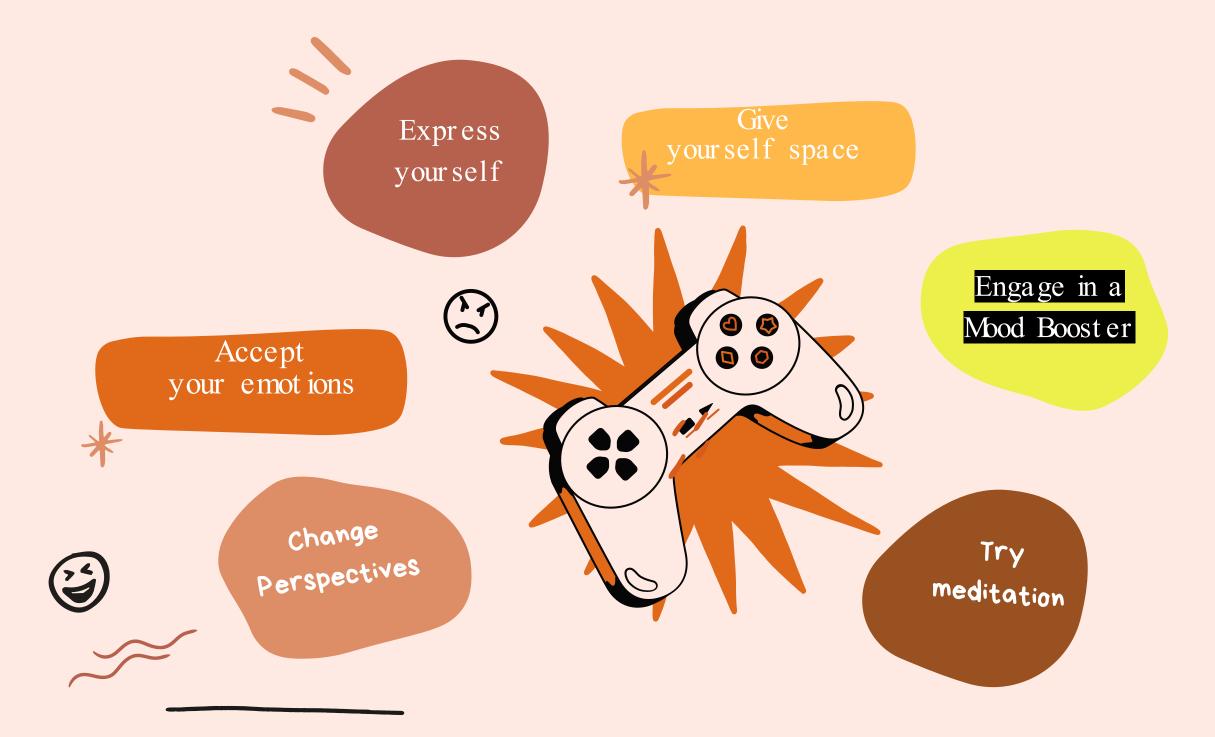


Lack of self-control can lead to impulsive behaviors, strained relationships, emotional distress and underachievement, etc.



## Improving self-control:

- 1.Goalsetting
- 2. Time Management
- 3. Stress Management
- 4. Mindfulness and meditation

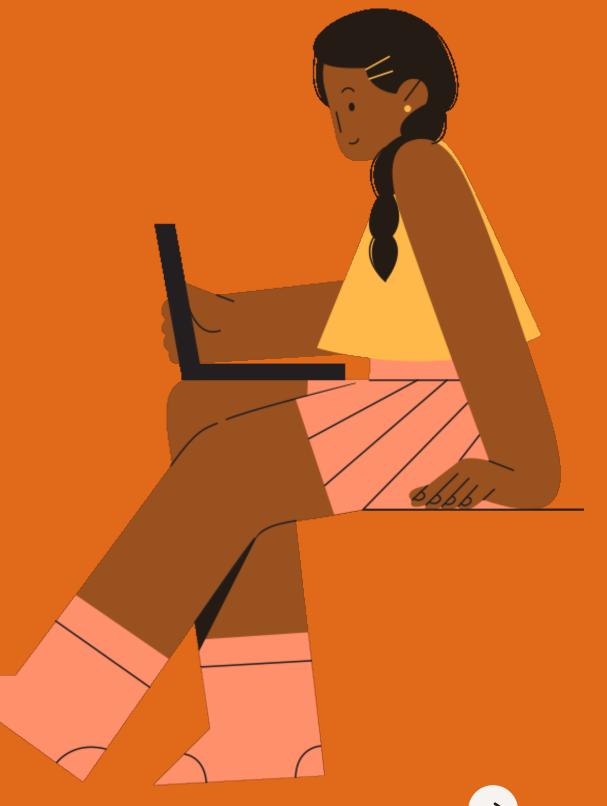


HOW TO CONTROL YOUR

Emotions

What you can control

Your Goals Your Actions Your Feelings Your Attitude Your Words Your Effort Your Thoughts





## Why self-control matters?

TAKING CARE OF YOUR MIND

0 1

Self control is a fundamental skill that influences every aspect of our lives.

02

Allows individuals to make choices, manage reactions and maintain discipline.

03

It involves a conscious effort to resist immediate gratification in favor of a higher purpose.



'Mastering others is strength. Mastering yourself is true power."

• Lao Tzu