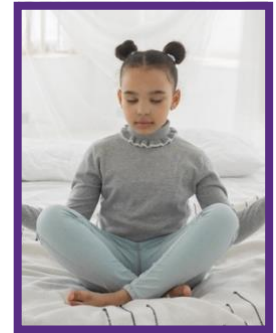


Self-Management Overview

“Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy.”
 -Aristotle
























SELF-MANAGEMENT: The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.























SELF-MANAGEMENT means having a strategy and techniques to deal with a range of strong feelings or emotions in the moment (positive or negative). When military students are self-aware, they are prepared to regulate and control their emotions, delay gratification, minimize impulses, manage stress, and motivate themselves towards personal and academic goals. Self-management requires students to be pro-active and to think about their response to strong feelings or emotions. Military children will grow in emotional intelligence as parents, teachers, and other youth serving professionals model and teach these self-management skills:

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency




Self-Management: Strategies and Tools

For Parents & Professionals	For Parents of Young Children	For Schools
 Coping Through the Levels of Anger Worksheet by MCEC	 Craft + Connect Mood Monster Workshop by Sesame Street	 Standards Aligned- Videos, Lessons, & Activities Resources by PBS
 SNAP: STOP NOW AND PLAN Worksheet by Child Development Institute	 Talking About Feelings Workshop by Sesame Street	 Thinking Critically About Goal Setting Article by Edutopia
 Worry Wheel and Calming Tools Article by MCEC	 Don't Give Up Printable by Sesame Street	 Why Do We Lose Control? Video by Kids Want to Know
 Turning Stress into Strengths Article by MCEC	 An Act-Along Story Printable by Sesame Street	
 SMART Goals Worksheet by Elias & Tobias	 Recognizing and Expressing Big Feelings Article by Sesame Street	
 Trigger Situation Buster Form Worksheet by Elias & Tobias	 Teaching Kids to Breathe, Think, Do Printable by Sesame Street	
 The Holmes-Rahe Life Stress Inventory Worksheet by Holmes & Rahe	 Naming Feelings Printable by Sesame Street	
 Perfectionism Article by MCEC	 Handling Sibling Conflicts Printable by Sesame Street	
 How to Help Your Student with Procrastination Article by MCEC	 Handling Tantrums Video by Sesame Street	
 Time Management for Middle/High School Students Article by MCEC	 Handling Angry Feelings Video by Sesame Street	

Self-Management: Strategies and Tools

For Parents & Professionals	For Parents of Young Children	For Schools
 <p>Time Management for Kids Article by MCEC</p>	 <p>Noticing that Feelings Change Video by Sesame Street</p>	
 <p>Understanding and Helping Your Unorganized Child Worksheet by MCEC</p>	 <p>Helping Kids Celebrate Strengths Video by Sesame Street</p>	
 <p>Persistent and Challenging Behavior Article by MCEC</p>	 <p>Teaching Persistence Video by Sesame Street</p>	
 <p>Family Goal Setting Worksheet by MCEC</p>	 <p>A Little Help From My Furry Friends Interactive Game by Sesame Street</p>	
 <p>Self-Management Video by PBS</p>	 <p>Bedtime Blues Article by Sesame Street</p>	
 <p>Future-Self Video by PBS</p>	 <p>Breathe, Think, Do! Article by Sesame Street</p>	
 <p>Anxiety and Depression Webinar by MCEC</p>	 <p>Mean Behavior Article by Sesame Street</p>	
 <p>Anxiety in Young Children Article by MCEC</p>	 <p>Overcoming Mistakes Article by Sesame Street</p>	
 <p>Depression in Youth Article by MCEC</p>	 <p>Practicing Patience Article by Sesame Street</p>	
 <p>Two Breathing Exercises Worksheet by Elias & Tobias</p>	 <p>Resilience Video by Sesame Street</p>	

Self-Management: Strategies and Tools

For Parents & Professionals	For Parents of Young Children	For Schools
	 <p><u>Communicating Through Feelings</u> <i>Video by Sesame Street</i></p>	
	 <p><u>I Can Be Patient</u> <i>Video by Sesame Street</i></p>	
	 <p><u>Elmo Doesn't Give Up</u> <i>Video by Sesame Street</i></p>	

Self-Management: Strategies and Tools

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