

SELF-REGULATION

There are lots of times in our lives when we might feel the need to regulate, such as the way we speak, approach, talk to somebody. But one important part of self-regulation is being able to regulate the way that we feel.

Stress is really important. We need it to be able to do things like meet deadlines. It is useful to put us under a little bit of pressure on a short-term basis to make sure we're doing the things we're meant to be doing in a timeframe that works for us.

But when we don't let our brains know that it is OK to revert to normal function again we stay in a state of chronic stress or 'overwhelm'.

Meaningful Breathing

Breathing deeply sends a message to our body so our heart rate starts to decrease, our breathing starts to regulate and this sends a message back to our brain that we're starting to calm down and move out of the state of stress. It's great because it's easy to do anywhere and anytime you need.

These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.