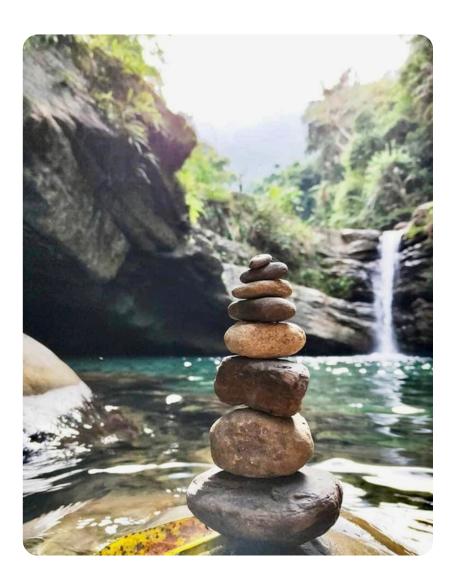
★ Steady Steps for Parents: Awareness + Action in Everyday Life

A Mini-Guide to Self-Regulation.





Includes 3 simple practices, a reflection worksheet, and a daily tracker.

www.mindfullivingresources.com

▼ Welcome Letter

Hi there, gentle explorer! 🗲

Self-regulation is the steadying skill for everyday life.

It's not about being calm all the time — it's about two intentional steps:

- ★ Awareness noticing what's happening inside you (your body, thoughts, and feelings) and around you.
- ★ Action choosing how you respond in a way that helps you steady and move forward.

When you wobble, notice, and steady again, you are practicing self-regulation. And when your kids see you do this, they learn it too.

Inside this mini-guide, you'll find a few simple practices and gentle tools to bring awareness and action into your daily life. These aren't scripts or rules — just small steps you can shape to fit your own rhythms and family moments.

Thank you for inviting these steady steps into your life — one tiny practice at a time.

With care and kindness,

Michael & Mindful Living Resources

Why Self-Regulation Matters

Self-regulation helps in every area of life:

Work:

- Pause before replying to that stressful email.
- Take a short walk before re-entering a tense meeting.

Family:

- Notice frustration rising, breathe, then respond with steady words.
- Step aside for a calming breath before returning to help with homework.

Relationships:

- Slow down in conflict and choose connection over reaction.
- Listen fully to your partner's point before sharing your own.

Health:

- Notice stress eating urges, pause, then act in line with your goals.
- Set down your phone at night and choose rest to support your energy.
- Research shows self-regulation grows across childhood and adulthood (Montroy et al., 2016; Blair & Raver, 2015; Steinberg, 2005). As adults, we strengthen it with practice which also gives our kids a living example to learn from.

The Two Parts of Self-Regulation

- **1. Awareness** → "What am I noticing right now?"
 - Body: heart racing, tight shoulders
 - Thoughts: "I can't handle this"
 - Feelings: anxious, angry, tired
- 2. Action → "What can I choose that steadies me?"
 - Breathe once before speaking
 - Stretch or ground feet to the floor
 - Say, "I need a minute" instead of snapping

Self-Regulation Formula:

← Stop → Notice → Choose

Research shows that self-regulation relies on two key skills — noticing internal states and choosing responses — which can be strengthened through daily practice (Blair & Raver, 2015; Hofmann, Schmeichel, & Baddeley, 2012). Practicing this loop helps both adults and children steady more quickly after stress.

See the **Example in Action** on the next page.

The Two Parts of Self-Regulation

Example in Action

- ★ Your child spills juice right after you cleaned the kitchen.
- **1. Awareness** → "What am I noticing right now?"
 - Body: tight jaw, clenched hands
 - Thoughts: "Why does this always happen?"
 - Feelings: frustrated, overwhelmed
- 2. Action → "What can I choose that steadies me?"
 - Take one slow breath before grabbing the towel
 - Loosen shoulders with a quick shake
 - Say, "Accidents happen let's clean it up together," instead of raising your voice
- ★ Self-Regulation Formula:

Building Awareness + Action in Daily Life

The three practices below are simple ways to strengthen the two skills within self-regulation during everyday moments. They can help steady even the busiest moments.

Practice 1: Awareness Check

- Pause.
- Name one body signal (e.g., "my jaw is tight").
- Name one thought or feeling (e.g., "I'm frustrated").
- Awareness is the first step to steady action.

Practice 2: Pause Before Action

- One slow breath.
- Count to 3.
- Step out of the room for a minute.
- A pause creates space between what you feel and what you do. Especially during high stress events.

Practice 3: Chosen Action

- Speak slower.
- Relax your shoulders.
- Drink water.
- Use a steady phrase: "This is hard, and I can choose my next step."

"Each pause, each choice, strengthens your selfregulation muscle."

Reflection: My Life, My Steady Steps

Example:

Where could I practice "Awareness + Action"?

Work: When my inbox feels overwhelming, I'll pause before opening the next email.

Family: At bedtime, I'll take one breath before reminding my kids to brush teeth.

Health: When I want to snack late at night, I'll pause and sip water first.

Relationships: In an argument, I'll notice my shoulders tightening and soften my voice.

Other: During my commute, I'll choose calming music instead of scrolling the news.

Small steady step I can try today:

Before I answer my child's question tonight, I'll take one breath first.

Reflection: My Life, My Steady Steps

Now You Try Your Own:
Work:
Family:
Health:
Relationships:
Other:
Small steady step I can try today:
Q

Closing Note

Some days will feel smooth, others wobbly. That's normal.

Each pause, each breath, and each chosen action is a steady step — building your resilience.

When you grow steady, your children see it's possible too.

Thank you for showing up with care and dedication — for yourself, and for those who look up to you. ▶

If you'd like to take this further, the **Expanded Steady Steps Resource** offers more practices, printable cards, and gentle tools to support your journey.

● Steady hearts, steady steps — one mindful choice at a time.

Best Wishes!

Michael & the Acceptance Acres Crew

