

Self-Controller Scanner

Self-control is a skill we use to manage our feelings and behaviors, even in difficult situations. To help stay in control, use your Self-Controller Scanner. The Self-Controller Scanner helps us stay in control of our feelings, big or small.

SCANNING



STEP 1

Scan your brain and body.



BRAIN SCAN
Am I paying attention?



BODY SCAN
How am I feeling?

STEP 2



Do I need a break?



Am I hungry or thirsty?



What physical actions will help me calm down?

STEP 3



Take the steps you need to get back in control.

