

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

'SELF-REG' – DR. STUART SHANKER

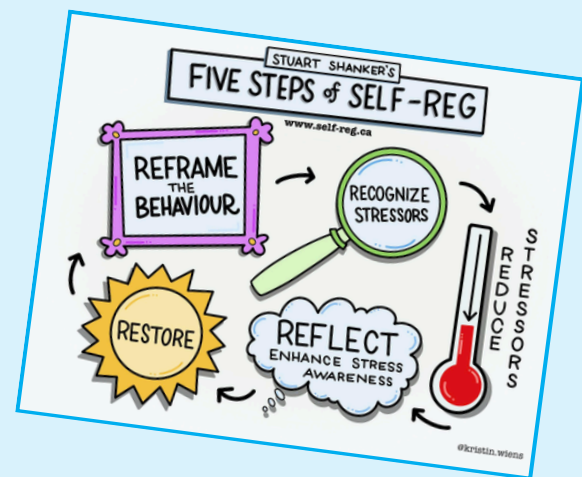
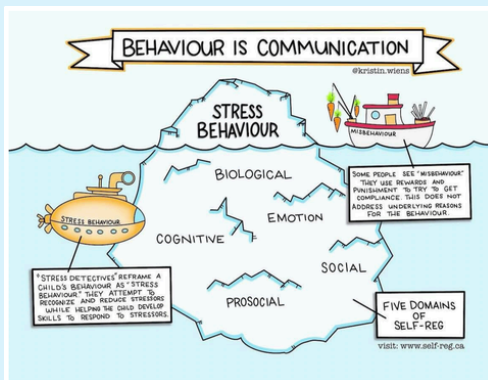
Self-Reg is a five-step framework developed by Dr. Stuart Shanker, that helps children (and adults) understand and manage stress and self-regulation. It shifts the focus from “self-control” (stopping behaviour) to understanding and responding to the causes of behaviour. Self-Reg teaches that behaviour is often the result of stress overload across five domains:

The **five steps of the framework** are:

1. Reframe behaviour
2. Recognise stressors
3. Reduce stress
4. Reflect on stress responses
5. Restore energy and resilience

WHAT?

**Biological * Emotional * Cognitive
* Social * Prosocial**



WHY?

Self-Reg supports a compassionate, **neuroscience-informed** approach to children's behaviour. It helps adults and pupils move away from blame and punishment and towards curiosity and understanding. It aligns well with trauma-informed and inclusive practice, and supports emotional regulation, resilience, and executive functioning—core SEL components.

SEL?

The approach can support the self-awareness and self-management SEL competencies alongside co-regulation / regulation skills and strategies.

FIND OUT MORE

- <https://self-reg.ca> (Stuart Shanker's website)
- [Self-Reg in 60 Seconds](#): (a series of short videos introducing Self-Reg)
- **Books:**
 - *Help Your Child Deal with Stress and Thrive: The Transformative Power of Self-Reg.* Stuart Shanker. Yellow Kite, 2018.
 - *Applied Self-Reg for Education Assistants.* Kristin Weins and Susan Hopkins, The MEHRIT Centre, 2026.

“We need to make the dramatic change in our thinking that makes self regulation - not self-control- the focus of our efforts”.

Stuart Shanker