

# HUMANS BEING

**A PRACTICAL GUIDE FOR  
EVERYDAY MIRACLE WORKERS**

"Brilliant . . . a powerful case for understanding children's behavior and misbehavior using the lens of self-regulation."

—MICHAEL THOMPSON, author of *Raising Cain*



**SELF-REG** How to  
Help Your Child  
(and You) Break  
the Stress Cycle  
and Successfully  
Engage with Life

**DR. STUART SHANKER**

with TERESA BARKER

**THE PLAN**

**1. brain stuff**

**2. getting shit done**

**3. not losing your shit**

**BRAIN  
STUFF**

**simplicity : complexity**



# A gradient of childhood self-control predicts health, wealth, and public safety

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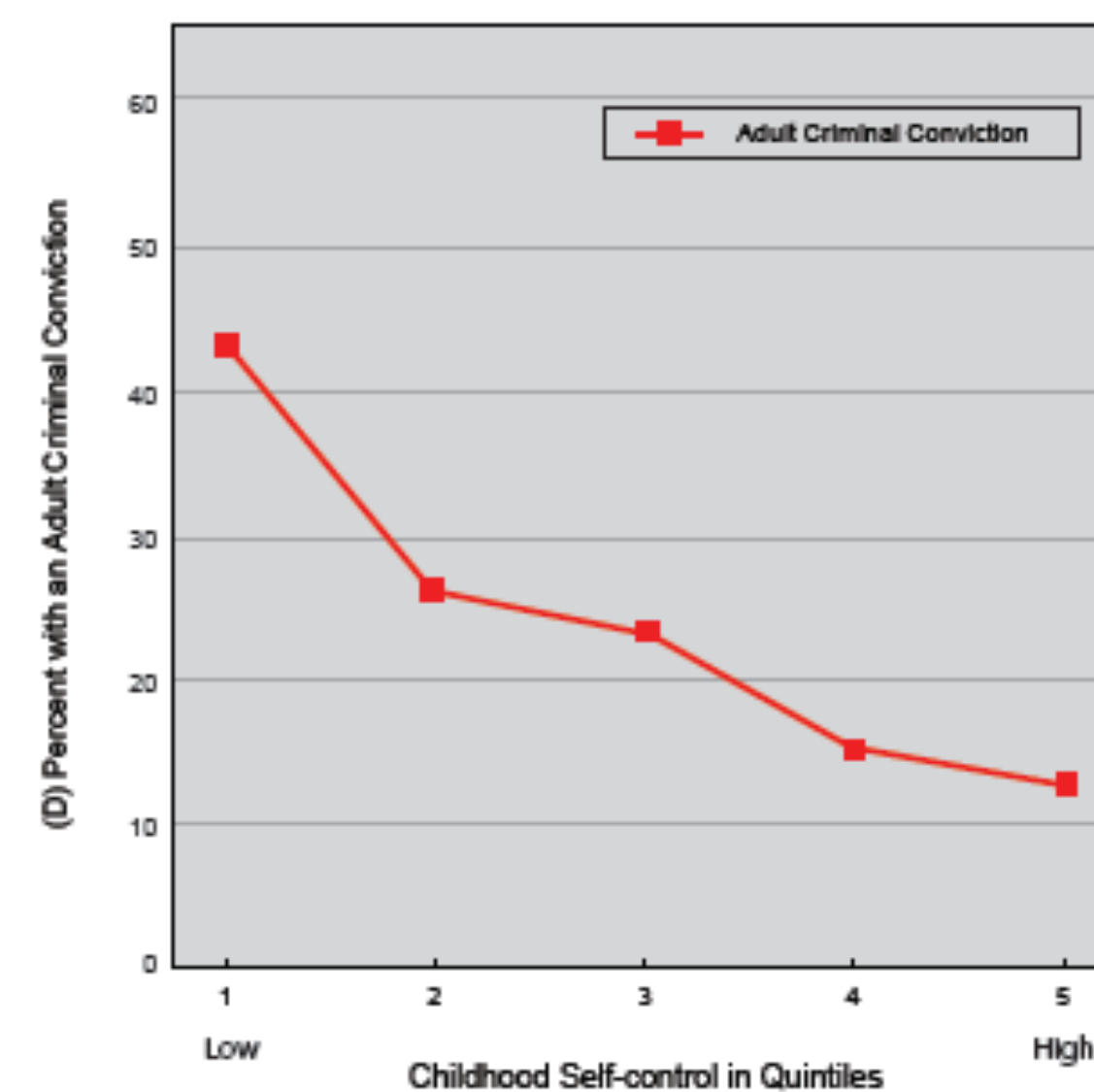
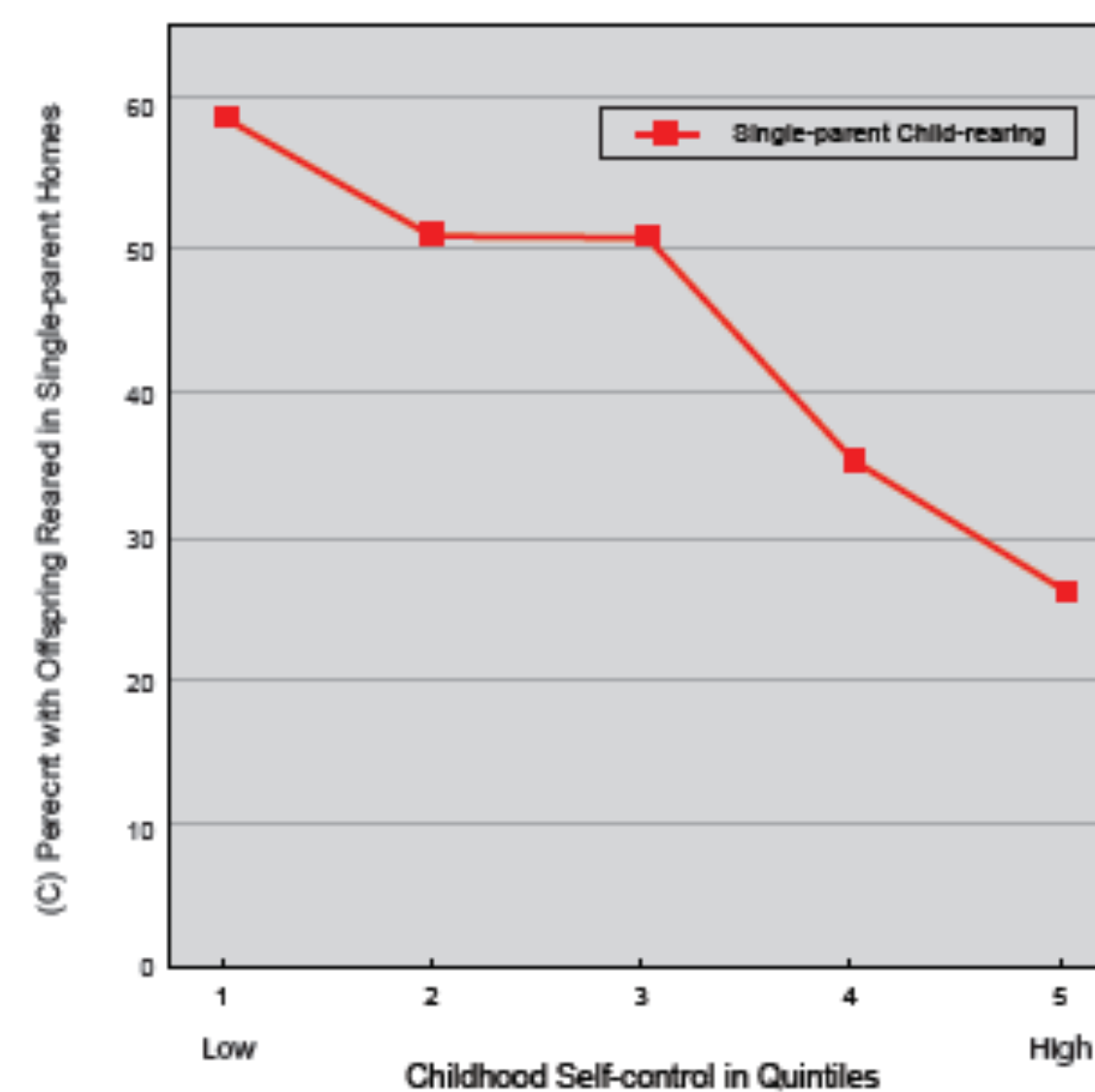
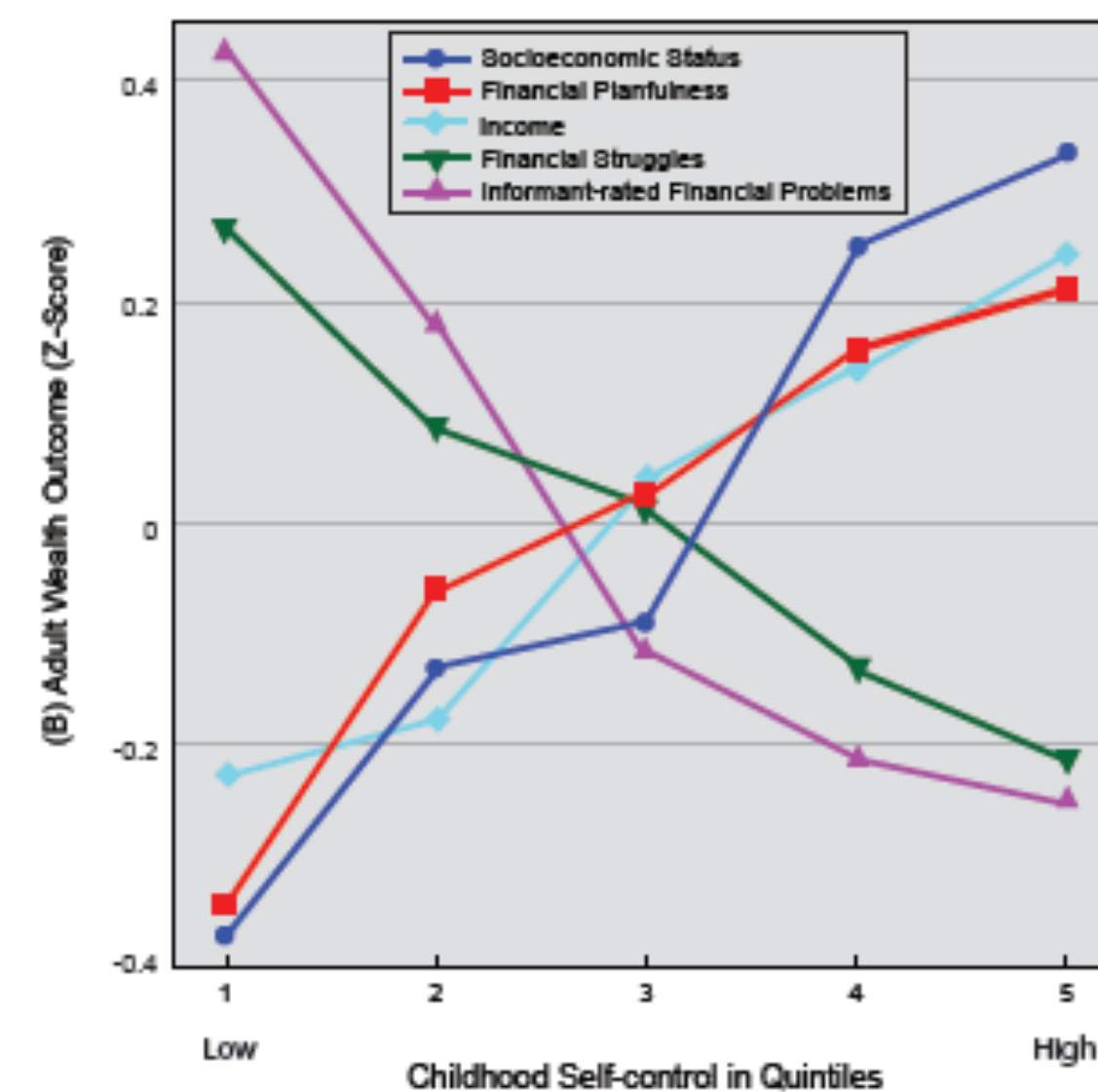
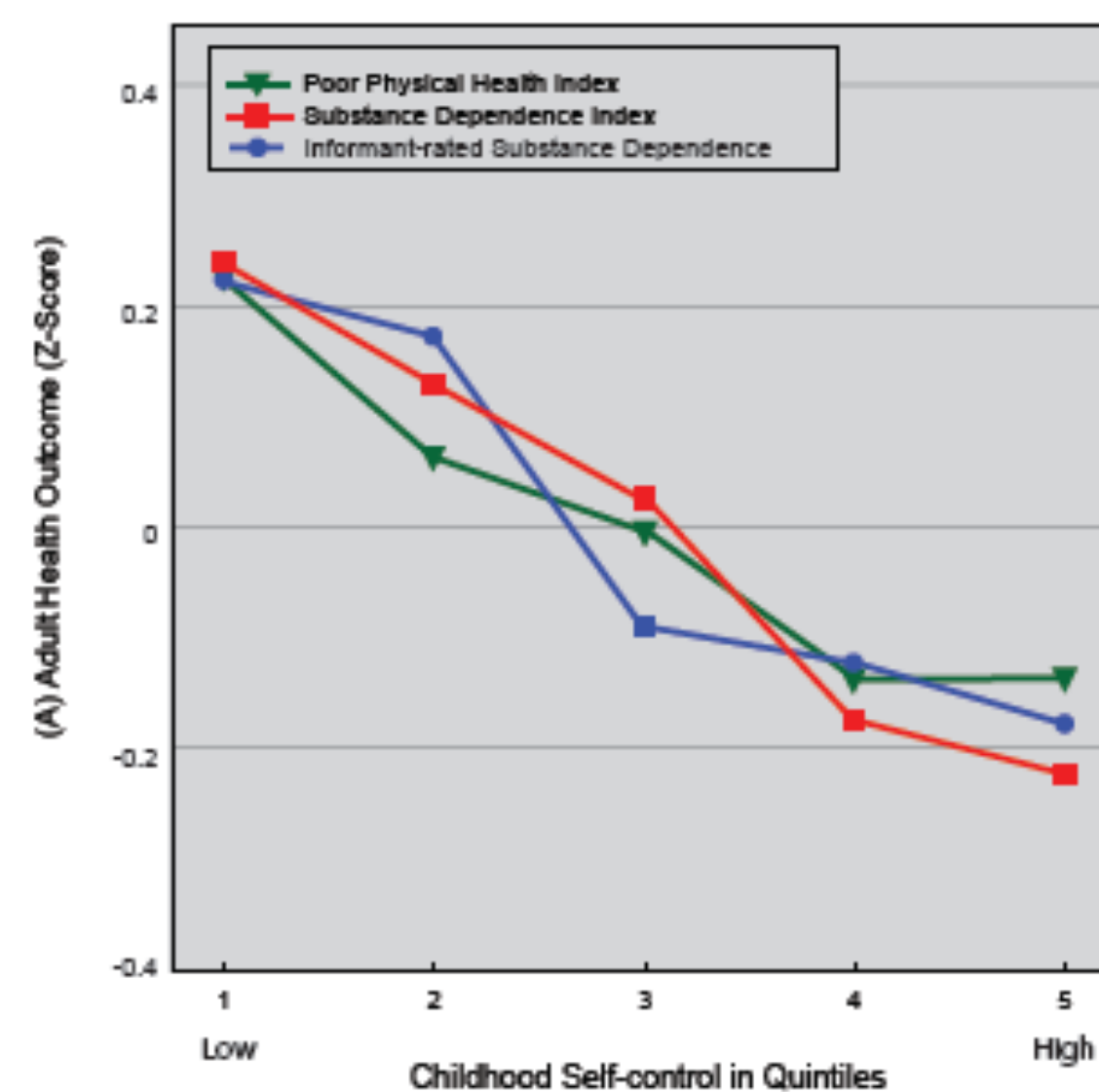
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Policy-makers are considering large-scale programs aimed at self-control to improve citizens' health and wealth and reduce crime. Experimental and economic studies suggest such programs could reap benefits. Yet, is self-control important for the health, wealth, and public safety of the population? Following a cohort of 1,000 children from birth to the age of 32 y, we show that childhood self-control predicts physical health, substance dependence, personal finances, and criminal offending outcomes, following a gradient of self-control. Effects of children's self-control could be disentangled from their intelligence and social class as well as from mistakes they made as adolescents. In another cohort of 500

ance arises from the empirical observation that preschool programs that targeted poor children 50 y ago, although failing to achieve their stated goal of lasting improvement in children's intelligence quotient (IQ) scores, somehow produced byproduct reductions in teen pregnancy, school dropout, delinquency, and work absenteeism (18).<sup>\*</sup> To the extent that self-control influences outcomes as disparate as health, wealth, and crime, enhancing it could have broad benefits. Given that self-control is malleable, it could be a prevention target, and the key policy question becomes when to intervene to achieve the best cost-benefit ratio, in childhood or in adolescence (19, 20)? Regardless of its malleability,



Self-control gradient: Children with low self-control had poorer health (Panel A), more wealth problems (Panel B), more single-parent child-rearing (Panel C) and more criminal convictions (Panel D) than those with high self-control





**the marshmallow test**

**self control**

# self regulation

parasympathetic

sympathetic

rest/relax

hypoarousal

calm focus

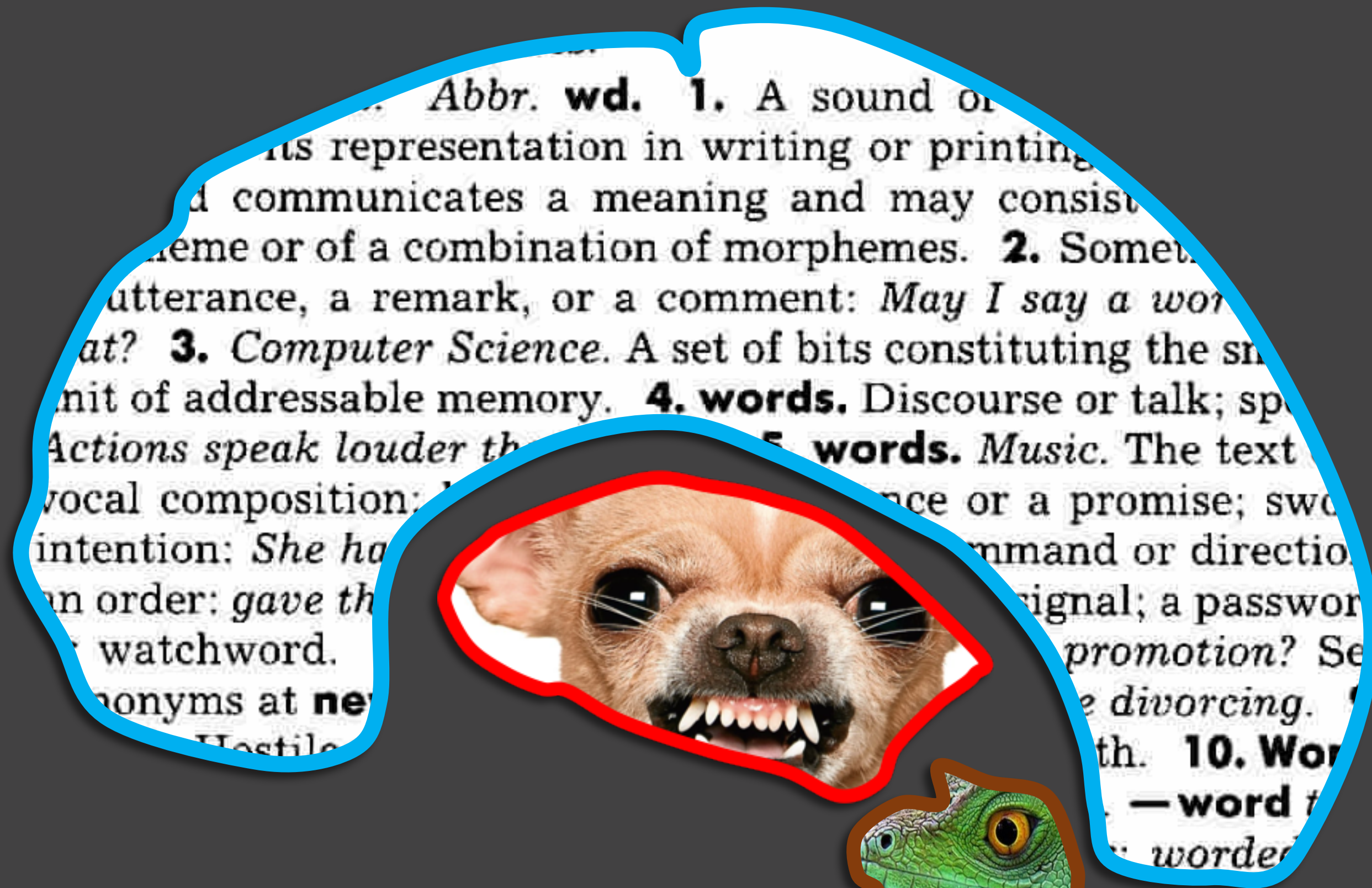
hyperarousal

fight/flight

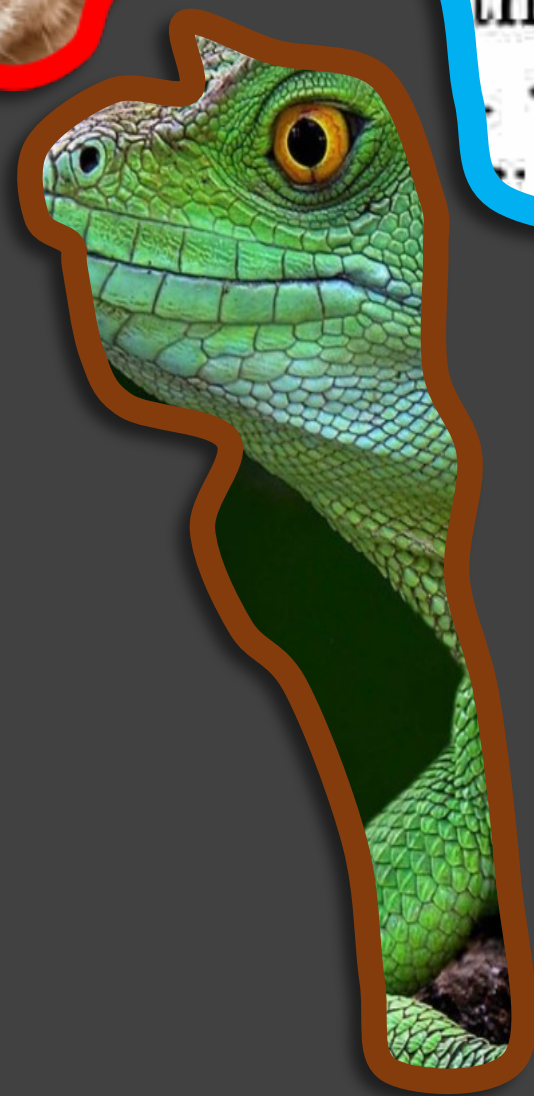




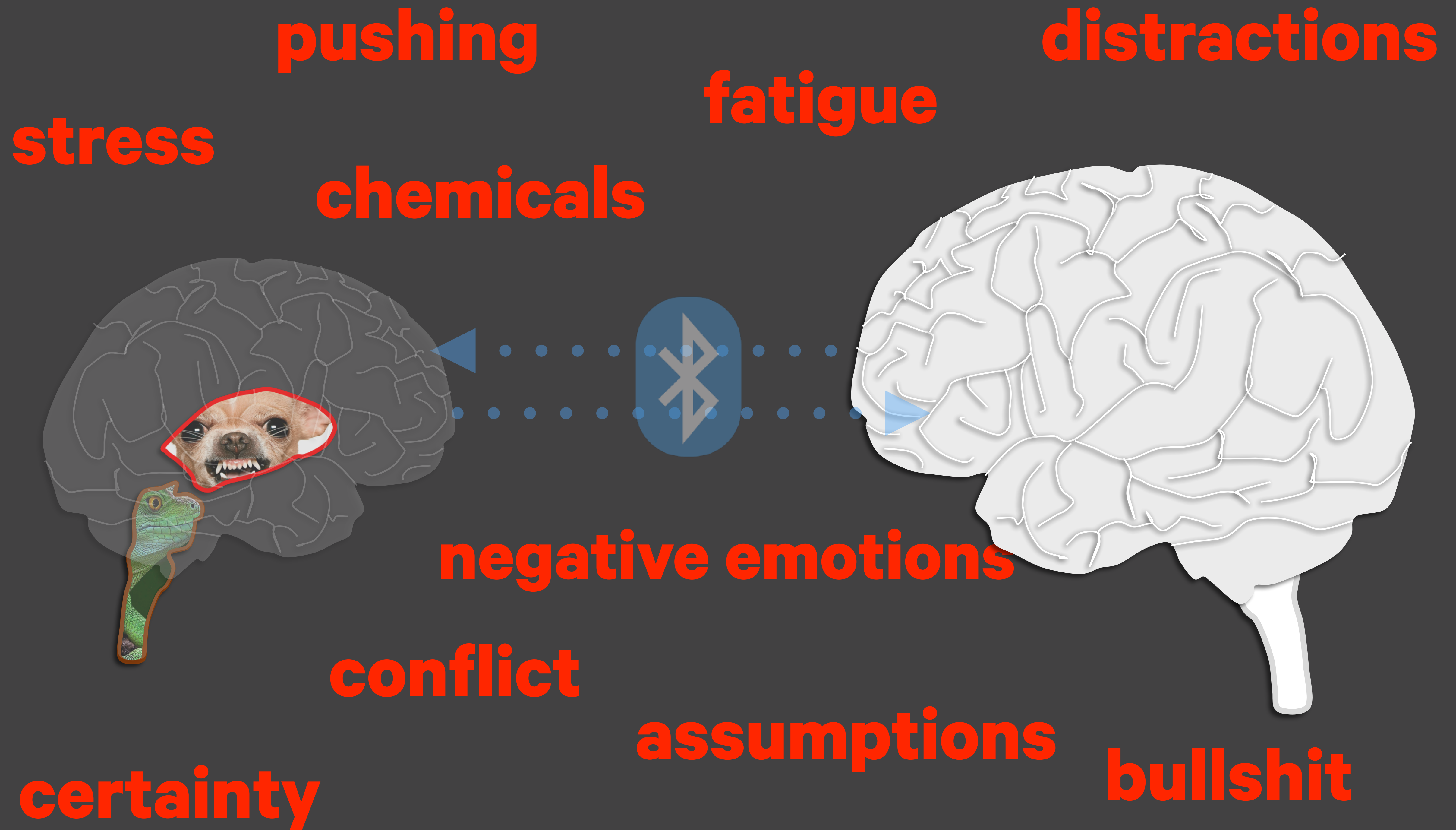




Abbr. **wd.** **1.** A sound or its representation in writing or printing that communicates a meaning and may consist of a single morpheme or of a combination of morphemes. **2.** Sometimes a single utterance, a remark, or a comment: *May I say a word?* **3. Computer Science.** A set of bits constituting the smallest unit of addressable memory. **4. words.** Discourse or talk; speech: *Actions speak louder than words.* **5. words.** Music. The text of a vocal composition: *the words of a song*. **6.** A promise or a promise; a command or direction: *He gave the signal; a password.* **7.** A signal; a password: *He gave the promotion? See the divorcee.* **8.** A word: *He gave the word.* **9.** A word: *He gave the word.* **10. Word.** — **word** *the word.* **11.** A word: *He gave the word.*









abc



**why now?**

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GETTING  
SHIT DONE



**it's just you**

- 1. always be calming**
- 2. accept and utilise**
- 3. you are always team building**
- 4. everyone has to win**
- 5. if in doubt be kind**

HOW NOT TO  
LOSE YOUR SHIT



**we all know**

**it's **ok** to put it down**

be kind to you



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