

## Mental Health Awareness Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

The ability to subordinate an impulse to a value is the essence of the proactive person. *Steven R. Covey*

### Tips on managing impulsivity more effectively:

- ❖ An important step towards managing your impulse is to recognise that you possess self control. To suggest that you “cannot help” yourself in controlling your thoughts and emotions may be tantamount to saying that you have lost a certain degree of control over your life. Exercise self restraint (however challenging it may be) as it builds resilience for it takes more strength and courage to resist an urge than to give in to it.
- ❖ Though impulses may be spontaneous, they may not be related to what we truly need. For instance, when you feel the urge to purchase something that caught your attention, ask yourself whether do you really need it. If it is for self-soothing purpose, then ask yourself whether there could be other rational or appropriate way to do it.
- ❖ Acquire healthy coping strategies to beat stress and anxiety as you are more prone to yield to temptation when you are under duress. It may be necessary to seek professional support as early intervention to help you manage impulsivity or compulsivity issues could aid you in developing the necessary skills and knowledge.

### 5 Stages of Impulse Control

By A Legion for Liam



Many of us have found ourselves saying or doing things without thinking it through beforehand, resulting in undesirable outcome. Some people buy on impulse, leading them to spend beyond their means. Yet others speak without foresight, causing relationships to be strained. If this is a tendency or it developed into a habitual pattern of behaviour, it could be a matter of grave concern.

People with impulsive behaviour may perceive that the thrill or arousal their action brings outweighs the risk or harm such as aggression or self-injury. Though this pleasure factor may wane with time, impulsive people may persist in their behaviour in order to heighten the arousal. These reinforced habits in turn drives compulsive behaviour, resulting in issues and conditions like uncontrolled eating (or not eating), gambling, sexual activity or even handwashing ritual. Thus, it is imperative for people to take concrete steps to curb their urges before their urges control them.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at [wellbeing@sutd.edu.sg](mailto:wellbeing@sutd.edu.sg).

# IMPULSE CONTROL