



The 3 R's of Self-Care: Reflection, Regulation, and Relaxation

Reflection

What it Means

- Noticing your reactions and patterns so that you can plan for self-care.
- Pausing to think about how you're feeling and if your energy matches what you're doing in the moment.
- Knowing your "push buttons" - how you typically respond vs how you'd like to respond.
- Reflecting on your work and your relationships with others.
- Thinking about the behaviors of others and the reasons for that behavior.

How to Practice Reflection

- **Keep a mood journal.** Throughout the day, mark yourself on a scale of 1-10, where 1 is completely calm and 10 is the most stressed. Note the time, so you can look back at the end of the day or week and identify patterns. Building in time to do something calming at specific times as part of your routine can help you better manage stress.
- **Track "3 Good Things".** At night, let your mind wander over your day, including where you've been and who you interacted with. Next, identify three things that made you smile. This could be a moment of kindness, a smell or sound, or a job well done. Note those three things and consider why each of them were good.

Regulation

What it Means

- Shifting your energy to a place that is comfortable.
- Responding when you notice an increase in stress.
- Utilizing strategies to calm down and cope with stress.
- Engaging with people and in activities that make you feel comfortable and calm to help you better manage stress.

Ideas for Regulation

- **Grab a pen and paper and go somewhere quiet.** Write down your thoughts without censoring or judging them. Capture everything circulating in your mind and keep writing until it's all out. Then, rip it up! Put the pieces in the trash and take a breath.
- **Engage your senses.** Use fidgets, consider aromatherapy, or listen to music that helps you shift your energy where you want it to be.

Relaxation

What it Means

- Engaging in activities that invite joy, play, and connection.
- Focusing on keeping yourself strong and balanced.

Ideas for Relaxation

- Gentle stretching, going for a brief walk, guided progressive muscle relaxation, scheduling a call with someone who helps you feel calm.
- Everyone relaxes in different ways. Integrating those activities that bring you joy, and a true sense of calm consistently throughout your day can help with maintaining overall balance and improved stress management.