

3 R's of Self-Care

The 3 R's of Self-Care help bring balance to not only having a moment to pause and reset but also a moment to restore ourselves. With self-care, it's that fine line of balance between rest and avoidance, a pause and denial. **The 3 R's of Self-Care provide an outline for balance.** Below the 3 R's are explained.

- (1) Reflect and write down ideas for your 3 R's.
- (2) After identifying some ideas, brainstorm on needs such as budget, supplies, or arranging time i.e. pet sitters or childcare. Self-care does NOT have to include costs, but for some, they may choose to include this in the 3 R's.

Relax

Relaxation is a moment to rest and unwind. The **goal of Relax** is to give our brain and body a break. Examples of relaxation are a nap, laying on a couch and watching a show, resting in a hammock, reading a book. Rest can look different for different energy levels and schedules. The balance comes in managing the time. For example a one hour nap may be for relaxation where a 4 hour nap may be for avoidance or suppression. Time management helps us to keep balance with relaxation.

Replenish

Replenishment fuels who we are and helps us to embrace our authentic selves. The **goal of Replenish** is to bring energy to our body and celebration of ourselves. Some examples may be returning to a hobby, connecting to nature, doing something creative, connecting with community, learning something new. Replenishment isn't about "should," it is about connecting to and energizing ourselves.

Remove Procrastination

There are times when self-care doesn't feel like it's working due to the weight of other tasks. When we are avoiding a needed task, for example looking at bills, that burden stays in our body, increasing stress.. The **goal of Remove Procrastination** is to help Relax and Replenish reach their fullness by taking steps to complete necessary tasks. They do not have to be done all at once or all in one day, but by addressing burdensome tasks, our brain and body experiences relief. Setting realistic, step by step goals, can help with self-care. For example (1) open mail (2) sort bills (3) create budget (4) pay bills.

	Rest	Replenish	Remove Procrastination
Ideas			
Supplies			
Time Management			
Notes: What works and what needs to be tweaked			