

# Self-Regulation Maintenance Plan

## *In the Moment Self-Regulation Plan*

Below, brainstorm three practices per column that help you regulate, stay in the moment, and take care of yourself during stressful or difficult situations.

BEFORE	DURING	AFTER

## *Long-Term Self-Care Plan*

DAILY	
WEEKLY	
MONTHLY	
YEARLY	

## Stress Cycle and Mindfulness

**Using intention/mindfulness further completes the cycle**

**Move:** 20-60 min a day, Running, dancing, jumping and... Shake it off!

**Breathe:** Down-regulate stress with longer exhales than inhales

**Talk to People:** ‘Nice day’, ‘I like your earrings’ ‘Thanks for saying “hi!”

**Laugh:** The ugly, uncontrollable, abs are hurting kind!

**Affection:** Hugs where you stand holding your own weight

**Speak to loved ones:** Deep, honest, authentic, heart to heart conversations

**Cry it out:** Doesn’t solve the stress problem, but DOES close the stress cycle out (the stressor is different than the stress)

**Nature:** Hands in the soil, feet in the water, feeling the sun, being fully submerged in the smells, sounds, and textures.

**Do something creative:** creativity today creates energy, excitement, and enthusiasm for tomorrow. The benefits of creativity can stay with your system for days!

*Adapted from **Burnout: The Secret to Unlocking the Stress Cycle** by Emily and Amelia Nagoski*