

The background of the slide features a blurred image of a waterfall on the left side, cascading over rocks. The rest of the background is filled with various green plants, including ferns and broad-leafed foliage, creating a lush, natural setting. The text is overlaid on a white rectangular area in the center, with green bars at the top and bottom.

Presented by BU Happiness College

# Learning How To Up-regulate & Down- regulate Self Care

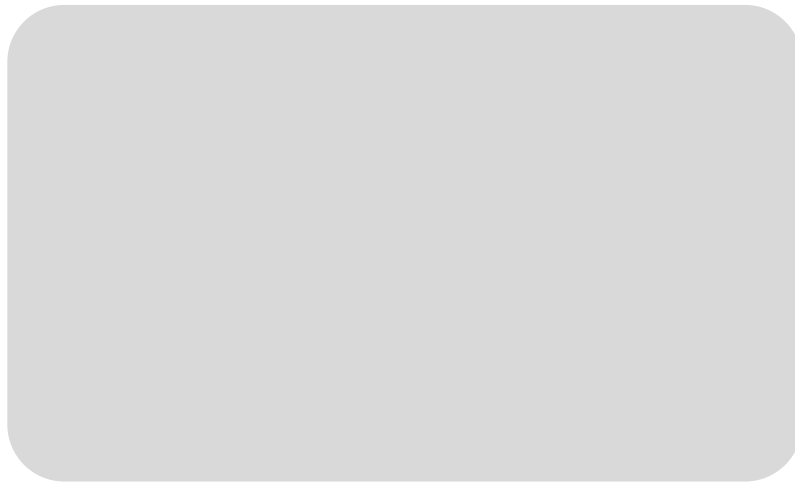
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# Regulation, Energised vs Relaxed



Down-regulate  
Grounding  
/Relaxation

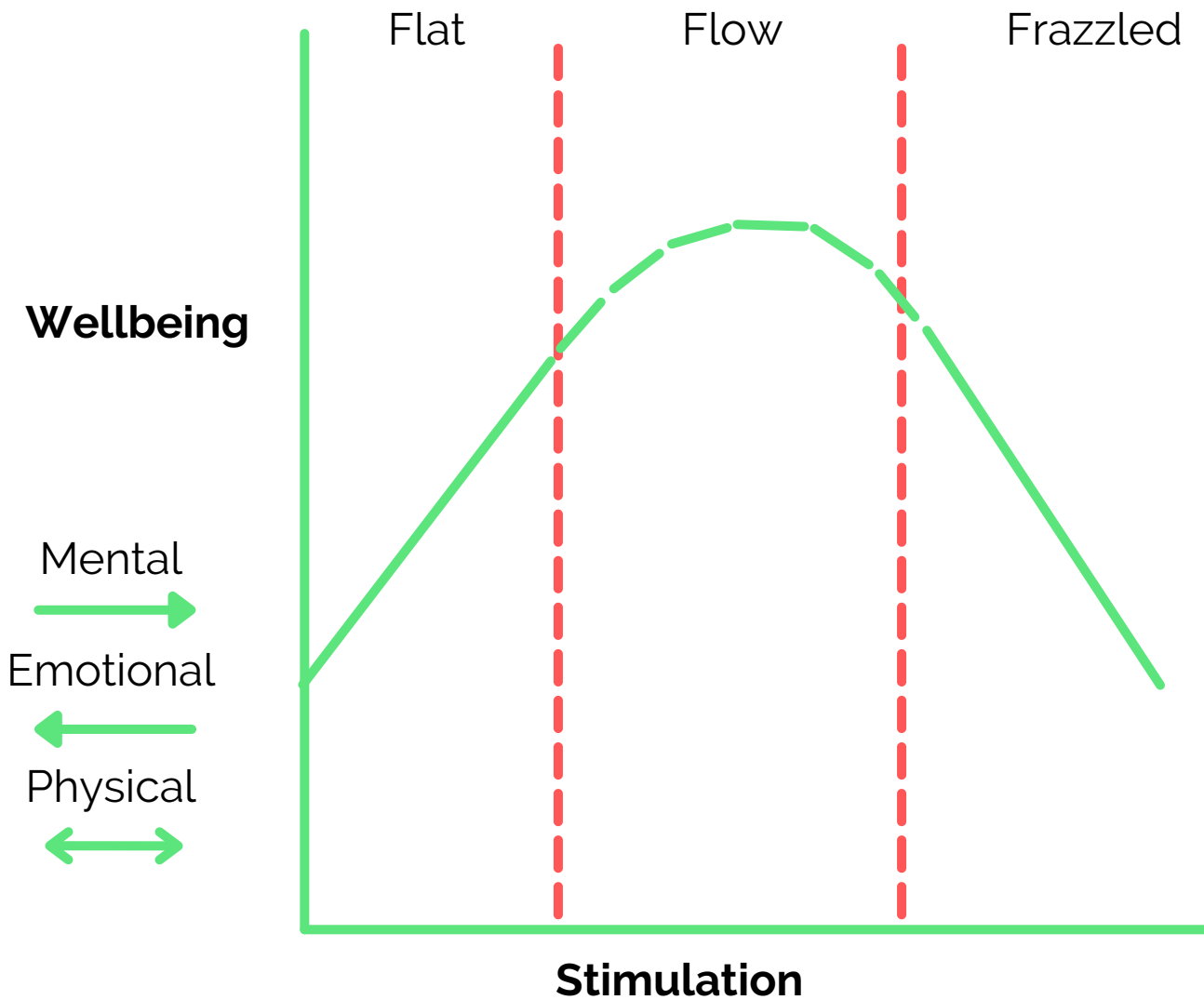


Up-regulate  
Stimulate  
/Energise



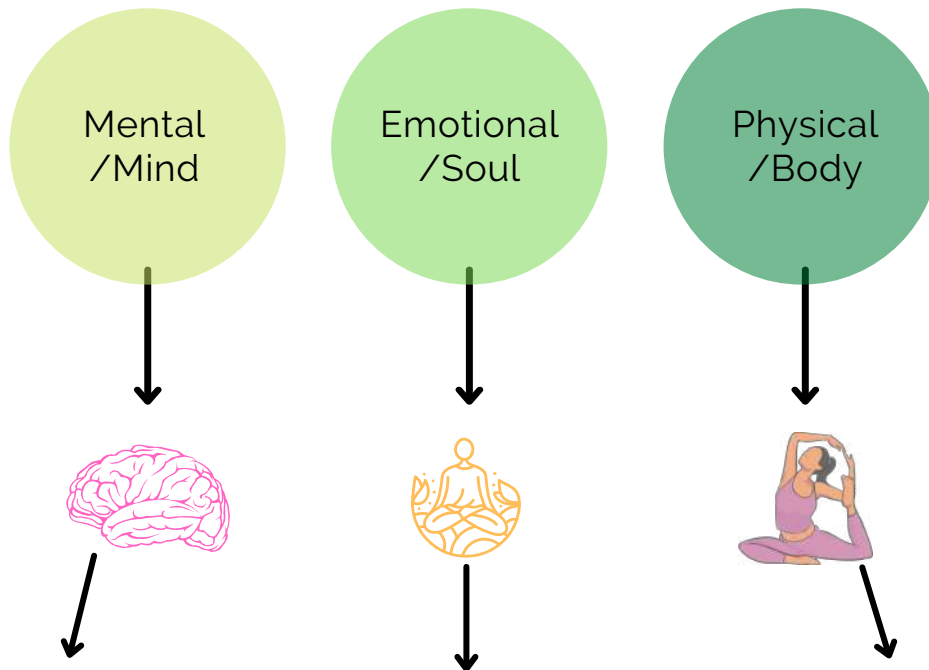


# 3 F's of Self Care & How to use them to find flow



What do you notice more in your life and where does it come up?

# 3 forms of Self Care



- Challenge
- Stimulating
- Trying something new
- Reading a book
- Doing a course for your personal development
- Building a new skill
- Decluttering your wardrobe
- Scheduling phone free time
- Writing to do lists & organising your planner

- Feels good for the soul
- Helps you get breathing room and space
- Journaling
- Meditation
- Breath work
- Gratitude
- Venting with a friend or coach
- Have a boogie to your favourite songs

- Nourish's basic human needs
- Regulates mind, body and soul
- Exercise
- Breath work
- Eating
- Sleeping
- Drinking water
- Massage
- Hair done

Understanding what form of self care you need and what specific activity that looks like to you can make it easier to up-regulate or down-regulate yourself.



# Self Care Regulation Plan

Write out self care activities for 2 of the 3 F's. What form of self care would you need and what are 3-5 examples of self care activities in that form?

**When I am feeling flat:**

**When I am feeling frazzled:**

When would be the best time for me to do these in my day?

A photograph of a person's hands holding a pen and writing in a notebook. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...