



# The 5 R's of Self-Care

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## Reframe

Your perspective on situations can help in practicing self-care. For instance, reframe self-care as an essential practice, rather than a burdensome addition to a busy day.

## Reflect

Take time to reflect on your emotions as a way to improve your self-care. Being in tune with how you're feeling is a crucial self-care strategy.

## Routine

Integrate your self-care practices into your daily routine. Start off small, such as reading a book before bed, and slowly work your way up to more direct approaches, such as journaling.

## Rest

An essential component of self-care is rest. Beyond ensuring you're getting a good night's sleep, rest also includes taking breaks, pausing and stopping to take a breath.

## Relation

Set and maintain healthy boundaries, connections, and relationships with friends, family, colleagues and peers.

