

Restorative Self-Care

Restorative self-care involves cultivating a nurturing relationship with one's mind, body, and spirit. At the heart of restorative self-care is a regular practice of activities, habits, routines and micro moments that promote a renewal of energy. The core components of developing a restorative self-care practice include (1) attuning, (2) refueling, (3) structuring, and (4) "boundarying."

“ Quotation

DICT Definition

What it might look like in practice

1. Attuning

Being attuned to oneself is the foundation for harmony in all other relationships.

—Paul T. P. Wong

Self-attunement is the act of checking in with yourself. It involves pausing and becoming mindful of your thoughts, feelings, needs, and desires.



Sit quietly, resting your attention on the natural flow of your breath, or reflect in a journal on these questions:

1. What emotions am I experiencing right now?
2. What stories am I telling myself?
3. What do my mind and body need?

2. Refueling

Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.
Maya Angelou

Refueling is the act of taking steps to attend to your physical, mental, emotional, and spiritual needs.



After attuning to your thoughts, feelings and needs, take action to help your body, mind, and spirit get what they need. Does your body need rest or movement? Does your mind need to do something interesting? Is your spirit craving joy?

What can you do to meet your mind's, body's, and spirit's needs? Maybe it is time to . . .

- Invite stillness
- Get more sleep
- Eat fresh whole foods
- Move/exercise
- Be in nature
- Connect with a friend
- Consider what you're grateful for
- Give and accept acts of kindness
- Be mindful
- Meditate
- Play or listen to music
- Dance
- Take time off from work
- Get away on vacation
- Enjoy a nap

3. Structuring

The pause is a powerful place. Go there often. —Octavia Raheem

Structuring is the act of creating routines and habits that give you the time and stillness needed to attune and attend to your needs on a regular basis.

Give yourself time each day, each week, or each month to practice attuning and refueling.

To structure restorative self-care practices, schedule self-attunement time in your calendar, set a reminder on your phone, or pair attuning with another routine activity. For example, check in with yourself every time you're warming food in the microwave.

Consider asking a friend to be a self-care buddy. Make it a regular practice to text one another three things you're grateful for each day. Your commitment to each other can keep you on track.



4. Boundarying

Boundaries are the distance at which I can love you and me simultaneously. —Prentis Hemphil

A boundary, simply put, is the act of saying "yes" or "no." It involves the limits you set with others and with yourself to ensure you have the time and energy to care for your body, mind, and spirit.



Ask for time and pause to consider options and bandwidth before responding to requests.

Guard the time you have set aside for self-care. Treat it like an appointment and let others know you have plans.

Honor your commitments to yourself in the same way you honor commitments made to others.



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