

MY 5-PRACTICE SELF-REG PORTRAIT

PRACTICE 1 – Read and Reframe Behaviour

- List some behaviours or choices that you or another have made in the past that may have been viewed as “misbehavior”
- For each of those behaviours, reframe them. *“I think this was/is stress behaviour and here is how I know...”*

“MISBEHAVIOUR”	REFRAME <i>“I think this was/is stress behaviour and here is how I know...”</i>

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PRACTICE 2 – Recognize the Stressors

- Start a list of stressors that you know impact you personally. Look at stressors across the 5 Domains. What about hidden stressors?
- Don't worry too much about getting the stressor in the right domain

BIOLOGICAL

EMOTION

COGNITIVE

SOCIAL

PROSOCIAL

**Need ideas? You can find examples in this tool [here](#).*

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PRACTICE 3 – Reduce the Stress/Lighten the Stress Load

- Take the stressors you identified in Practice 2 and begin reflecting on ways you could reduce them

Stressor:

How I can **Reduce** it:

Stressor:

How I can **Reduce** it:

Stressor:

How I can **Reduce** it:

Stressor:

How I can **Reduce** it:

Stressor:

How I can **Reduce** it:

Stressor:

How I can **Reduce** it:

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PRACTICE 4 – Reflect: Enhance Stress Awareness

- Listening to our bodies is a critical step in understanding our stress. Our bodies can tell us whether we are calm or not. We need to recognize these feelings.
 - List some of the embodied sensations that you experience when calm, focused and alert.
 - List some of embodied signs that you are not calm, focused and alert.

When I am <i>calm</i> I feel...	When I am <i>not</i> calm I feel...

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PRACTICE 5 – Restore: Develop Personal Strategies for Restoring Energy and Reducing Tension

- Create a list of strategies or activities that help you reduce tension and increase your energy
 - This differs from Practice 3, as these are not ‘in the moment’ ways to reduce stress, but rather are to provide yourself with energy and reduce your tension to bring about a state of calm and better tackle those unknown stressors that may be on the horizon.
- How do these relate to the stressors you identified in Practice 2?

How do you reduce tension and increase your energy?