

**Centered and Connected:
Self-Care Through the Lens
of the 3R's
(Inspired by Dr. Bruce Perry)**

Regulation Practice

A horizontal line of small, light gray dots spanning the width of the slide, positioned below the title.

**What are 3
things you see
right now?**

**What are two
things you hear
right now?**

**What is one
thing you feel
right now?**

Brain Develops Bottom Up



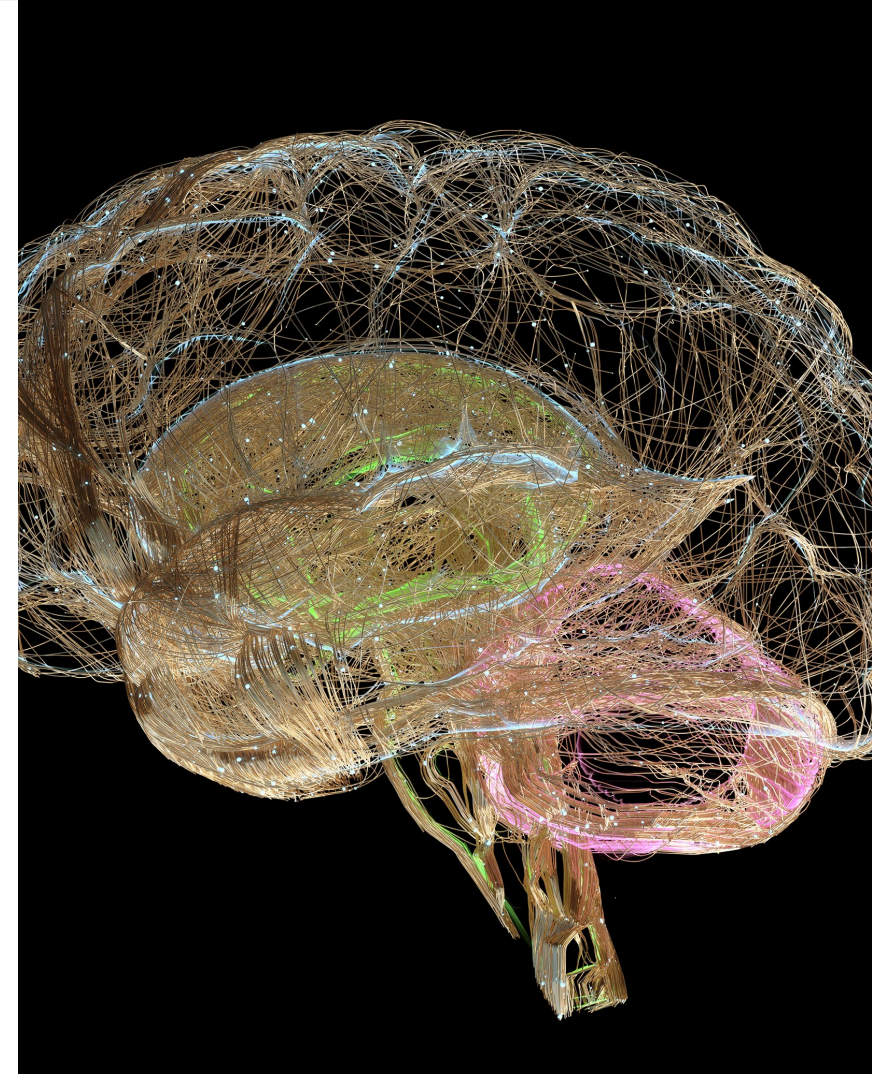
Brain stem (regulation)



Midbrain (connection)



Cortex (thinking/learning)



"State-dependent functioning: you can only access certain parts of the brain depending on your internal state." – Dr. Bruce Perry



Regulate, Relate, Reason – The Key Sequence

Regulate

THREE KEY TECHNIQUES:

1. BREATHWORK

2. MOVEMENT

3. CONNECTION



Regulate

- Which relationships fill your cup?
- With who and where do you feel safe?
- Where do you feel unsafe or uneasy?
- Where do boundaries need to be set?





Reason

The focus:

- Organizing our thoughts
- Processing events differently
- Considering choice
- Planning what to do differently

Discussion

A photograph of a calm lake at dawn or dusk. In the foreground, the dark blue hull of a canoe points towards the center of the frame. The water is still, reflecting the sky and the dense forest of evergreen trees that line the far shore. The word "Discussion" is overlaid in a large, white, serif font across the upper middle of the image.

Building Your Resilience Toolkit



Regulate



Relate



Reason



Thank you

Contact info

Self-Care Learning

Collaborative

