



*Self-Care Isn't
Selfish*

#ibelieveyou

At RSVP, we believe that taking care of yourself is essential. Self-care is especially important, now more than ever.

Thank you for choosing to take part in our Self-care Isn't Selfish Event. This week, we will be looking at simple initiatives that you can incorporate into your weekly routine to help make you feel happier, healthier and more hopeful.

You are a priority and taking care of yourself isn't selfish.

RSVP x



The Happiness List

End your day by reflecting on 5 positive thoughts, feelings and goals.

e.g. This morning I had a meaningful conversation with a friend

I began my day with a good cup of coffee



DAILY

Affirmations

I deserve to receive all of
the love and support that I
need

I am enough

I am in control

I am becoming the best
version of myself, one day at
a time

The future is mine to create
beautiful moments

I am not alone

Say your affirmations out loud in the morning while meditating, practicing mindfulness or while doing your morning routine. Remember your affirmations when faced with something challenging throughout the day

Self Care Night

Take time away from social media in order to focus fully on yourself



Try using guided meditation or mindfulness apps



Take a relaxing shower or bath, using your favourite products

Spend time creating artwork. Create your own masterpiece or use a colouring book

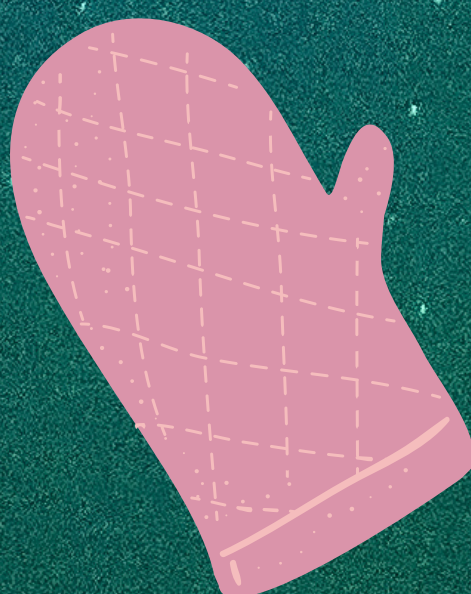


Spend time journalling



Read a good book

Cook something delicious



Give your skin some TLC by applying face masks and moisturisers. Use products that make you feel good

Clear Your Space

**Open windows
to let fresh air
into your
space**



**Clean your
space and tidy
any clutter**

**Use scented candles,
oil burners or room
sprays to keep your
space smelling
beautiful**



**Clear your wardrobe of things
that you no longer wear. Use
sites like ebay and depop to
sell them and donate the
proceeds to RSVP**



**When tidying your space,
look out for any stray coins.
You can collect them all and
donate them in the future!**





*Eat in to
Help Out!*

Instead of eating
out, treat yourself
by learning how
to cook
something
delicious, then
donate the money
that you would
have spent eating
out.



Super Mood Boosting Foods!

Salmon

Bananas

Dark Chocolate

Oats

Beans & Lentils

Berries

Nuts & Seeds

Green Tea



Exercise



Motivate yourself to move by setting yourself a challenge and raising funds for RSVP. Set realistic goals doing something that you feel you will enjoy and have fun doing it! Exercise is a great way to relieve stress and feel good. It increases chemicals in the brain that make you feel happy! Spending time outdoors has so many benefits for our physical and emotional wellbeing.



Mood Boosting
Exercises
Yoga



Cycling
Dancing

Running

Gardening

Tai Chi

Walking

Aerobics

The Ripple Effect of Giving

Research has shown that giving makes us far happier than receiving.

Numerous studies have shown that giving to others or to charity will put a huge smile on your face!

1. Giving makes us feel happy.
- 2: Giving promotes cooperation and social connection.
- 3: Giving evokes gratitude.
- 4: Giving is contagious.
- 5: Giving makes us proud. Be proud that you have contributed to change someones life for the better





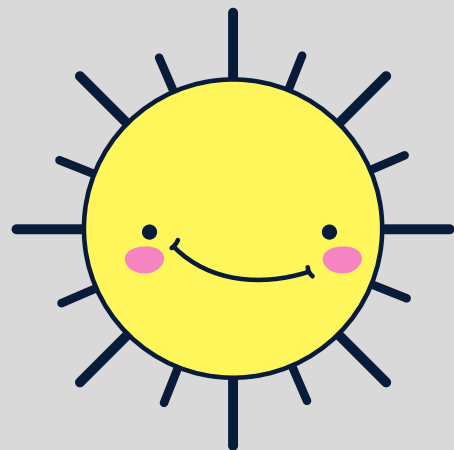
Good Vibes Jar

Good thoughts are an infectious feeling that we all want to catch! Here is a great way to catch your good feelings and spread some joy in the future...

Step 1: Get a Jar

Step 2: Decorate it in a way that makes you feel happy! Follow our YouTube video for inspiration.

Step 3: If it feels good - donate it! For every good thought/feeling you have, put a coin in your jar. When your jar is filled with the physical representation of your happy thoughts, donate these good vibes to RSVP!

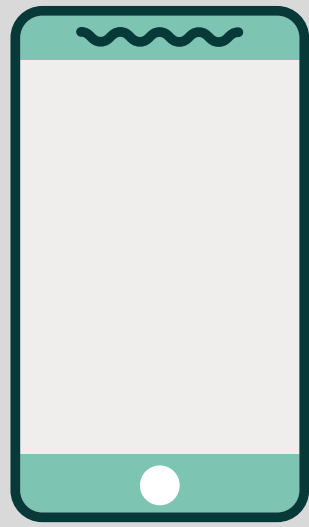


Think like a friend.



When our negative thoughts are at their worst, we can feel like our own worst enemy. When you begin to see yourself as your treasured friend, you will find yourself being kind to your mind

Make Time To...

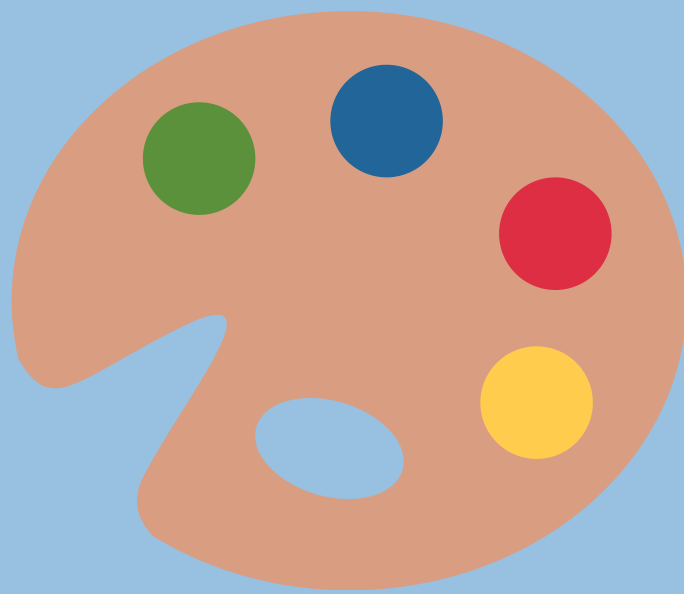


Speak to friends and family.

It is so important to maintain contact with loved ones right now. A video call, phone call or even a text can make a huge difference!



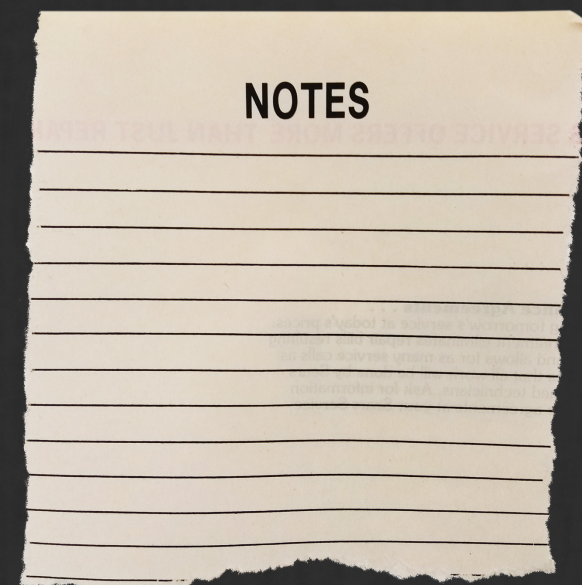
Get a good night's sleep. Start using healthy sleep habits before bed like limiting screen time or practicing sleep meditation before bed.



Set some time aside to do a hobby that you enjoy. It could be anything from listening to music, colouring in, knitting, gardening, football or gaming...

Advice from the RSVP Family

"At the end of the week I set a task for myself to reflect on what has gone well. I think of 10 things, big or small that went well, and make a list. Sometimes it's really small things, like getting a funny text from a friend. It all counts."



"My self-care is reading, walks/runs/cuddles with my dog, writing & yoga. Listening to music is a big one for me too - focusing on & listening to lyrics always makes me feel calm!"

"Sometimes telling myself that things are ok helps. I also like going out for walks in parks or nature reserves."



"Crafting takes you out of your head, is physically grounding and gives a warm glow of achievement - even if it is not perfect, as no art is perfect! Clay is particularly good (air dried clay from The Works is cheap and doesn't need a kiln)"

"There are a few things I do (and many things I don't!) in terms of self care. There are small things that I do like telling myself 'you can only do what you can do' and you're best is good enough'. I find these mantra's particularly helpful when feeling overwhelmed with work or if I have taken on a lot personally. I also like a good book! It has to be paper, not a kindle or e book! I love the smell of a new book! I like a coffee and maybe a cherry Bakewell! I have a few close friends and family who I off load to and can call upon if I need a listening ear!"



"I try to do some self-care every day. I enjoy going for walks, especially this time of year with all the autumn colours of nature. I drink lots of water to keep hydrated and get rid of toxins. I enjoy reading a good book.

I like gardening, not an expert, planted lots of bulbs and will look forward to spring and see what appears. I love a nice cup of tea and biscuits and a chat with friends. I look at old photos and reminisce about happy times. I try to practice positive thinking and mindfulness. I try to practice gratitude. Finally, I'm trying to walk up and down the stairs at work instead of the lift as it feels like a good achievement to make it to the top!"