



happiness
through
self-care

RESOURCE CHEAT SHEET

Apps

Headspace

www.headspace.com

The Headspace app is an app that serves as the perfect introduction to mindfulness meditation. It will guide you through the process of focussing your mind and calming your heartrate. It makes it very easy to learn, and you can then dip into the guided sessions whenever you need them. When you need a little downtime, or if you want to become generally calmer and happier, Headspace is a great option.

MindWave from NeuroSky

<http://store.neurosky.com/>

MindWave is an 'EEG' headset. This will allow you to measure your brainwaves, which can then be used in conjunction with an app in order to train you in order to be able to stay calmer and happier. Lots of exercises and games are included to help guide you through the process of taking better control over your mood and thoughts, and the results can be extremely powerful – potentially helping you improve you meditation skills in a fraction of the time.

Fabulous

<https://www.thefabulous.co/>

Fabulous is an app that is designed to help you set goals and stick to positive habits. It does this by using a number of different mantras and tips, and by using reminders. It has won awards for its design, and is one of the most pleasing apps on iOS or Android to look at and use! That helps!

Books

Happy

Happy is a book from UK mentalist Derren Brown. While Derren usually puts his skills to work wowing audiences, in this book he instead focusses his understanding of psychology on another task: helping readers to be happier and more content. The general thrust focusses on the works of Seneca and other thinkers, who believe that learning to see the goodness in what you have – and even to accept that things sometimes go wrong – can be the most powerful way to improve your experience of the world and to be much happier as a result.

The Brain That Changes Itself

This book discusses the topic of neuroplasticity in great depth. For those not familiar, neuroplasticity is the science of the way the brain changes in response to learning and experiences. The simple fact is that your brain will grow and shrink in different regions in order to reflect the way you use it. If you use certain skills a lot, the brain areas that are responsible for those skills will get bigger and more developed... and vice versa!

This is important, because understanding this science essentially allows us to design the way our own brains work and to alter the way we think. This is one way that we can pick up bad thinking habits – or learn to eliminate them!

The Master Key System

In the book, we discussed the role of the “law of attraction.” This discusses the way in which looking and acting a certain way can ultimately make us *become* a certain way. This book looks at how to tap into that power by knowing what you want and going after it. One of the biggest fans of this book is Terry Crews, and most of us would say he’s a pretty happy and successful guy!

Other Tools and Resources

Shots of Awe

<https://www.youtube.com/user/ShotsOfAwe>

This is a YouTube channel that is all about awe cultivation. This is something that we discussed in the book – how seeing something or thinking something that changes your entire perspective on the world can bring about massive change in your brain and also fill you with positive and feel-good hormones.

Shots of awe helps to encourage this sensation by focusing in on truly amazing facts and then combining this with inspiration music and tightly edited imagery. It's a real experience, and each video lasts just a few minutes.

Tony Robbins: Finding Your Purpose

https://www.youtube.com/watch?v=qD8js_OI2UE

Tony Robbins is one of the most well-known and respected coaches and authors on the subject of self-improvement and self-help. In this video he explains how to find your purpose in life. While this is a little more self-help than self-care, it's still a very important way to understand yourself better. When you know what it is you are trying to accomplish, you can become hugely more confident in yourself and you can gain a much better understanding of how to get where you want to be in quicker time.

Oprahmag.com

<https://www.oprahmag.com/life/relationships-love/g25629970/positive-affirmations/>

This is a list of positive mantras from none other than Opra. If you repeat these mantras daily, the aim is that it will help you to feel better about yourself. This works in the short term (and we recommend sticking these mantras onto little post-it notes) but it also works in the long term. That's because, over time, you will learn to make this kind of thinking habit. Now, you will find yourself thinking positive things by default, rather than thinking negative things and “beating yourself up” all of the time!

Bullet Journal

https://www.amazon.com/Bullet-Journal-Hardcover-Notebook-Expandable/dp/B07L4GSGWD/ref=sr_1_1_sspa?keywords=bullet+journal&qid=1572626175&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzSkdWQUI2V1FKSDNQJmVuY3J5cHRIZEikPUEwNTAzNjEzQkxFOElwWldUWTNUJmVuY3J5cHRIZEFkSWQ9QTEwNDQ4NDUxM0dIODRLSEUxM1oxJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JIZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==

Throughout the book we talked at length about the power of journaling – about how you can benefit from writing down the things you are grateful for and the things that you like about yourself, or have done well. We also talked about the benefits of simply keeping a journal in order to keep a log of your life and to help you look back and appreciate everything that has happened/to better gain perspective and context for events. While this can be very powerful, you might be wondering how to structure all of this. One very popular option right now is to keep a bullet journal! This is a book designed to support bulleted lists and other information structured in a less conventional – but more artistic – manner.

Massage Chair

https://www.amazon.com/Tinycooper-Massage-Gravity-Lower-Back-Heating/dp/B07M8455YG/ref=sr_1_7?keywords=massage+chair&qid=1572626194&sr=8-7

Self-care is about looking after your mindset yes, but it is also about indulging yourself and being kind to yourself. One great way to do that is with massage. And with a massage chair, you'll have endless massage on tap!