

recover

a collective vocabulary of self-care

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Edited by Giulia Cataldi, Yun Jeong and Brooke Wilson
With the contribution of Theo Dunne
Graphic project & illustrations by Giulia Cataldi
About recover and poem *(To) Walk Outside* by Brooke Wilson
Textile cover and fabric scraps compositions by Yun Jeong

The content of this vocabulary is extracted and edited from the multiple anonymous contributions collected into the Self-care Mixtape, an on-line open document (closed on the 21st of February 2023). Scan the QR code on the inside back cover to access.

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Giulia Cataldi

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Royal College of Art

about

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recover is a collaborative publication, designed to explore notions of self-care. Following an investigative process, the contents of this publication have been extracted and edited from anonymous contributions collected within an online open document, entitled *Self-care Mixtape*. Simplifying our data by converting these statements into a series of actions, listed alphabetically, reiterates their adaptability and allows the reader to recover their own understanding of them whilst simultaneously activating their movement, through reading. Alongside the listed actions, a series of self-reflective questions populate a blank space and invite the reader to make their own lists, further expanding the collaborative nature of this project.

Accompanying this, is a visual essay by Giulia Cataldi, that consists of nine images taken during the lockdown period in 2020, an experimental poem, by Brooke Wilson, that takes the reader outside in a riddle like dialogue between action and command, and a textile cover by Yun Jeong, that doubles up as the publications jacket as well as offering an abstract depiction of the home and a facial expression of happiness.

As a collective, we have found a space to explore self-care through the development of this publication and hope its final manifestation enables you to do the same.

Brooke Wilson

What is self-care for me?

actions

- to **a**ctivate my body
- to **b**e creative
- to be silly
- to be with myself
- to be with people
- to breathe
- to (not) **c**are what others think
- to clean up my space
- to cook
- to cuddle
- to **d**ance
- to do a facial
- to do a hair mask
- to do house chores
- to do my work
- to do nothing
- to do something for myself only
- to do yoga
- to draw
- to **e**at

What do I do to unwind and relax?

to eat well
to exercise
to explore places
to express my feelings
to feel the fresh air
to feel the sunshine
to forage for mushrooms
to get lost in a book
to get out in nature
to get up early
to go climbing
to go clubbing
to go out
to go shopping
to go to shows
to go to the gym
to go to therapy
to have a bunch of wine
to have a coffee
to have a glass of wine
to have a warm shower
to have a massage
to have tickle fights
to hike

What do I do to energise myself?

to identify my needs
to initiate conversations
to (not) justify my self
to laugh
to learn from others
to listen to music
to listen to my thoughts
to listen to myself
to listen to the radio
to masturbate
to meditate
to notice
to open the windows
to order dinner in
to (not) overexplain
to pause
to picnic in the park
to plan ahead
to plan fun activities
to prioritise myself
to prioritise pleasure
to protect my personal space
to put myself first
to reciprocate behaviours

How do I relieve anxiety?

to remove myself from triggering situations
to say no
to schedule my day
to schedule my week
to scroll my phone
to (not) set an alarm
to set boundaries
to sing songs
to sit in parks alone
to sit in parks with friends
to sleep
to sleep early
to smoke weed
to stare at a wall
to stay on top of admin
to stop my mind
to take a day off
to take a nap
to take a pilates class
to take care of my body
to take care of my mental health
to take my time
to take myself out
to talk it out

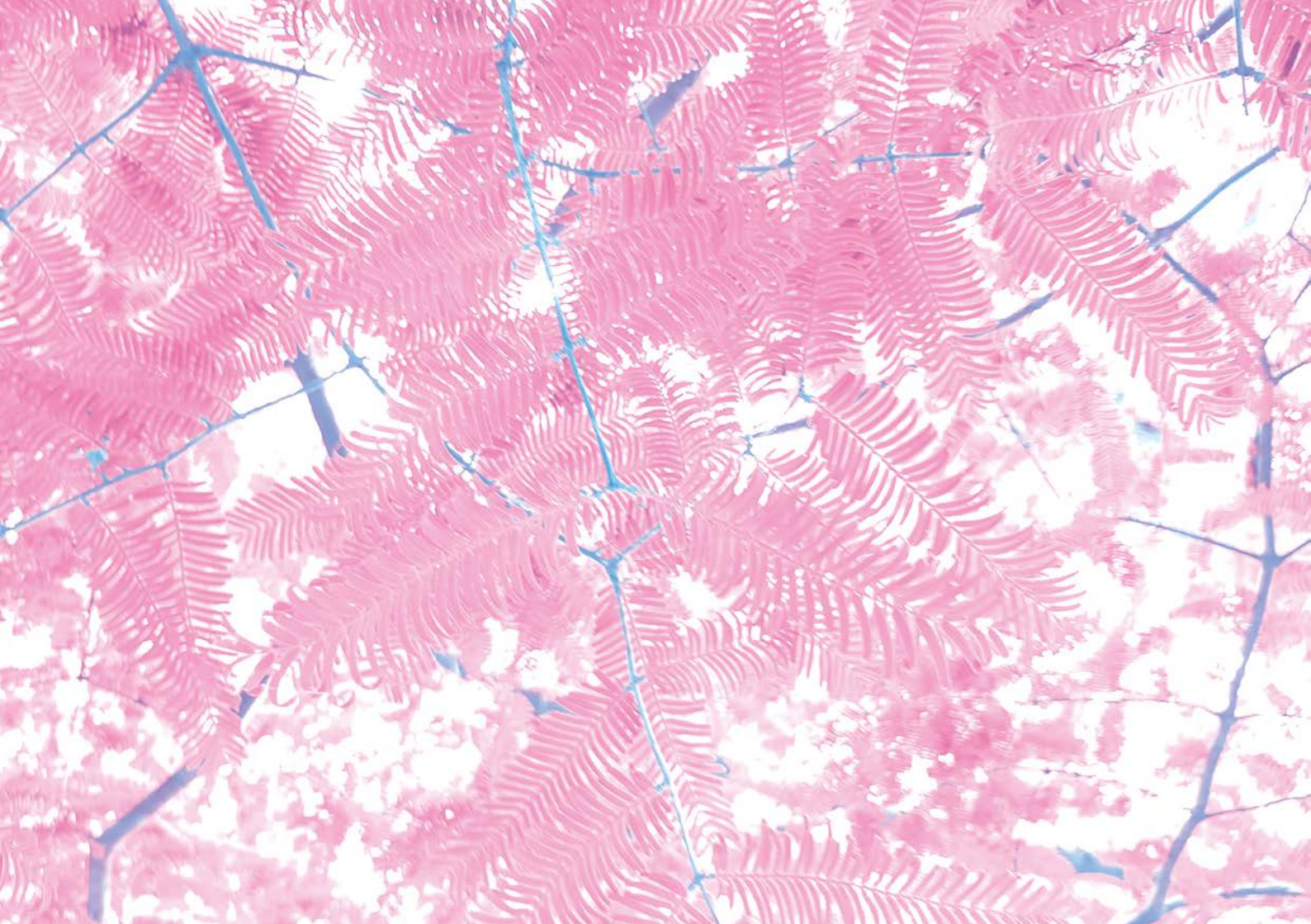
How do I set boundaries?

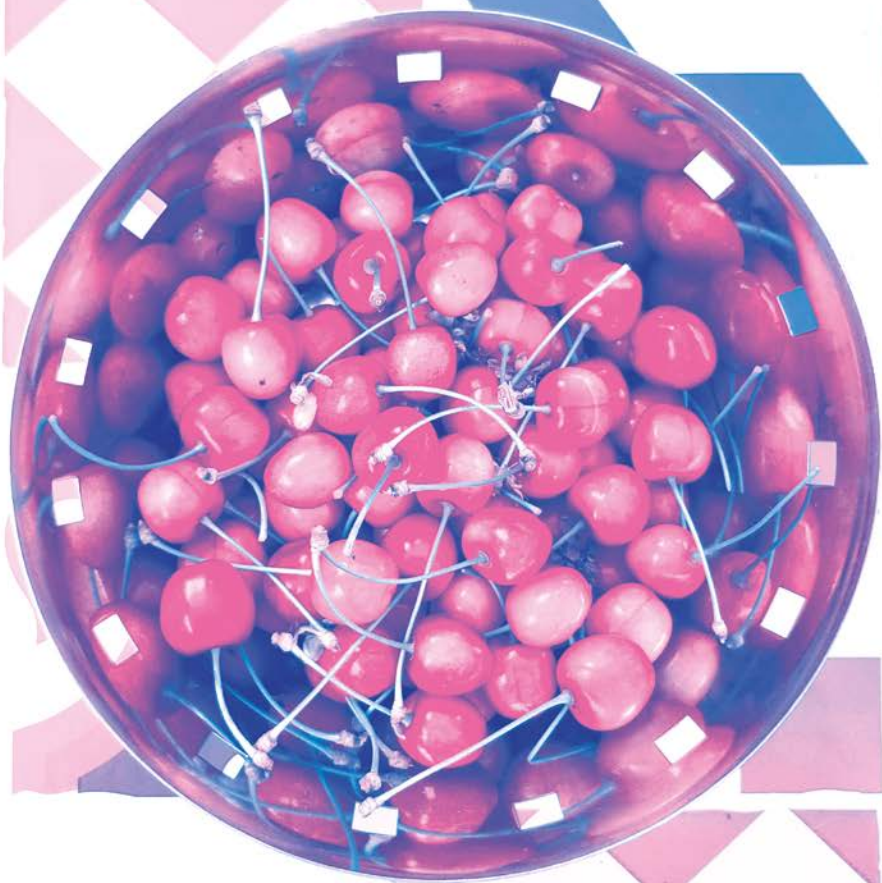
- to talk with friends
- to tell s/o how I feel
- to text back
- to (not) text back
- to text my friends
- to understand other people's point of view
- to walk outside
- to watch reality TV
- to wear things I love
- to withdraw
- to (not) worry about the consequences

How do I protect my personal space?

iimages



















How do I take care of my own needs?

moments

after work

before dinner

coffee in the morning while others are sleeping

morning

mornings before i get anxious

spending time with my dog and people I love

walking around midmorning

when I have my glass of wine *

when I take a walk

when the sky is turning towards night **

How do I express my needs?

* and I'm just there for myself.

** and it's dark blue.

places

countryside with the horses

dad's house

forest

friend's backyard

granny's wildflower meadow *

home with my cats

home with my dog

outside in nature

parents' home back in my own country

park in central when it's busy

partner's bed

reading chair

table with good company and wine

What activities give me pleasure?

* I'm out there with my friends in the summer, seeing the sheep and birds and butterflies while playing music and having a picnic.

poem

(To) walk outside

(To) enter the park,
(to) wind around paths and rolling hills,
(to) follow the trail and reach the clearing,
(to) be engulfed by nature and all its earthly tones,
(to) walk.

(To) breathe; inhale and exhale,
(to) feel the cold air hit the outer edges of your nostrils as you inhale,
(to) smell the grass,
(to) feel the warmth from your nostrils as you exhale,
(to) experience the sun warming your back.

(To) watch the wind conduct the trees,
(to) make them dance for you and sing,
(to) allow the wind, a friendly force, to push you uphill,
(to) lean back and rely on its strength,
(to) trust it will hold you upright.

(To) find a seat,
(to) sit and absorb your surroundings,
(to) stare out into the distance,
(to) allow the sun to warm the side of your face,
(to) see the light flicker as it moves.

(To) hear the birds chirp around you,
(to) listen to their whistles, as their intonations ring,
(to) watch them fly past and hove mid-air,
(to) view their wings cut through the blue sky
(to) watch as they take shelter in the trees.

(To) look out at the horizon and feel small.
(to) let the world's enormity swallow your stresses,
(to) throw them out into the city and leave them there,
(to) close your eyes and memorise,
(to) be absorbed by blue, by green, by life.

Brooke Wilson

senses

cinnamon & mandarin

cotton

feel of bark

fish

fleece

food

fresh bread

geometrical textures with strong colours

grilled meat

home-cooked food

lavander

orange blossom

parfume I've been chasing

pastel shades of blue

petrichor

purple & octanium

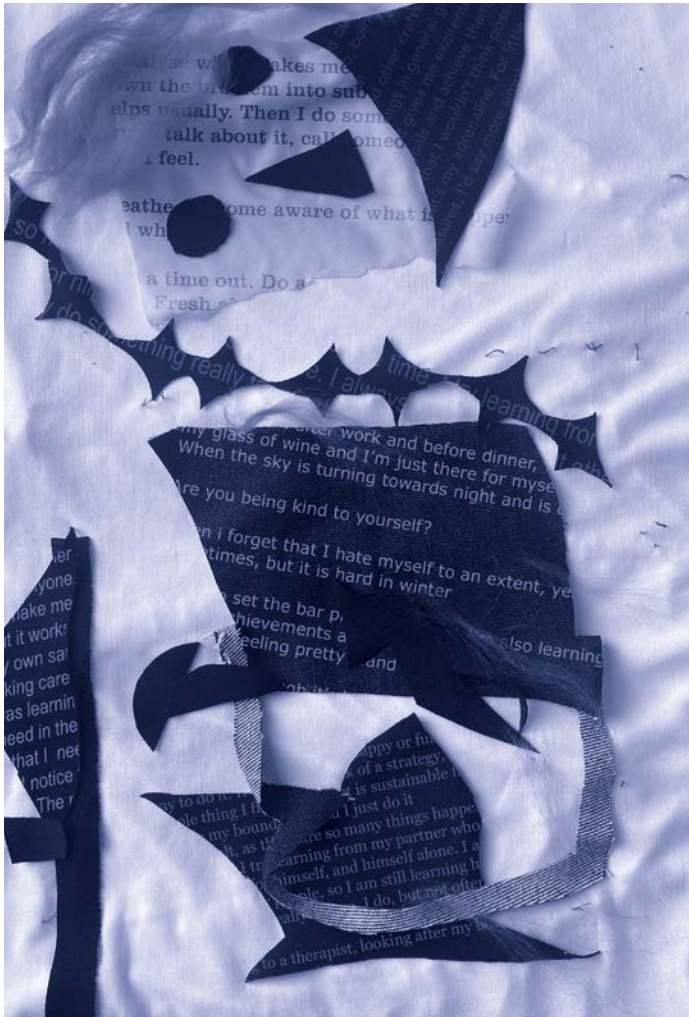
ragù

sun-dried laundry

water

woody perfume

What is my happy place?



What is my favourite moment of the day?

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Am I being kind to myself?



ΥΕΝΟΨΥ

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