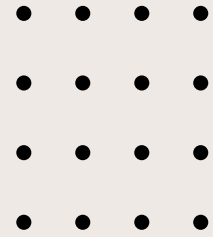
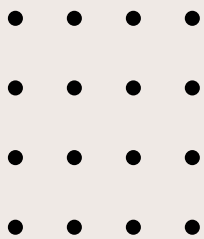


**BLACK MENTAL WELLNESS  
PRESENTS**



# **HEALING IS A JOURNEY:**

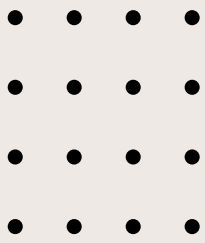
*Self-care Toolbox*



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# Introduction

The healing process is a lot like peeling an onion – there is layer after layer to peel back. As you peel back each layer, you find new memories to process, some of which will probably make you cry... a lot – just like an onion!

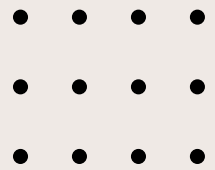
There will be times where you think you’ve healed yourself in a particular area, but something will come up revealing more dimensions to your healing. There will be other times where something you thought you dealt with years ago will suddenly pop up in the present day, showing you just how deep your lifelong conditioning runs.

The point is that healing is a journey! An ongoing, lifelong process. But that’s the beauty of this journey – it doesn’t end. There is always more room to grow. So, why not embrace the journey?

**Toolkit compiled by:**

- Danielle Davis (Ambassador) 
- Bryanna Archibald (Mentee) 
- Tamara Starling (Mentee) 
- Ashia Winston (Ambassador) 
- Nicole Cammack, Ph.D. (President/CEO, Black Mental Wellness)

# Self-Reflection



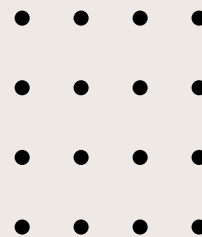
Healing is a deeply personal journey, and what it means to you may be different from what it means to others. As you're on this journey, it's important to determine what healing means for you.

Use the questions below to reflect on your own experiences and values as a starting point to defining this journey for you.

## Reflection Questions

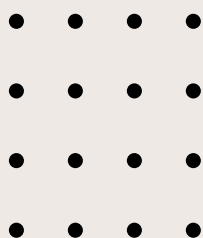
1. What experiences have led you to seek healing?
2. What does healing mean to you? How would you describe it in your own words?
3. What are some examples of situations or experiences in which you have felt most in need of healing?
4. What emotions come up for you when you think about the idea of healing?
5. How do you think healing will impact your life?
6. What are some specific outcomes you hope to achieve through your healing journey?
7. What are some beliefs or thought patterns that may be holding you back from fully embracing the idea of healing?
8. Who or what has been a source of support for you as you embark on your healing journey?
9. What are some self-care practices you can incorporate into your daily routine to support your healing?
10. How will you know when you have achieved healing, and what signs will you look for?

# Racial Trauma Healing

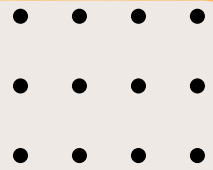


## **The Healing Wisdom of Africa: Finding Life Purpose Through Nature, Ritual, and Community by Malidoma Patrice Somé**

This book takes you on a journey through West Africa with the Dagara tribe. It focuses on three major parts of healing: community, nature, and ritual. Malidoma emphasizes the many ways people have been disconnected from their ancestral practices and encourages us to trust in nature and the spiritual realm for healing. This book brings ancestral wisdom and teachings of healing and ritual from the heart of Africa to the western world.

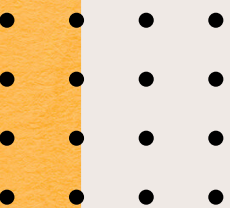


# Family Healing



## Helping The Black Family Heal™ - Jewel Guy

This company's mission is to provide transformative tools & teach skills that awaken, restore, and liberate the soul. It all started from Jewel's desire to learn how to best love and communicate with her husband in a way that he could receive it. What began as a personal journey to improve the early years of marriage, quickly turned into a mission to create a safe space for Black people to be seen, heard, and understood without judgment.



# Gender and Identity Related Healing

- Dear Black Women, Let's talk about healing | Angela Bowden | TEDxMSVUWomen.
- BEAM Black Masculinity (re)imagined P.A.U.S.E Tool | Tips for Self-De-Escalation.
- National Queer and Trans Therapists of Color Network
- Black Men Heal
- Every BODY Yoga/Yoga with Jessamyn Stanley
- The Rooted Collective
- The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor
- Emotional Self Care for Black Women: A Journey of Self Help: Self Care Activities for Black Women to Heal their Emotional Selves
- breathe.: a guided healing journal for black men

# Healing After Loss

## **The Wendt Center for Loss and Healing**

The mission of the Wendt Center for Loss and Healing is to help children, youth and adults rebuild their emotional lives after loss, illness, violence and trauma.



# Setting Boundaries to Sustain Healing



## **The Set Boundaries Workbook: Practical Exercises for Understanding Your Needs and Setting Healthy Limits by Nedra Glover Tawwab**

Nedra Glover Tawwab presents clear explanations and interactive exercises to help you gain insight and then put it into action. Filled with thought-provoking checklists, questions, writing prompts, and more, The Set Boundaries Workbook is a valuable tool for everyone who wants to speak up for what they want and need, and show up more authentically in the world.



# Healing from Self-Judgement/Negative Self Talk

## **Falling Out of Grace: Meditations on Loss, Healing and Wisdom by Sobonfu Somé**

This is a beautifully written book that embraces the mistakes we make in life. It reminds the reader that every mistake is simply a lesson that can be turned into a blessing. It focuses on forgiving yourself and being okay with not being perfect and “falling out of grace.

## **In How We Heal by Alexandra Elle**

Alexandra Elle offers a life-changing invitation to heal yourself and reclaim your peace. In these pages, readers will discover essential techniques for self-healing, including journaling rituals to cultivate innate strength, accessible tools for processing difficult emotions, and restorative meditations to ease the mind.

## **Affirmation Practice**

Self Affirmations: 10 Affirmations for Black People to Level Up Our Mental Health

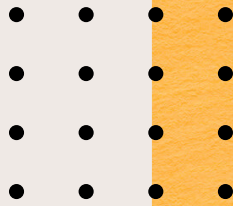


# Book Recommendations on Healing

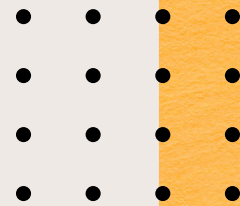
- Can't Hurt Me by David Goggins
- Own Your Own Glow : A Soulful Guide to Luminous Living and Crowning the Queen Within by Latham Thomas
- Apologies That Never Came by Pierre Alex Jeanty
- True You by Kelly Vincent
- Women + Patterns + Plants: A Self-Care Colouring book by Sarina Mantle
- The Art of Being by Danielle Allen
- Don't Settle for Safe: Embracing the Uncomfortable to Become Unstoppable by Sarah Jakes Roberts
- The Therapeutic Journal: 30 Prompts to Help in Self Discovery by DeAvila Bennett
- The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve by Rheeda Walker

# General Healing Tips

- Journaling
- Writing down affirmations and putting them somewhere visible
- Take 5 mins to listen to your favorite song or watch your favorite movie or tv show
- Take 5 mins to do nothing
- Taking time to enjoy the outdoors
- Take a walk in the park or general exercise
- Connect to nature
- Drink more water
- Practice mindfulness
- Going to the spa or treating yourself to an item(s) that make you happy
- Going out to eat or getting takeout from your favorite restaurant
- Plan a vacation or a staycation



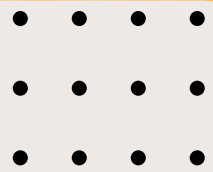
# Healing Through Therapy



1. [www.Therapyforblackmen.org](http://www.Therapyforblackmen.org)
2. [www.Therapyforblackgirls.org](http://www.Therapyforblackgirls.org)
3. [www.therapyforblackkids.org/](http://www.therapyforblackkids.org/)
4. [www.Therapyforpoc.com](http://www.Therapyforpoc.com)
5. [www.Cliniciansofcolor.org](http://www.Cliniciansofcolor.org)
6. [www.Lovelandfoundation.org](http://www.Lovelandfoundation.org)
7. [www.melaninandmentalhealth.com](http://www.melaninandmentalhealth.com)
8. [www.Aamhp.com](http://www.Aamhp.com)
9. [www.Inclusivetherapists.com](http://www.Inclusivetherapists.com)
10. [www.Blacktherapistsnetwork.com](http://www.Blacktherapistsnetwork.com)
11. [www.Blackmentalhealthprofessionals.com](http://www.Blackmentalhealthprofessionals.com)
12. [www.Cliniciansofcolor.org](http://www.Cliniciansofcolor.org)



# Resources on the Black Mental Wellness Website



## Podcasts

- Safe Space with Shay
- The Balanced Working Mama Podcast
- Between Sessions Podcast
- Naming It Podcast
- The Black Boys & Men: Changing the Narrative Podcast

## Apps

- Headspace
- Mindshift CBT
- PTSD Coach
- Virtual Hope Box

## Videos

- Black Mental Wellness Virtual Conference: From Surviving to Thriving
- Black Mental Wellness Virtual Conference: Keep Ya Head Up: Suicide in the Black Community
- You are Not Alone: Redefining Resilience
- Mindfulness Meditation For Kids

For a more detailed list of podcasts, apps, and videos please visit the [Black Mental Wellness](http://www.blackmentalwellness.com) website.



# Thank you for reading!

Do you have any feedback on the workbook? Or suggestions for future updates/tools?

We'd love to hear from you!

Please email us at  
[info@BlackMentalWellness.com](mailto:info@BlackMentalWellness.com).

Follow us on social media for more Black Mental Wellness!



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