

# Mental Health and Wellness Videos

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*The Mecca of Black Wellness*



Our phones are one of the few things we are rarely without. When smartphones were first created, it was intended for people to have access to computer technology at their fingertips. While our phones are invaluable tools for vast information, we can also use the phone to optimize our functioning. While many people only use their phones for texting, navigation, social media, entertainment, and emails, Black Mental Wellness also invites you to use your phone (the computer in your pocket) as a health resource. Here is a list of our favorite videos that can be used for healthy entertainment.

## **Bring It Down - Flow | GoNoodle**

Learn how to raise your energy and face your day with this exercise.

[https://www.youtube.com/watch?v=bRklLioT\\_NA&feature=youtu.be](https://www.youtube.com/watch?v=bRklLioT_NA&feature=youtu.be)

## **Help for panic attacks**

Calming images and videos that may help when you are feeling high levels of anxiety.

<https://www.youtube.com/watch?v=vXZ5l7G6T2l>

## **Mental Health Minute**

How Psychologists Are Prioritizing Mental Health Care For Black America

[https://www.huffingtonpost.com/entry/how-these-psychologists-are-prioritizing-mental-health-care-for-black-america\\_us\\_58d57317e4b03692bea5c8ed?ncid=engmodushpmg00000003](https://www.huffingtonpost.com/entry/how-these-psychologists-are-prioritizing-mental-health-care-for-black-america_us_58d57317e4b03692bea5c8ed?ncid=engmodushpmg00000003)

## **Mindfulness Meditation For Kids | BREATHING EXERCISE | Guided Meditation For Children**

A guided meditation to help kids learn to use breathing to cope with anger, frustration, anxiety, and other stressors.

[https://youtu.be/Bk\\_qU7l-fcU](https://youtu.be/Bk_qU7l-fcU)

## **Our Mental Health Minute**

This YouTube channel focuses on reducing mental health stigma in the Black community, increasing mental health literacy, and exposing viewers to resources.

<https://www.youtube.com/channel/UCZXnjuFGc67czEjukk5jFvw/videos>

## **The Science of Productivity**

<https://www.youtube.com/watch?v=IHfjvYzr-3g>

## **The World's Most Relaxing Film**

7-minutes of relaxing images and music to help you find your Zen.

<https://www.youtube.com/watch?v=r3fE6FQT82s>

## **Three tips to boost your confidence - TED-Ed**

[https://www.youtube.com/watch?v=l\\_NYrWqUR40](https://www.youtube.com/watch?v=l_NYrWqUR40)

**Reminder:** These resources are provided for informational purposes only. Any resources listed on this page are not intended to be a formal endorsement by Black Mental Wellness.

## FOR MORE INFORMATION

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)



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## RESOURCES DURING CRISIS OR DISTRESS

### **The National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Visit, <https://suicidepreventionlifeline.org/> or dial 1-888-628-9454 to speak to someone.

### **Psychology Today**

[www.PsychologyToday.com](http://www.PsychologyToday.com)

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers that provide mental health services in the US and internationally.

### **Therapy for Black Girls**

[www.TherapyForBlackGirls.com](http://www.TherapyForBlackGirls.com)

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

### **Zoc Doc**

[www.ZocDoc.com](http://www.ZocDoc.com)

With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.

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