

Black Mental Wellness Presents

Healing is a Journey



A Guide to Your Healing
Journey

Healing is a Journey



Healing is a Journey

Healing is a Journey! Over the course of a week, Black Mental Wellness mentees and ambassadors collaborated to create the, *Healing is a Journey*, Social Media Campaign. This initiative was designed to explore the various aspects of healing.

We invite you to visit Black Mental Wellness' social media pages (IG: [@BlackMentalWellness](#), Facebook: [Black Mental Wellness](#)) to access the full campaign.

As you look through this document, we encourage you to ask yourself, "What does healing mean to you?"

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@BlackMentalWellness: Healing is a Journey!

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DeBunking Healing Myths

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Mental health myths and misconceptions

Wangechi_the_therapist

Self-harm
is attention
seeking

Only certain type of
individuals develop
mental illnesses

Children don't
experience mental
health related
problems



People with
mental illnesses
can't function
in the society

Mental health care is
only for individuals
with severe mental
disorders

People who struggle with
mental health problems
can snap out of it if
they try hard enough



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Healing is Not Linear



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Healing is weird.

Some days you're okay and you're doing just fine. Other days it still hurts like it's fresh.

It's a process with no definitive time frame.

You just have to keep going and know that when all is said and done, you're going to be okay.

The Be Happy Project



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Instagram Live: Check In



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@BlackMentalWellness: Instagram Live:
Healing Check-in Discussion with Kyle Toon

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Dealing with Changes

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tahnia bright
@brujabitchh

It's a really tough pill to swallow when you're healing and realize people you love are not in alignment with you anymore. You can just feel the frequency change. It happens gradually. You don't notice, until one day you do.



@BlackMentalWellness: Dealing with Changes!

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Dealing with Changes

Relationships

During your healing journey, you may notice that your relationships with family, friends and coworkers may change.

As you heal and change, there are some people in those categories who may no longer serve you in life, and that is okay. You are going through a period in life where you are creating new and healthy relationships with yourself and others.

This is your chance to prioritize people who respect you for growing and setting boundaries.

Dealing with Changes

Yourself

During this time, you might go through a period of isolation because you are re-evaluating your life and those in it. It is okay to change and change again. You are human. Allow yourself the grace you give others.

Reminders

- You are only able to change yourself not others.
- Continue to have grace as you continue your journey.
- It is okay to slow down your healing journey if it going too fast.

Presenting the New You



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mental health

protecting my mental health is my top priority, it is not optional— it is not negotiable, it does not come second to someone else's feelings, it does not consider others' perception of me, and it is not a last resort.

I got me— now, later, and always.

dr. asha | shespeakstherapy



@BlackMentalWellness: Presenting the New You!

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Presenting the New You

Tips on Setting Boundaries

1. Determine what boundary you are setting.
2. Be confident in yourself for setting that boundary. You are protecting your peace.
3. You do not have to explain to others why you are setting the boundary.
4. Don't forget to breathe and be proud of yourself for setting boundaries.

Phrases to Present to Family, Friends, and Coworkers

1. I don't feel comfortable speaking about this.
2. In the past, I've allowed something different, and my needs are different now. - Nedra Tawwab
3. I don't have to explain myself further.
4. No.

Presenting the New You

Affirmations

- I am allowed to change the narrative about myself.
- I am in control of how I feel or react to anything.
- I cannot change how others perceive me.
- I am setting boundaries to protect my peace.
- I am making space for myself as I go through different changes in my life.
- I am strong and resilient.
- My feelings are valid.
- I do not enter rooms where I know my light will be dimmed.

Presenting the New You

Reasserting Yourself

Presenting the new you to others may feel like you are out of touch with yourself, so it is important to connect with yourself. Have a night or weekend to yourself where you are rearranging your goals and the qualities you are looking for in yourself and your relationships.

Ways to Identify with the New You

- Journaling
- Develop new hobbies
- Start a new routine
- Date yourself
- Explore new cities or places

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AS YOU HEAL YOU REALIZE

Boundaries **ARE NOT** Selfish

Attention **IS NOT** Love

Space **IS NOT** Abandonment

Money **IS** Energy

Having Mutual Dislikes **IS NOT** Genuine Connection

Thoughts **ARE NOT** Facts

Pain **IS** Temporary

Love **IS** Everywhere



@BlackMentalWellness: Reminders as you heal!

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Ways to Find a Therapists

Finding a therapist is a process that some find easy and others may not. As you look for a therapist, it is important to ask yourself if you can see yourself opening up to this person and if this person matches what you are looking for in a therapist.

Here are some resources you can use to find a therapist.

Black Girls Heal
Clinicians of Color
Therapy for Black Men

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Destigmatizing Mental Health

It can be hard to find therapeutic spaces where you are comfortable to confide in a therapist, as you start your healing journey.

This is why it is important that more safe spaces are created in the mental health field.

To help de-stigmatize mental health in Black communities, speak about mental health, speak about your struggles to those with whom you can trust to confide in, and share any mental health resources that you find helpful. This allows others to feel comfortable seeking the help they may need as well.

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10 things you can do to heal without therapy

1. Journal your thoughts 🖋️
2. Practice gratitude 🙏
3. Meditate 🧘
4. Be kind to yourself 🐼
5. Cry 😭
6. Exercise 💪
7. Use voice notes to audio journal 🗣️
8. Talk to someone 💬
9. Surround yourself with positivity 📈
10. Have faith 🙏

@expressyourselfblackman



@BlackMentalWellness: You can start a healing journey without therapy.

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Start Healing Without Therapy

If you have started therapy, congratulations you are already embarking on your healing journey. If you have not started therapy that is okay. Here are some ways you can start healing without therapy.

- Use a journal and a feelings wheel to help identify your emotions
- Start realizing your triggers
- Buy self-help books
- Change whom you follow on social media
- Pay attention to what you feel in your body
- Use resources to change unhealthy behaviors and to address any underlying mental health concerns/stressors
- Find healthy outlets to deal with your emotions

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Ways to Engage in Healing Work

Self Regulation (movement, affirmations)

Set healthy boundaries

Writing prompts/ Journaling

Self-care strategies

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AS I HEAL, THE LESS I WANT TO:

Gossip with others to feel good about myself.

Bury my feelings inside to avoid discomfort.

Do everything on my own.

Dishonor my boundaries to keep the peace.

Say "yes" to others, at the expense of my own needs.



@MOTHERHOODREDEFINED.CO

Apologize for things that don't warrant an apology.

Minimize the fullness of who I am to make other people happy.

Stay connected to people I've outgrown.

People please to maintain a relationship.

Be perfect.



@BlackMentalWellness: As you heal, it is normal to notice these changes and more.

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Resources to Follow

Express Yourself Black Men 

 Black Mental Wellness

Michelle Clark 

 Therapy in a Nutshell

The Trevor Project 

 Mental Health America

Association of Black Psychologists 

 Bad Bitches Have Bad Days Too

Let's Talk About Mental Health 



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