

*Sister Circle Presents...*  
**10 Self-Care Tips  
for Black Women**

**1. Modify your media diet.**

♥ Find relaxing podcasts ♥ Read books by black authors ♥ Block people and sites that routinely post police brutality videos ♥ Find ways to connect with other black people ♥ Unplug from social media for a certain time period ♥ Make sure that autoplay is not an option when online ♥ Avoid watching too much news ♥ Set firm boundaries around engaging with people ♥ Avoid engaging in overstimulating content after 8pm

**2. Find calming techniques that work for you.**

♥ Guided meditation ♥ Online healing justice workshops/recordings ♥ Mantras/affirmations that help you stay grounded ♥ Creating a gratitude routine to begin/end your day ♥ Participating in an act of kindness ♥ Meditative reflection ♥ Avoiding unnecessary negativity ♥ Spiritual divinations, prayer, crystals, homage to ancestors ♥ Sharing stories of healing

**3. Create a self-care box for the 5 senses.**

♥ Healing tactile touch ♥ Fragrance (lavender, incense, essential oil) ♥ Images (family photos, travel destinations, healing, solidarity, hope, artwork) ♥ Sounds (acoustic, instrumentals) ♥ Tastes that activate positive memory networks

**4. Identify 3 safe places and 3 safe people for processing difficult thoughts.**

♥ Find a good therapist, counselor, coach, religious leader, doula, health advocate, support group ♥ Let your safe people know their role for you ♥ Make sure space is available for processing (car, room in home, park) ♥ Create a sacred space in your home—closet, kitchen table, nightstand, bathroom ♥ Make sure space is clean

**5. Connect with nature.**

♥ Gardening ♥ Plant based medicine making ♥ Art based herbalism

**6. Create an in-home spa for yourself.**

♥ Footbath, hot towels, cucumber, polish, and face masks—just a CVS trip away ♥ Indigenous sound healing/ sound bath ♥ Meditation ♥ Essential oils ♥ Hygienic care ♥ Create healing playlist ♥ Hair care

**7. Prepare grounding resources if sleep is interrupted.**

♥ Healing sounds ♥ Reading material ♥ Journal ♥ Notes to self

**8. Consume healing meals, foods good for mental health.**

♥ Whole grain ♥ Beans ♥ Fish ♥ Leafy vegetables ♥ Berries ♥ Nuts ♥ Dark chocolate ♥ Avocado

**9. Listen to your body.**

♥ Your smart watch is your friend—monitor heart rate and exercise, when you see heartrate triggered by stressors find a calming activity, yoga, embodied movement

**10. Practice art and expression.**

♥ Wear/make clothes and jewelry that symbolize healing ♥ Create art and writing as visual representations in your space ♥ Buy supplies from black businesses you hope to support

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