

TWI Cultural Humility Resource Library

Restore: Mindfulness, relaxation, and self-care practices to find respite and calm

* = New resource

2022

PODCASTS/AUDIO			
Community	Topic	Resource	Link
Latino	Bearing witness to experiences	Writing as Activism Tamarindo, Dr. Ana Castillo	Link
LGBTQ+	Healing from homophobia	A Love Letter to Anyone Who's Felt Despair LGBTQ&A, Carolina de Robertis	Link
All / Intersectional	Healing from racialized trauma	Notice the Rage; Notice the Silence On Being, Resmaa Menakem	Link
Black	Meditation	My Inside Voice: feeling the strength and medicine of your own voice Healing Justice, Bea Anderson	Link
VIDEOS/MOVIES			
Community	Topic	Resource	Link
All / Intersectional	Connecting with the sacredness within	Racial healing self-care mindfulness exercise	Link
Trans folx and Gender Expansive	Conversation and community building	Lives At Stake, 'Trans Health and Wellness 2021' TransLash, Imara Jones	Link
All / Intersectional	Mindfulness practice	Meditation in Times of Crisis Rev. Angel Kyodo Williams	Link
Black Women	Yoga for relaxation	10-minute Bedtime Yoga Mel Douglas	Link
AAPI/APIDA	Healing from racism	Meditation & Restorative Yoga for AAPI/APIDA Burnout	Link
ARTICLES/BLOG POSTS			
Community	Topic	Resource	Link
Black and Latina Women	Defining and exploring self-care	5 ways Black and Hispanic women can jumpstart their journey toward better mental health care NBC	Link
All / Intersectional	Introduction to self-care	Self-Care: When we listen to our bodies, hearts, and minds, ... we can find resiliency Smithsonian NMAAHC	Link
All / Intersectional	Writing as healing	Journaling: Conversations with Yourself Peak Resilience	Link
People Living with Disabilities	Stress relief and relaxation techniques	Ways to Manage Anxiety for Adults with Learning Disabilities and Autism	Link
BOOKS			
Community	Topic	Resource	Link
All / Intersectional	Healing from racism	Mindful of Race: Transforming Racism from the Inside Out Ruth King	Link
All / Intersectional	Body acceptance and positivity	Every Body Yoga: Let Go of Fear, Get on the Mat, Love Your Body Jessamyn Stanley	Link
All / Intersectional	Mindfulness practice	Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing David A. Treleaven	Link
Intersectional	Healing from toxicity	Stay Woke: A Meditation Guide for the Rest of Us Justin Michael Williams	Link
All / Intersectional	Mindfulness practice	The Inner Work of Racial Justice: Healing ourselves and transforming our communities through mindfulness Rhonda V. Magee	Link