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*Hi everyone. Staying healthy mentally through all this is paramount and hopefully this helps. Below are different areas I've identified that could hopefully help you stay sane. Take care and love yourself*

*Comment in the doc if there's anything that you want added to this list*

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#### **Meditation:**

- Free 25 minute meditation session. [Access this here.](#)
  - [Slow Breath](#) - Free Breathing exercises online
  - Dr. Candice Nicole also has resources as well. [Here is a link to her page](#)
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#### **Positive Areas of the internet:**

- [New Yorker Caption Contest](#) - They post an illustration and challenge you to come up with the best Caption! Very fun and thought provoking
  - [Jl8 Comic Strip](#) - A free online comic book strip that takes superheroes and makes them 8 year olds. It's cute, funny and all around good fun
  - [Quick Draw](#): Draw a terrible doodle and let Google's new AI try to guess what it is!
  - [Radio Garden](#) - Interactive radio that lets you listen all to radio stations all around the world. Great for escaping our news and tuning into random broadcasts around the world!
  - [100.000 Stars](#) - Leaving the planet at times like this seems ideal. However all of us are not astronauts. This website allows you to visit star constellations in 3D
  - [Contagious Laughter - Reddit](#) - A place where people post videos that cause people to laugh uncontrollably
  - [FatFingers](#) - A website that posts Ebay auctions that are misspelled and often don't have bids attached to them. Practical
  - [Generative Art](#) - Don't ask what it is. You'll thank me later
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#### **Black Movies that are not triggering:**

- Crooklyn. [\\$3.99 on Amazon Prime](#)
- Blazing Saddles - [Hulu](#)
- Undercover Brother - [Hulu](#)
- Coming to America - [\\$3.99 on Amazon Prime](#)
- Trading Places - [\\$3.99 on Amazon Prime](#)
- Good Burger - [Netflix](#)
- Johnson Family Vacation (Cedric the entertainer) [\\$3.99 on Amazon Prime](#)
- Queen Sono - (African Series about a badass female spy) - [watch it on Netflix](#)
- Soulplane - ridiculous but honestly so fun - [watch it on Netflix](#)
- House Party - [\\$2.99 on Amazon Prime](#)
- Rhythm and Flow - Hip hop Music competition. Entertaining - [watch it on Netflix](#)
- Nutty professor movies! - Classic - [Hulu](#)

- Barber shop - [Hulu](#)
- Bad Boys - [Netflix](#)
- Cooley High - [watch it with Amazon Prime](#)
- Car Wash - [\\$3.99 on Amazon](#)

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**Music: I can go on about music for days but I'm gonna limit it to 10 songs that I've been playing every morning**

- Optimistic - Sounds Of Blackness
- For once in my life - Stevie Wonder
- Before I let Go - Maze
- Fantastic Voyage - Lakeside
- I wanna be your lover - Prince
- Strength Courage & Wisdom - India Arie
- Hangin' Out - Kool & the Gang
- Summertime - DJ Jazzy Jeff & The Fresh Prince (Will)
- I'm Black and I'm Proud - James Brown
- My Power - Nija

I'm going to put together a ton of spotify playlists for this so stay tuned.

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### **Black Owned Restaurants and Businesses**

- The [eatokra app](#) lets you search black owned restaurants in a bunch of different cities
  - [Black-owned Etsy List](#) - Email to add Black owned Etsy shops to the list that they promote on the website! Great list.
  - [New York](#) - Order pick up / delivery from black owned restaurants, bakeries, wine shops, etc., there's a [Google doc here with a bunch](#)
  - [Bay Area](#) - [see list here](#) for some black-owned restaurants
  - [Atlanta](#) - check out the [Black and Mobile website / app](#), first Black Owned food delivery service that exclusively partners with Black Owned restaurants to give them more exposure and customers
  - [DC](#) - [here's a list](#) of black owned restaurants open during COVID
  - [Chicago](#) - check out [black owned Chicago](#) where you can search different black-owned businesses
  - [Baltimore](#) - [black owned restaurants here](#)
  - [Chicago](#) - [another list here](#) of various black owned restaurants open during COVID
  - [St Louis](#) - [here's a list](#) of some restaurants
  - [LA](#) - [list here](#)
  - [This article here](#) also has a bunch of lists compiled in one place if you don't see your city above
  - [List of black owned Etsy stores](#)
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### **Youtube Videos that are fun and funny:**

- [Mid Day News - Black Vs White SNL](#)
- [Black Jeopardy SNL](#)

- [Is country music racist](#) - Key & Peele
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**At-Home Fitness:**

- OrangeTheory posts free online workout videos on Youtube daily, [checkout their channel here](#)
- DownDog yoga app is free through July 1st, access the app [here](#)
- [YMCA has free videos](#) online across a lot of different areas (yoga, HIIT, etc.)
- Planet Fitness posts [workout videos on their Facebook](#)

LASTLY TALK TO ME. 571-484-4122. IF YOU ARE SAD,  
LONELY OR NEED SOMEONE PLEASE PLEASE  
REACH OUT TO ME. YOU ARE LOVED