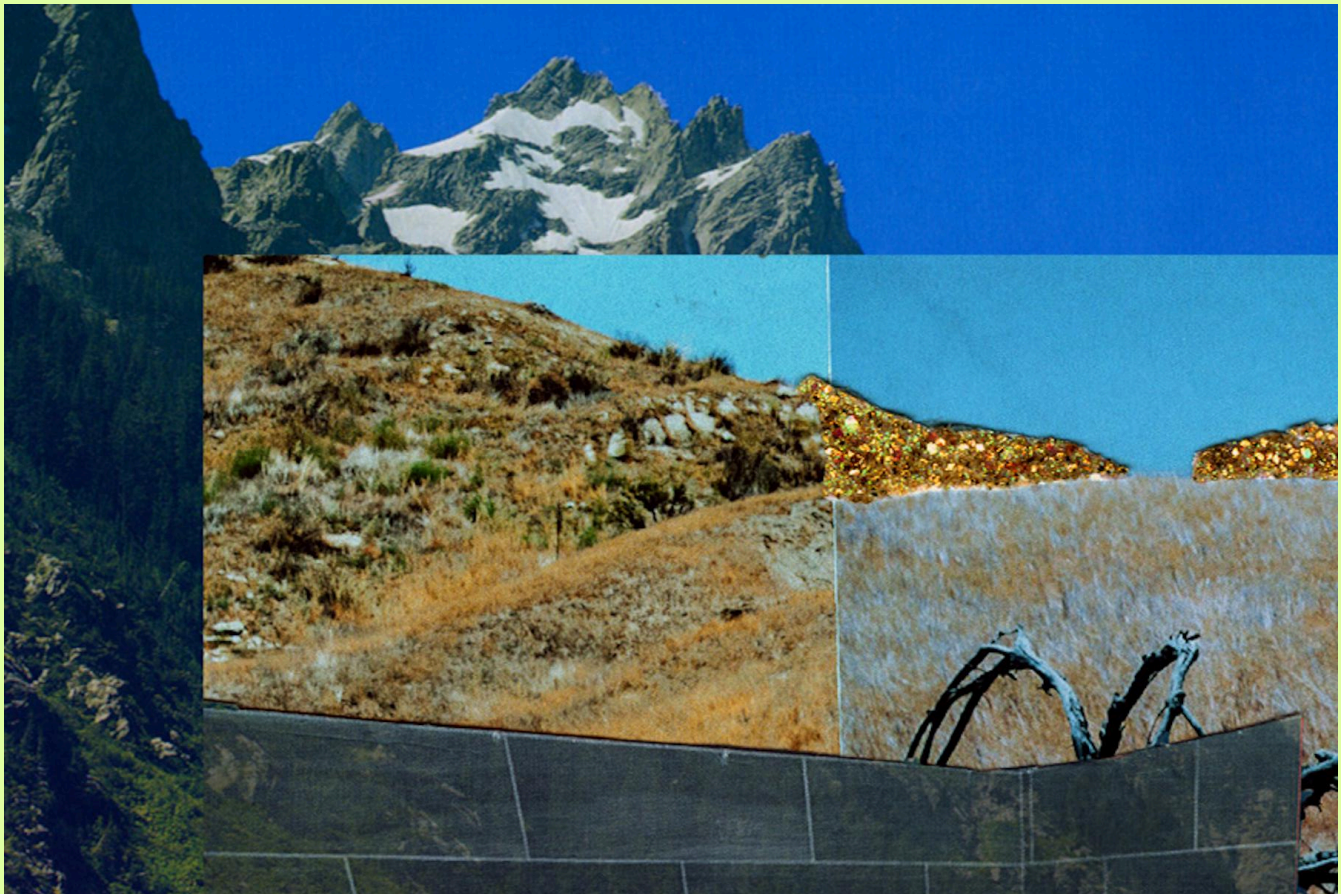


BLACK WELLNESS FIELD GUIDE

Care* Resources
to Initiate the Healing
of Individuals & Collectives



Last Updated : January 11th, 2021

✨ Routine updates and maintenance will slow down as of December 31, 2020.

This guide is NOT optimized for mobile web browsers.

I. WELCOME NOTES

? What is this Guide?

This is a digital self-care guide promoting the advancement of mental, social, and physical wellness for Black identifying people.

This directory is a starting point for designing your own plan of sustainable healing. It should by no means be treated as a full replacement to therapy and other health services. If you are in need of affordable professional help, please start with the “Therapy” tab of this document in the [RESOURCE DIRECTORY](#).



? How can I use this?

There are two suggested ways to use this guide:

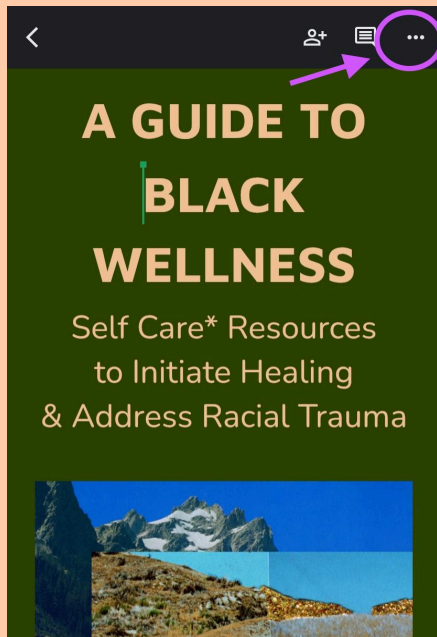
For Black People: This is a one stop shop for you to explore different alternatives to self care, ranging from services that are free of cost, sliding scale, or monthly-membership. This menu also contains options for community and socially centered resources like therapy, group meditations, and online events, as well as solo experiences with media content and readings.

For Non-Black People: Wellness is a monetized industry that many people of color have been conditioned to believe is an inaccessible luxury. Many of the resources listed here involve the labor of non-white professionals. Consider this a menu to choose from when investing in the long-term, sustained financial support of dismantling white supremacy. Take your pick and donate. 😊

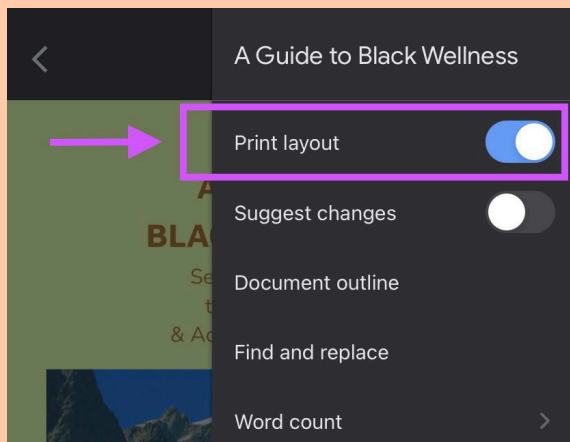
II. Navigation Tools

MOBILE NAVIGATION (via [Google Docs App](#))

Click on the three dots on the upper right corner to open and edit your viewing options.

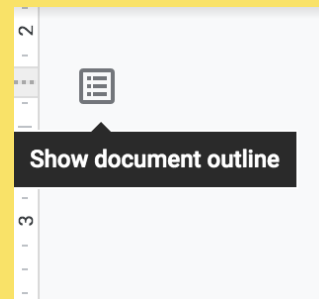


Make sure to turn on the setting for “Print Layout”



DESKTOP NAVIGATION

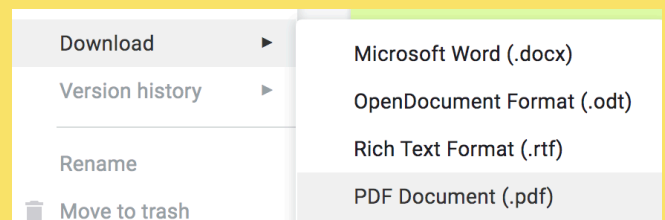
Click the button on the top left that reads “Show Document Outline” to view a full table of contents.



You can also press **Control+F**, or **Command+F** on your keyboard to search for specific keywords that you are interested in.



To download a copy of **Black Wellness Field Guide**, go to **File** → **Download** → **PDF Document**





? Who made this guide?

Black Wellness Field Guide is compiled and cared for by Chantal Feitosa-- an artist, writer, and educator from Queens, NY.

You can find her here → [website](#) | [instagram](#)

You can contact her here → chantal.feitosa@gmail.com

The first edition of this resource was launched in June 2020 and was kindly supported by the Parsons Scholars Program → [website](#) | [instagram](#)

*****This project operates independently of The New School and the Parsons Scholars Program. The author is not affiliated with this institution.*****

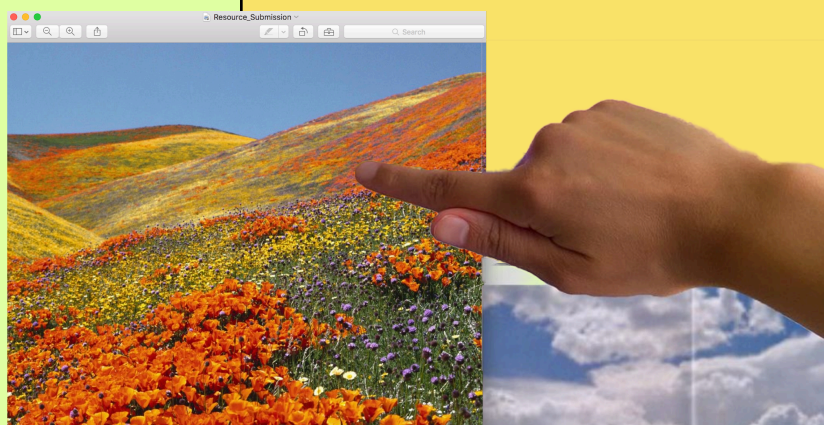
Please support the labor of this guide with a donation

[SUPPORT THIS GUIDE](#)
(PAYPAL)

Venmo : @cfeitosa



? How Can I Add a Resource?

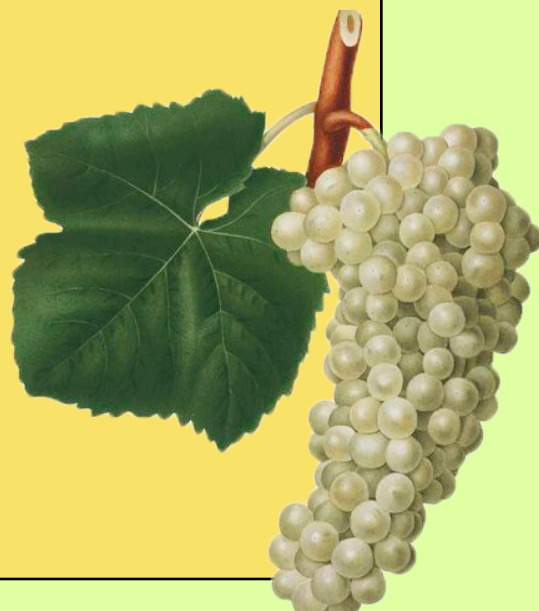


Please fill out [this very short Google Form](#) if you would like to contribute towards the **Black Wellness Field Guide**.

Submissions can represent either of the following :

- Self promotion for Healers / Wellness practitioners / Health Care providers / Artists / Community Organizations / who are interested in promoting specific offerings and resources that center Black wellness.
- Referrals from anyone invested in self care and who would like to share a resource that has specifically helped their own healing process

*****Priority will be given to resources created for and by Black Women / Trans / Gender Diverse experiences.**



Removing a Resource

The current resources in **Black Wellness Field Guide** have been collected through a combination of prior knowledge, online research, referrals and words of mouth. If your offerings have been listed here and you would like to be removed, please contact the author and you will be removed shortly afterwards.

III. 💎 Unpacking Wellness 💎

June 13th, 2020



The acknowledgement that black life matters also comes with the daily reminder that our right to longterm wellness and health can be promised. There are so many ways in which these rights can become more accessible, more affordable, more grounded in a reality beyond the abstract Lavender Bath Narrative of Self Care™. I have given up on Self Care during many occasions because time and money wouldn't allow me to build this practice into what I believed it needed to be: A still from a Solange music video; a Mickalene Thomas collage, a room with direct sunlight, a cold, moist slice of chocolate cake while sitting alone in silence....

Self Care is the pleasure and static coming together as one. It is the affirmation that Black people can pull away from the minutes of the day to exist in our own pockets of space when we see fit. It is found in our food and water just as much as it exists within our words and patterns of behavior. It's in the ways we move our bodies for pleasure and strength. It's the people we hold space with—the ones who don't expect a dissertation on our histories in order for us to feel affirmed as real people. Self Care is identifying how generational trauma has embedded itself into our thoughts and actions, and it is the work of undoing that history to write something new.

Self Care is time travel, or conversely, the resistance to be anywhere else but here right now.

IV. PROMPTS

The author of the **Black Wellness Field Guide** is neither a healthcare provider nor a therapist. The following prompts are grounding exercises rooted in arts education and group dynamics which she has created and used in the past with students and on an individual basis. These prompts and worksheets can be used to address individual **fatigue** and **accountability**.

KEYWORDS

- **FATIGUE**- to become extremely tired after a great deal of physical or mental stress.
- **ACCOUNTABILITY** - the act of being held responsible for something or someone.

✨Time Stretching Map ([Template Link](#))

This is an alternative to-do list for anxious individuals who struggle with chronological planning.

Instead of structuring tasks in a time-based format, you will be asked to consider how your to-dos fall within a spectrum of wants, needs, and outside expectations.

✨Asset Map ([Template Link](#))

Use this worksheet when embarking on a new group experience (work projects, a class, shared living spaces etc). Have each member fill out their own separate copy and then share your responses with each other. Make a collective plan to have your maps available to one another.





✨Line Drawing Exercise

Tools :

- 1 smooth drawing surface
- 1 drawing tool (materials like chalk, crayon, and charcoal work best, but any tools in your house can be used).

Instructions :

With your drawing tool in hand, create lines upon your surface of choice applying varying forms of pressure by envisioning the following scenarios for one minute each :

- Your hand pushing through a solid block of concrete
- Your hand pushing through thick mud
- Your hand wading through water
- Your hand as a feather blowing in the wind
- Your hand running through gravel
- Writing your full name on a plain sheet of paper

Repeat the different scenarios and begin to switch off between them. (ex: 30 seconds of hand through mud / 30 seconds of a feather in the wind.

✨Archive : One per Day

Dedicate 5 minutes a day towards searching, selecting and archiving an image from a topic that brings you joy. (ex. an image of a different window per day, a different vegetable, a different flower, etc.)

Your images can be pulled directly from the internet or documented from your physical surroundings.

Find a way to actively search for this item that brings you joy over the course of your daily whereabouts. For instance, someone who is archiving a window a day might begin to find them in books, tv shows, food labels, and may even begin to create their own definition for what a window can be.

Decide from Day One where you will permanently store this growing archive. (A USB drive? A folder on your desktop? Your phone? A slideshow?)

V. RESOURCE DIRECTORY

While this guide is not exhaustive, the **RESOURCE DIRECTORY** aims to cover multiple categories that relate to wellness (ex: 🍎 Food Justice, 👤💬 Therapy, 📖 Reading, etc).

Looking through all the sections of this resource can be an overwhelming task. Below are some guiding questions to help direct your navigation of the following section.



📌 SHORT TERM GUIDING QUESTIONS :

- *What do I need to feel safe within my own body today?*
- *What can I easily do, say, read, consume, access in order to reach this safety today?*
- *What is one small thing I will promise myself in order to fulfill my need for safety today?*

📌 LONG TERM GUIDING QUESTIONS

Q #1 : *What do I need to feel safe within my own body tomorrow and on the next day?*

EXAMPLES:

- *I need to manage my anxiety*
- *I need to build a stronger support network in my social relationships*
- *I need to learn new skills in food growing, communication, de-escalating violence in my personal spaces, etc*

Q #2 : *How do I plan for these daily needs of safety?*

EXAMPLES:

- *I need to commit to a plan of researching different therapists and/ or therapy styles*
- *I need to commit to a plan of studying new food growing techniques*

Q #3: *What is one small thing I will promise myself when sustaining this long term goal of safety?*

EXAMPLES:

- *I can bookmark this resource to my browser or keep it somewhere visible and easily reachable.*
- *I can set 5 , 10 , or 30 minutes a day to learn about a self care topic in the guide that interests me*
- *I can ask for help when I'm struggling to stay on task , or ask for someone to hold me accountable to my commitments of reviewing resources.*





Alternative Learning Spaces

Alternative Learning Spaces are often created to diverge from the systems of inequality and white supremacy that are rooted within conventional educational settings. These alternative spaces aim to challenge the notion of traditional classrooms, academia, and physical rooms of public gathering + knowledge production.

[Afrotechtopia](#) - A social institution fostering interdisciplinary innovation at the intersections of art, design, technology, Black culture, and activism.

[The Black School](#) - The Black School (TBS) is an experimental art school teaching Black/PoC students and allies to become agents of change through art workshops on radical Black politics and public interventions that address local community needs. Founded by Joseph Cuillier III and Shani Peters, TBS has facilitated over 100 workshops and hosted three annual Black Love Festivals to date. [DONATE TO HELP BUILD THE BLACK SCHOOL HOUSE](#)

[Bilphena's Library](#) - this online library is a celebration of black english and black language. i see it as a tool in political education as well. a place for communal learning.

[<CTRL + SHIFT>](#) - is a para-institutional platform dedicated to exploring a queer, feminist, and post-colonial digital infrastructure propelled by priorities of community, empathy, reconciliation, empowerment, ritual, and collectivity

[The Center for Afrofuturist Studies](#) - The Center for Afrofuturist Studies is an artist residency program that reimagines the futures of marginalized people by creating dynamic workspaces for artists of color. Dynamic means interactive, supportive, community-engaged, rigorous, and inclusive.

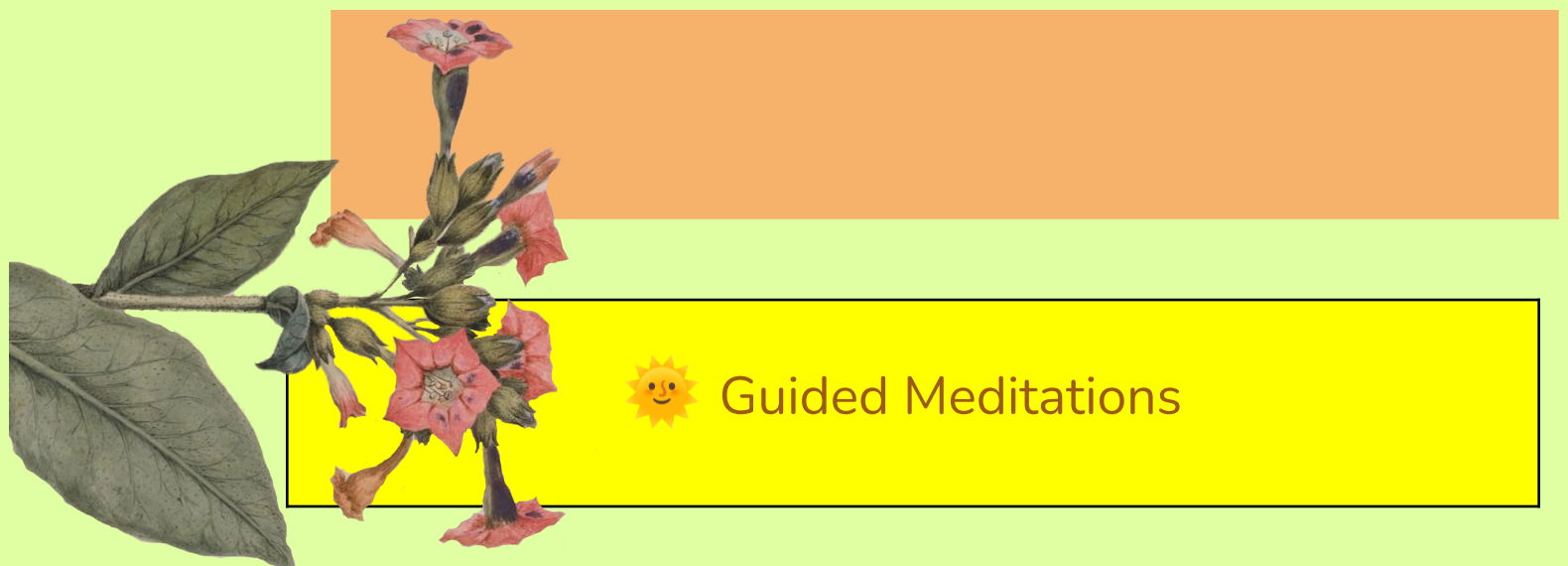
[Dark Study](#) - Dark Study takes up the work that the university prevents through regulation, intellectual property ownership, and massive debt.

Dark Study serves the underserved and underrepresented locked out of the racket of higher education. Dark Study acknowledges the risk, precarity, and failures inherent to pursuit of a creative practice today. Dark Study strives to teach art and design as understood through materialism, history, economics, critical theory, and philosophy, all within the context of new technologies. Through a transparent, open methodology and a commitment to flexibility, Dark Study encourages the potential of artistic production for direct impact on a society in crisis.

[The Free Black University](#) - We believe that education is at the heart of transforming society as we know it. We are all taught a curriculum, and institutionalised into a knowledge system, that tacitly holds - Black Lives do not matter. We exist to transform this and to hold a space for the creation of radical knowledge that pertains to our collective freedom and healing. We envision a world in which we no longer have to fight and we aim to help produce the conditions for that world to remain.

[Scope of Work](#) - Scope Of Work (SOW) is a talent development agency for young BIPOC creatives that establishes equity in the creative industry

[Queer.Archive.Work.](#) - QAW was incorporated in the State of Rhode Island on March 2, 2020 to support artists and writers with free, open access to space and resources for experimental publishing, with a special focus on queer practices.



Meditation is the practice of focusing and redirecting the mind from specific thoughts. It can be used to relieve distress and develop a healthier relationship to the body and mind.

Which Type of Meditation is Right for Me? -

A breakdown of 6 different styles of mediation with their respective benefits. (**There are countless styles of meditation, but this list is a good entry point for beginners)

✨Breathwork

Breathwork is a form of therapy that involves controlled breathing exercises. It can be used to aid in anxiety, depression, and physical tension in the body.

[Black Girls Breathing - Virtual Breathwork Offerings](#)

In response to the global pandemic and the effect of systematic racism on our community's mental health, black girls breathing™ has responded by making our virtual breathwork circles donations-based on a sliding scale. Please choose the option that aligns with what you are able to afford. There is a 250 participant cap with a select number going to each donation level. Sessions are regularly priced \$25 per participant. if financially strained, please select the \$0 amount option.

[Natalie Yogi - Come Breathe](#) - 40 Minutes Daily Isolation Pranayama Practice with Natalie Armitage.

Guided Meditation Recordings

Guided Meditations are a practice led by someone else's voice. They come in many different styles to help build awareness in your own body and mind. These are often led by a real live guide or through audio/visual recordings.

[Black Girl in Om : "For Black Girls Everywhere - A Relaxing Meditation"](#) - 10 minute meditation

[Dr. Candice Nicole : Black Lives Matter Meditations](#) - A 17 minute guided meditation using mindfulness, affirmation, and metta (loving-kindness)

[Lobaland x The Nap Ministry Present: REST then RISE guided meditation for revolution](#) 22 minutes meditation





Movement & Fitness

A. ✨Yoga

Yoga is an ancient Indian practice that activates the body and mind through controlled breathing and poses. A consistent practice of yoga can improve flexibility, muscle +bone health, sleep habits, and posture. It can also be used to boost immunity, moods, and relieve body tension.

[Here are 10 essential yoga poses to know and do from home.](#)

[1:1 Yoga with Shadia](#)

Private sessions are currently being offered via Zoom or in CT parks to maintain physical distance and are currently being offered on a sliding scale \$25-75, pay-what-you-can. [@shadia_joon](#) is a trauma informed yoga teacher, with 500-HR certification + trauma center trauma sensitive yoga training.

[Afro Flow Yoga - Online Classes](#) Afro Flow Yoga promotes healing, balance, peace and the elevation of all humanity through the practices of yoga, dance, rhythms, spirituality and cultural values of the African Diaspora, in a compassionate, non-judgmental and safe environment.

[freeskewl](#) - Bringing dance artists together online via classes on Zoom. Donations are paid directly to facilitators. Class schedules and zoom link listed in link.

[LAM Yoga - Zoom Sessions](#)

Zoom sessions are free of cost and take place on Saturday and Sunday mornings. See link for schedule and zoom meeting info.

[Linda Lopes: The Practice at hOMe](#)

[Linda Lopes](#) is a Mindfulness Educator, Yoga Instructor, and Reiki Practitioner in Brooklyn, NY. She offers group and private classes that can incorporate meditation, breathing exercises, chair yoga, vinyasa yoga, and reiki healing sessions.

[NAAYA](#)

Naaya aims to empower people of color to define what well being is for themselves and to encourage them to partake in that endeavor, separate from the influence of the mainstream narrative. In light of Ahmaud Arbery we are more driven than ever to ensure BIPOC folks feel safe to partake in wellness endeavors. [@naaya.wellness](#)

[Trans Yoga Project](#) - The Trans Yoga Project is a collaborative project to support Trans* people's spiritual wellness through community (re)education, advocacy within the yoga and wellness industries, community building, and the creation of supportive and affirming content and guided practices by and for Trans*, non-binary, gender non-conforming, and gender-expansive people. This group has committed to both internal and external work in service to ALL Trans* siblings, and thus is vested in dismantling all systems of oppression, including white supremacy and capitalism in all of their manifestations.

[Yoga for Self Love and Compassion | Solar Plexus and Heart Chakra](#)

[Flow](#) - Our solar plexus chakra rules our identity and self expression. Our heart chakra governs love and compassion. When we put the two energies together, we are able to heal identity issues and heartbreak to cultivate more self love. That's a beautiful thing :)

B. ✨Dance

[Ailey Extension - Online West African Dance with Maguette Camara](#)
West African dance class taught by Maguette Camara with [Ailey Extension](#).

[Ailey Extension - Online Hip-Hop with TweetBoogie](#) - Hip-Hop class taught by TweetBoogie with [Ailey Extension](#).

[Ailey Extension - Online Afro'Dance with Angel Kaba](#) - Afro'Dance taught by Angel Kaba with [Ailey Extension](#).

Dance Tutorial - How to Samba [Part 1](#) & [Part 2](#) - This short tutorial gives a breakdown of *Samba No Pé*, a solo impromptu style of samba commonly danced in Brazilian Carnival parades.

[SOCA Sweat Dance Workout](#) - SOCA inspired dance workout that will give you that island HEAT 🌴🔥. This workout includes more plyometric moves like high jumps, "DURPEES" [dance-burpees] and planks [with a whine] so make sure you stretch and move at your own pace!

C. ✨Workout Sessions

Home video workouts focusing on cardio, stretching, and strength training.

[20-minute Seated Strength & Cardio Workout | For lower Body Injuries](#)

Whether you're injured, recovering, wheelchair-bound, stuck at your desk this workout is for you! ***This workout does not include a cool-down. Beginner workout. Equipment: Dumbbells. Intensity: Low. Led by [@puzzleft](#)

[Healthy Happy Hour](#) - a live, mood-boosting workout every **Wednesday @ 4pm** on YouTube. It's a great way to de-stress from the day, connect with others, and put a smile on your face (and maybe a little sweat).

[Motivation Boosting Home Workout](#) - Get the boost of energy you need to reach any finish line with a full-body stability, strength, and capacity workout.

[Wind-down Home Workout](#) - Wind down for the evening with a gentle workout designed to help you de-stress and release tension. Full-body mobility workout. Intensity: gentle.

[Workout with me: 5 minutes wall exercises for back pain](#) - Today I wanted to give you a quick 5 minutes wall stretches to help with lower back pain. There's a lot going on in this world but I still want you to take time for yourself. By [@Flex-N-Fly](#)



Herbalism

Herbalism is the study of plants and herbs for healing. Plants have been the basis of medicine since the beginning of human history.

[Black Women for Wellness 2020 Herbalism Guide \(PDF\)](#) - Connecting deeply with the earth and discovering how to heal our bodies with nature's cure.

[A Guide to six flower essences for ecological grief + chaotic times \(PDF\)](#)

Flower essences work on a spiritual and psychological as well as physical level to address emotional and spiritual imbalances in our system. Each flower has its own signature, life force or essence. Those unique essences work with on an energetic and vibrational level to address those like, or sympathies in our own system or assists to bring balance where imbalance exists.

Created by [Alyson Morgan](#)

Goodwitch NYC Herbal Mutual Aid Network - An herbal medicine drive for Black People seeking support due to the ongoing crisis of racial violence + injustice FOLKS SHOULD DM [@goodwitch.nyc](#) / EMAIL Mutual.aid@goodwitch.nyc TO GET INVOLVED

[The People's Medicine School](#) - A 6-month Immersive Study Decolonizing Community Herbalism. Online with IRL option.

Interested in this course? Email peoplesmedicineschool@gmail.com

- Click [here](#) to donate and support the program's Reclamation Fund



Living with the Land

Resources on access to land and the outdoors; organizations, platforms, and individuals educating the public on how to build positive and sustainable relationships to their natural surroundings.

[A Black Girl's Guide to Foraging](#) - For Dr. Fushcia Hoover, foraging has always been a means to reconnect to her upbringing. But, as she details in a definitive foraging guide for Black women, parsing through and collecting what nature has to offer is as spiritual as it is resourceful—an act of resilience and a way to reclaim her roots.

[DJ FREEDEM](#) - Trap gardening, manifest the abundant power of plants to get you out some ashy ass shit.

[Garden Marcus](#) - 🌿 Promoting kindness, patience, and positivity. Instagram account filled with videos on gardening and understanding for plant care.

[Native Land](#) - Native Land Digital strives to create and foster conversations about the history of colonialism, Indigenous ways of knowing, and settler-Indigenous relations, through educational resources such as our map and Territory Acknowledgement Guide

[Underground Plant Trade](#) - The Underground Plant Trade is a plant community keeping Black people planted.



Food Justice

Food Justice revolves around the concept that having access to healthy food is a human right. Black people are one of the most impacted by hunger, food shortage, and diet-related illnesses. Food justice and environmental justice go hand-in-hand when giving marginalized communities agency over what foods they have access to.

A. ✨Farming & Sustainability

[Agroecology : Key Concepts Principles, and Practice](#) - A document by Third World Network and SOCLA on the concept of Agroecology and how it is used to address food sovereignty for black and indigenous people.

[Black Earth Farms](#) - We are a Black and Indigenous led agroecology collective composed of skilled land stewards, spiritual leaders, healers, gardeners, farmers, builders, writers, educators, artists, musicians, and organizers.

[Edible Gardening by Black Girls with Gardens \(Facebook Group\)](#) - Black Girls With Gardens is a collective space for women of color to share their love of gardening. We are a resource for all levels of gardeners of all types to learn about planting. Our mission is to provide support, inspiration, education, and representation for women of color.

[How to Sustainably Grow Your Own Food Without a Garden](#) - a short guide on how to regrow your own vegetables at home via gal-dem.com

[Project EATS](#) - a neighborhood-based project that uses art, urban agriculture, partnerships, and social enterprise to sustainably produce and equitably distribute essential resources within and between our communities; especially those where people live on working class and low-incomes.

[Soul Fire Farm](#) - Soul Fire Farm is an Afro-Indigenous centered community farm committed to uprooting racism and seeding sovereignty in the food system. We raise and distribute life-giving food as a means to end food apartheid. With deep reverence for the land and wisdom of our ancestors, we work to reclaim our collective right to belong to the earth and to have agency in the food system.

[Sustainable Brown Girl](#) - Created by Ariel Green. Her goal with her platform and podcast is to connect and inspire women of color to live more sustainably.

[Youth Farm Project](#) - Our mission is to empower youth from diverse social and economic backgrounds as integral participants in building equitable local food communities. YFP is dedicated to healing our food system through an anti-racist organizing lens by bringing together youth from diverse backgrounds to explore environmental and social injustice within the food system.

B. ✨Meal Access & Nutrition

[Community Fridge Map Locator](#) - Use this map to find the location and details to a community fridge near you, offering free food to community members impacted by food insecurity.

[NYC Food Locator](#) - Food pantries and community kitchens are located throughout the five boroughs. If you need food immediately, find locations near you by using the Food Map.

[The Okra Project](#) - The Okra Project is a collective that seeks to address the global crisis faced by Black Trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black Trans People wherever we can reach them.

Based on individual [donations](#), The Okra Project pays Black Trans chefs to go into the homes of Black Trans people to cook them a healthy and home-cooked meal at **absolutely no cost to our Black TGNC siblings**. For those Black Trans folks currently experiencing homeless or whose homes cannot support our chef's cooking, The Okra Project has partnered with institutions like Osborne Association and other community spaces to deliver foods.



A. ✨ Talk Therapy

Talk Therapy is the process of discussing mental and emotional concerns with a mental health professional. This approach can help you identify patterns in personal behavior and overcome distress or past traumas.

Are you new to talk therapy? Finding the right therapist can be an overwhelming process, especially for marginalized identities.

- Here are some [key questions to ask](#) when scouting for a new therapist as a woman or queer person of color.
- [Zen Care's 6 Steps to Finding a Great Therapist of Color](#)

🌸 Talk Therapy Directories

[Loveland Therapy Fund](#) - Provides financial assistance to black womxn seeking therapy. Recipients will have access to a comprehensive list of mental health professionals across the country providing high quality, culturally competent services to Black women and girls.

- Click [here](#) to apply to the fund

- Click [here](#) to donate to support the fund

[Open Path](#) - psychotherapy sessions between \$30 - \$60 (remote & in-person)

[Therapy for Black Girls](#) - an online space dedicated to encouraging the mental wellness of Black women and girls.

[BEAM's Black Virtual Therapist Network](#) - The BVTN is provided as a directory resource. Please note that BEAM does not endorse any mental health providers listed under the network or their services and it is not liable for their services. Competency is determined by the local and national licensing entities. BEAM verifies all licensure and credentials at time of submission. As with any service, consumers are encouraged to do their research and consult with any providers before you begin working with them to make sure it is a good fit.

[National Queer and Trans Therapists of Color Network](#) - National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Our overall goal is to increase access to healing justice resources for QTPoC.

[Inclusive Therapists Directory](#) - Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist. We center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities.

B. ✨Somatic Therapy

Somatic Therapy combines psychotherapy and physical therapy for a holistic healing process. This form of therapy is often used when addressing the body and mind's response to previous traumatic experiences. It explores bodily tension, sensations, and gestures in combination with dialogue and touch.

[Dejá Chaniah - Free 1:1 Coaching for Black Women](#)

Emotional processing and somatic healing by [Dejá Chaniah](#). In times like this (and all the time tbh), black womxn are often the ones holding space for everyone. We are on the frontlines. We provide nourishment for the protestors. We are healers/nurses to the injured.

We take care of the children. We are the shoulders to cry on for the weary. We are the channels who pray to God, spirit, the ancestors that our communities are safe. So I ask, who's taking care of you?



Birthing Justice & Childcare

The U.S. is currently facing a maternal health crisis. Black and Indigenous women are **two to three times more likely to die from pregnancy and childbirth** than white women. The Birthing Justice movement advocates for resources and education that can allow for systemic change in how Black and Brown families are treated in the medical field. ([via Birth Justice Now](#))

[4Kire4Moms](#) - 4Kira4Moms was founded with the mission to advocate for improved maternal health policies and regulations, to educate the public about the impact of maternal mortality in communities, provide peer support to the victim's family, friends, and promote the idea that maternal mortality should be viewed, and discussed as a human rights issue. [Donate](#).

[Abide](#) - provides easily accessible, culturally competent care for all women who have need with the goal of:

- Reducing infant and maternal mortality
- Reducing preterm birth
- Reducing low birth weight babies
- Increasing breastfeeding rates
- Increasing the number of midwives and birth workers of color

*We want to get babies to term and to their first year.

[National Black Doula Association Directory](#) - An extensive directory of doulas by state in the U.S.

[Sista Midwife Production](#) - Sista Midwife Productions is a birth advocacy organization based in New Orleans, LA. We provide education, training and consultations for communities, birth workers and organizations that work with child bearing families. Our Mission is to improve pregnancy and birth experiences and to eliminate perinatal disparities by increasing the number of black birth workers, teaching families about their rights and options; and creating transparency and accountability within childbirth education and the medical obstetrical system.



Take a nap. Get some intentional rest.

[How to Take the Perfect Nap](#) - From the Elemental Guide to Napping → 10 science-backed tips for more productive shut-eye

[The Nap Ministry](#) - The Nap Ministry was founded in 2016 by Tricia Hersey and is an organization that examines the liberating power of naps. We engage with the power of performance art, site-specific installations, and community organizing to install sacred and safe spaces for the community to rest together. We facilitate immersive workshops and curate performance art that examines rest as a radical tool for community healing. We believe rest is a form of resistance and name sleep deprivation as a racial and social justice issue.

NAP MINISTRY HOTLINE → call the hotline for a moment of rest with a recorded message that changes every Tuesday. **1-800-LUV-NAPS**



Animal Content

Livestreamed content of cute and fun animals.

[Monterey Bay Aquarium Open Sea Cam](#)

Live viewing hours : 7AM-7PM Pacific Time

[Philly Goat Project](#)

- [Livestream](#) with farm goats at 8am on Instagram Live
- Schedule a [Zoom](#) party with the goats and staff (sliding scale donations)

[Puppy Live Cam](#) - Warrior Canine Connection is a Maryland nonprofit that engages Veterans in a therapeutic mission to train skilled service dogs for fellow Veterans. The whelping room inside WCC's Puppy Enrichment Center is where our future service dogs spend their first few weeks with their mother. Staff and volunteers take care of the puppies 24 hours day/7 days a week.



Crisis Hotlines & Who to Call

Organizations to contact as alternatives to police intervention during an emergency.

[Crisis Text Line](#): Text CONNECT to 741741

[Childhelp National Child Abuse Hotline](#): 1-800-4-A-CHILD

[Integrate NYC - Youth Hotline](#): 951 -468-3478

[NAMI HelpLine](#): by calling 1-800-650-NAMI

[Trevor Project](#): 866 488 7386 or text TREVOR to 1 (202) 304 1200

[Trans Lifeline](#): 877-565-8860

[National Suicide Prevention Hotline](#): 1-800-273-8255

[SAMHSA Treatment Referral Hotline](#): 1-877-726-4727

[National Youth Crisis Hotline](#) - 1-800-448-4663

[Parent Hotline](#) : 1-800-840-6537

[Steve Fund - for young people of color](#) : Text STEVE to 741741

[Teen Lifeline](#) - 1-800-248-TEEN

[Alternatives to Police by Rose City Copwatch](#) - This zine is a compilation of case-studies on alternatives to cops. The booklet focuses on projects that don't collaborate with the state or court system in any way. A long bibliography for further reading is also included.

[Alternatives to Police by MPD 150](#) - Click here to view/download our printable list of phone numbers of resources that can be used as alternatives to calling the police in different situations (homelessness, domestic violence, etc).



Podcasts

Podcasts on life and wellness centering black voices.

[Angu de Grilo](#) **(recorded in Portuguese)** - Angu de Grilo é o podcast de Flávia Oliveira e Isabela Reis. Duas mulheres, duas gerações, duas cariocas, duas jornalistas. A leveza, o bom humor, a informalidade, a intimidade dão o tom dessa conversa entre mãe e filha que dão pitacos sobre tudo.

[Black Girl in Om](#) - Welcome to your go-to conversation on all things wellness, self-care and self-love for women of color, hosted by Black Girl In Om Founder Lauren Ash. This show uplifts, affirms, and informs and features a refreshing line-up of guests—including yogis, holistic lifestylists, clean beauty experts, and a plethora of other movers, shakers, and innovators within the wellness and beauty industries. This buzzworthy show speaks directly from women of color to women of color and strives to inspire women around the world.

[The Friendzone Podcast](#) - Listen along every Wednesday as Dustin Ross, HeyFranHey & Assante explore mental health, mental wealth and mental hygiene, because who in the hell wants a musty brain?

[NATAL](#) - NATAL is a podcast docuseries about having a baby while Black in the United States. We pass the mic to Black parents, to tell their stories in their own words, about their pregnancy, birthing, and postpartum care, in their own words. The docuseries also highlights the birthworkers, medical professionals, researchers, and advocates fighting daily for better care for Black birthing parents.

[NYC Healing Collective](#) - Amplifying people and insights at the intersection of healing, wellness and societal transformation.

[Octavia's Parable's](#) - A podcast diving into Octavia E Butler's Parable of the Sower/Talents, hosted by Toshi Reagon and adrienne maree brown. Produced by Kat Aaron.

[Snatched Edges Podcast](#) - Snatched Edges is a podcast all about hair health. Expect to hear tips on how to solve common hair and scalp issues, how to tackle hair loss and the best ways to style your hair.

[Therapy for Black Girls](#) - The Therapy for Black Girls Podcast is a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves.



Music & Sounds

Playlists & radio shows to guide you through your daily actions and thoughts.

[Brown Up Your Feed Radio Hour w/ Mandy Harris Williams](#) - Mandy Harris Williams' Brown Up Your Feed Radio Hour dissects everyday online behavior as it supports or erodes the many "isms" plaguing society today. Can we make the world a better, less fascist, and more sensually appearing place from our devices? Let's envision that future...

Playlists by the [The Nap Ministry](#)

- [The Nap Ministry - Daydreaming and DreamSpace \(Spotify\)](#)
- [The Nap Ministry - Collective Grief and Healing \(Spotify\)](#)

The Nap Ministry was founded in 2016 by Tricia Hersey and is an organization that examines the liberating power of naps. We engage with the power of performance art, site-specific installations, and community organizing to install sacred and safe spaces for the community to rest together.

[Ethel's Club Virtual Vibes Playlist \(Spotify\)](#)

Curated for you. Breathe deep, drop your shoulders, and listen to the vibes of the Ethel's Club Digital Clubhouse.

[Root Chakra Meditation](#) - The root chakra or Muladhara is the first chakra, and is located at the base of the spine. Muladhara is formed from two Sanskrit words: Mula meaning "root" and Adhara, meaning "support" or "foundation". The root chakra's aspect is survival and coexistence with nature. It requires basic necessities such as food, water, shelter and safety.



Videos

Online Video Content ranging from narrative, to meditative, and music.

[4K Virtual Forest Walk](#) - 5 Hours Walking in the Woods, Grand Ridge Trail, Issaquah, WA

[10 Unexpected Ways to Meditate - @brihalloficial](#) - This is a time of high anxiety and stress for so many people. These are some beginner friendly non-traditional methods of meditation you can integrate to decompress when needed.

[Artist Otobong Nkanga – 'Imagining the Scars of a Landscape' | Tate](#) (9 minutes, 27 seconds) Otobong Nkanga reflects on the politics of land and body through tapestry, drawing, photography, installation, video and performance.

[Erykah Badu Quarantine Concert Freestyle](#) (28 minutes)

[The Free Black Women's Library - Story Time Series](#) - The Free Black Women's Library Storytime Series features weekly readings of short stories written by Black women, with specially crafted writing prompts and discussion questions to inspire deeper understanding, creativity and reflection.

[Hallease - "To Help You Cope"](#) (4 minutes)- When you feel overwhelmed, When you feel like giving up you have something to help your spirit find some peace. I want you to know that you're not alone in how you feel. I'm here with you. And when you inevitably have another bad week I'll be right here. You can always come back to this.

[Lido Pimienta - "Eso Que Tu Hace"](#) Music video from the album, "Miss Colombia" (4 minutes, 4 seconds)

[Lizzo : NPR Tiny Desk](#) (17 minutes) - Watch Lizzo play "Cuz I Love You", "Truth Hurts" and "Juice" at the Tiny Desk.

[Solange - “When I Get Home \(Director’s Cut\)”](#) (41 minutes) - the extended director’s cut of Solange’s interdisciplinary performance art film “When I Get Home.”

[Tracee Ellis Ross - 3 Breathing Exercises That Can Be Done Anywhere](#)

We are at the beginning of transformation. And we have a movement to hold and guide us. But, it’s a lot to feel and hold for the body and spirit. We want to honor where we are and also be able to lift up and through.



Reading

Reading material centering acts of care based within medicine, love, and the political. This section contains links to free readings online along with books to be purchased at different black owned bookstores.

*Free online texts & PDFs

[Black Looks : Race & Representation - bell hooks](#)

“I dedicate this book to all of us who love blackness, who dare to create in our daily lives spaces of reconciliation and forgiveness where we let go of past hurt, fear, shame and hold each other close. It is only in the act and practice of loving blackness that we are able to reach out and embrace the world without destructive bitterness and ongoing collective rage”.

[Black Patents, Inventions, History](#) - A comprehensive list of patents filed by black people since the 1800s to present day. Knowledge of self and contributions builds the individual and community.

[The Dancer’s Warmup Through Body-Mind Centering](#) - A warm up to help you get in touch with your bodily needs for the day.

[Do-It Yourself Time-Travel](#) - A mini zine created by [The AfroFuturist Affair](#) featuring prompts and resources on time travel.

[Intersectional Disability Arts Manifesto by Alice Sheppard](#) - "Disability is more than the deficit of diagnosis. It is an aesthetic, a series of intersecting cultures, and a creative force. I hold myself accountable to the lives and loves from this definition of disability".

[Love as the Practice of Freedom - bell hooks](#) - hooks proposes an "ethic of love" as the means by which we might be guided to turn away from an ethic of domination.

[Meditation Time Travel to 2050](#) - guided reflection/meditation by adrienne maree brown for Movement Generation (2050)

[Parable of the Sower - Octavia Butler](#) - When global climate change and economic crises lead to social chaos in the early 2020s, California becomes full of dangers, from pervasive water shortage to masses of vagabonds who will do anything to live to see another day. Fifteen-year-old Lauren Olamina lives inside a gated community with her preacher father, family, and neighbors, sheltered from the surrounding anarchy. In a society where any vulnerability is a risk, she suffers from hyperempathy, a debilitating sensitivity to others' emotions.

[Radical Care : Survival Strategies for Uncertain Times - Hi'ilei Julia Kawehipuaakahaopulani Hobart and Tamara Kneese](#)

This article introduces the topic of radical care by providing a genealogy of care as a vital but under examined praxis of radical politics that provides spaces of hope in precarious times.

[Recipes for Light When the Blues Might be Bringing You Down](#) - a compilation of remedies, ideas, affirmations, and insights to uplift a sister from sisters who have been there and done that.

[Sharing Hope: An African American Guide to Mental Health - NAMI](#) - This educational booklet provides mental health information through personal stories and highlights how and where to find help for different mental diagnosis.

[Where There is No Doctor: A Village Healthcare Handbook - David Werner with Carol Thuman & Jane Maxwell](#) - The book covers all aspects of people's health ranging from diarrhoea to malaria, bone fractures and ringworm. Special emphasis is placed on hygiene, a healthy diet and vaccinations, and the book explains to readers what they can do themselves and how to prevent, recognise and treat many common sicknesses. It also shows them how to recognise problems they are unable to cope with and need to refer to health workers.



Apps

Mental wellness & meditation apps for mobile phones.

[Shine](#) - WOC owned app. The Shine app is your support system for daily stress and anxiety. Learn a new self-care strategy every day, get support from a diverse community, and explore an audio library of over 500+ original meditations, bedtime stories, and ambient music to help you shift your mindset or mood.

[Liberate](#) - guided meditations for and by BIPOC
(Free version comes with limited app access ; \$9.99 / month for full access ; sliding scale payments & financial assistance available for app users in need)

[Headspace](#) (Free version comes with limited app access; \$12.99 / month for full access ; premium version is currently available to anyone who is unemployed due to COVID-19)



Investments

Wellness is a long term investment that happens on both a personal and public scale. When we invest in Black wellness, we are not only financing the longevity of programs that support healthy bodies and minds, but we also invest in the invaluable right to happiness and freedom for all regardless of income status.

A. ✨ Black-Centered Spaces & Programming

Black Centered Spaces & Programing include resources that are either providing accessible opportunities for Black people **or** in need of public funding to offer their resources.

[Audre Lorde Project \(New York, NY\)](#) - a Lesbian, Gay, Bisexual, Two Spirit, Trans and Gender Non Conforming People of Color center for community organizing, focusing on the New York City area. Through mobilization, education and capacity-building, we work for community wellness and progressive social and economic justice. Committed to struggling across differences, we seek to responsibly reflect, represent and serve our various communities.

- Click [here](#) to donate and support them.

[Black AIDS Institute \(Los Angeles, CA\)](#) - Founded in May of 1999, the Black AIDS Institute (BAI) is the only premier uniquely and unapologetically Black think and do tank in America powered by two decades of work to end the Black HIV epidemic and led by people who represent the issues we serve. BAI sources our capacity building, mobilization, policy, and advocacy efforts from Black leaders and communities across the country and provides high quality direct HIV services and linkage to care to Black people.

- Click [here](#) to donate and support them

[Black Trans Travel Fund](#)

Donated funds are redistributed directly to Black trans women in need, who can then have the autonomy to purchase private car ride services, purchase gas for their own vehicles, pay family or friends for a ride, or other alternatives of their choosing that best suit their comfort and needs.

80% of all funds donated are directly redistributed to Black trans women in need, 20% of donated funds go towards labor and administrative costs to keep our programming running.

- Click here to apply to funding
- Click here to [donate](#) to the fund

[Black Women for Wellness \(Los Angeles, CA\)](#) - Black Women For Wellness is committed to healing, supporting and educating black women and girls through health education, empowerment and advocacy.

- Click [here](#) to donate and support them

[BEAM : Black Emotional & Mental Health Collective \(Los Angeles, CA\)](#) - a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities through education, training, advocacy and the creative arts.

- Click [here](#) to donate and support them.

[G.L.I.T.S INC](#) - Gays & Lesbians Living In A Transgender Society is a grassroots organization dedicated to supporting the LGBTQIA+ community on a global scale. GLITS recently purchased a permanent place to house and support Black trans people in Queens. These leases will provide much needed security and housing stability for several Black trans members of our community, all of whom were recently released from Rikers amidst the COVID pandemic and systemic racism that still plagues our communities.

[Ethel's Club \(Brooklyn, NY\)](#) - Ethel's Club is the first private social and wellness club designed with people of color in mind. Membership includes book clubs, group workouts, wellness salons, creative workshops, exclusive artist Q&As, DJ sets & listening sessions.

- Digital Membership - \$16.99 / month ; Free trial available
- Click [here](#) to donate and/or support them

[Food for Health Foundation's Scholarships & Grants](#)

The Food for Health Foundation provides full scholarships for the T. Colin Campbell Center for Nutrition Studies Plant-Based Nutrition Certificate through eCornell: Cornell University's online education platform.

[Harriet's Apothecary](#)

Harriet's Apothecary is an intergenerational, healing village led by the brilliance and wisdom of Black Cis Women, Queer and Trans healers, artists, health professionals, magicians, activists and ancestors. Our village, founded by Harriet Tubman and Adaku Utah on April 6 2014, is committed to co-creating accessible, affordable, liberatory, all-body loving, all-gender honoring, community healing spaces that recognize, inspire, and deepen the healing genius of people who identify as Black, Indigenous and People of color and the allies that love us.

- Click [here](#) to donate

[Healhaus \(Brooklyn, NY\)](#) - Daily online workshops centered on holistic healing practices. \$10 per session. Class focus includes meditations, yoga, and reiki.

- Click [here](#) to donate and support them.

[House of GG \(Little Rock, AK\)](#) - The Griffin-Gracy Educational Retreat & Historical Center's (a.k.a. "House of GG") mission is to create programs, services, and resources that positively impact the lives, history, and visibility of Transgender, gender-questioning, and gender-nonconforming people. We do this through programs that promote healing justice, resilience, and organizing among our communities, particularly by and for transgender women of color, to remove barriers that inhibit our survival.

- Donate to their [Safe Haven for our Trans Community](#)
- [Check out their COVID-19 Resources for T/GNC Folk living in the South](#)

[NAAYA : The Check-In \(LINK TO DONATE\)](#)

The Check-In is an initiative to support BIPOC high school students in maintaining wellness during COVID-19. Students will engage in a curriculum that centers on the modalities of yoga and meditation. Additionally, students will have access to a therapist to address and support their needs during COVID-19.

Your donations allow us to pay our teachers and contract therapists for students' group and one on one therapy sessions. Launching September 2020

[NYC POC Healing Circle's Black Healer's Fund](#)

Please support our Black Healers Fund at the [@nycpochealingcircle](#) . The Black Healers Fund is a two-part fundraising & reparations effort in:

1. Provide sponsorship & financial support to Black healing-based practitioners in community so they can provide their services for free within their community while being compensated fully for their services from the fund.
2. Provide free services to the Black community that include access to reiki/energy healing, meditation, mental health / peer emotional support, and other healing-based services + from NYC POC Healing Circle trained practitioners & our community affiliates, siblings, members, & fellow BIPOC healing practitioners who support our collective.

[Project EATS: COVID-19 HEALTHY FOOD INITIATIVE \(New York, NY\)](#) - The Project EATS' farm in Brownsville is ramping up for spring. Working with Food Bank NYC and Project EATS' largest farm on Randall's Island, we will establish

the Brownsville site as a food pantry for dry goods and fresh produce for neighbors who need help. **Many families in the community are only eating once a day and have no access to supplemental food on the weekends.**

- Click here to [volunteer](#)
- Click here to [donate](#)

[Rootwork Herbals \(Ithaca, NY\)](#)

Lovingly handcrafted community herbalism that is accessible and uncomplicated; utilizes common plants for health and wholeness; honors the earth, the plants and the people. Explicitly center BIPOC (Black, Indigenous, People of Color) as well as queer and trans folks of color in our curriculum, classes, and community work

- Click [here](#) to donate and support them

[SUSU Healing Collective - BIPOC Land & Food Sovereignty Fund](#)

Help us purchase land for Black and brown farmers in Vermont!

We are so beyond excited that we are able to support 22 Black and brown families in Brattleboro have access to nourishing foods from local farms. Now the farming season is starting and the window to purchase CSA's is coming to a close. CSA farm shares are finite, and there are only so many we can buy no matter how much we raise.

[SUPPORT / REPARATIONS FOR BLACK OWNED & OPERATED FARMS](#)

A spreadsheet of Black owned farms and organizations that support Black farmers compiled by [A Growing Culture](#).



B. ✨Associations for Specific Mental Health Needs

Associations for Specific Mental Health Needs offers a list of organizations raising awareness for various mental health concerns.

[Anxiety and Depression Association of America](#)

[Balanced Mind Foundation](#)

[Beyond OCD](#)

[Children and Adults with ADD/ADHD](#)

[Depression and Bipolar Support Alliance](#)

[Eating Disorder Coalition for Research](#)

[Eating Disorder Hope](#)

[Families for Depression Awareness](#)

[National Eating Disorder Association](#)

[DrugRehab.com](#)

[Advanced Recovery Systems](#)



Toolkits & Trainings

Toolkits to create safer community spaces, respond to life saving emergencies, and foster healthier interpersonal relationships.

[Mental Health First Aid Training \(NYC\)](#) - Free 1-day training. Mental Health First Aid (MHFA) training teaches you how to identify signs of mental health distress, or substance use issues in your community. It will help you understand people's challenges or crises, and show you how to respond effectively.

[USA Mental Health First Aid](#) - Directory of training courses by state/zip-code. 6-hour online course coming soon.

[Creative Interventions Toolkit](#) - Embracing the values of social justice and liberation, Creative Interventions is a space to re/envision solutions to domestic or intimate partner, sexual, family and other forms of interpersonal violence.

[Audre Lorde Project's Safer Party Toolkit](#) - How to run a safe party that doesn't need police presence to maintain safety. Some content is NYC specific. Click [here](#) for a zine version of the toolkit.

[DPN's Healing Justice Toolkit](#) - Dignity and Power Now (DPN) is a Los Angeles-based, grassroots organization that fights for the dignity and power of all incarcerated people, their families and communities. Founded in 2012, our mission is to build a Black and Brown led abolitionist movement rooted in community power towards the goal of achieving transformative justice and healing justice for all incarcerated people, their families, and communities.

[End Adultification Bias](#) (video)- This video explains 'adultification bias' and highlights some of the stories discussed by Black women and girls during focus-group research conducted by the Georgetown Law Center on Poverty's Initiative on Gender Justice and Opportunity.

[Online First Aid Training](#) - All online first aid, CPR & AED courses are free and open to anyone who has registered an account online. Each course contains first

aid quizzes and videos to build upon your first aid knowledge. Once you've completed each course you will receive a free first aid & CPR certificate which you can download and print.

Disclaimer: This online course is not equivalent to in-person training, but does contain useful information to know and perform during life saving emergencies.

[Project LETS - Protest, Trauma, Crisis Resource Guide](#) - This manual contains trauma-informed resources from Project LETS and the Icarus Project for protest work, and crisis first-aid relating to mental health and illness.

[Family Care, Community Care and Self Care Tool Kit](#) - A toolkit created by the Association of Black Psychologists containing information that discusses how stress and trauma affects the body and minds and self-care strategies for dealing with the effects of racism.

[Protect Your Energy](#) - Canned responses for when calling in Black is not enough
Assembled & Managed by Martina & Kali Ilunga.

[Emotion Wheel](#) - A color coded chart partitioned into subgroups of emotions to help you identify the language for your current emotional state. (source unknown).





Day-to-Day Maintenance

Not all self care involves stepping outside of the home or building new social connections through methods of leisure and reflection. Much of the self care we can find at arms reach is often incredibly mundane, and the routine based nature of daily maintenance can sometimes trigger us to run away.

Clean out your digital storage /

Fold the clothes in your drawer

Backup your files /

Call someone who cares for you

Close browser tabs that no longer serve you /

Wipe down the mirrors
of your home

Cut down on your scrolling /

Trim and clean your nails

Take out the trash —>

at home and on your desktop

Block and limit the content that causes you harm and hurt /

Clean out the fridge of things
you've left to spoil by accident

Say “No” to things you rightfully don’t have the capacity for right now.

🌻 Thank you 🌻

For reading and sharing this resource.

I am also still endlessly searching for
ways to be well and stay well in this body /
the space and time to process grief, and all
other things.

I hope we all find joy and stability moving
forward, on our own terms.



The internet is messy, and I am by no means an expert on it, but the
ability to lose oneself and come out on the other end with a new
understanding of being/becoming is something
that few spaces can offer.

I'm glad this guide can exist in these in-between islands
of action and reflection, within cyberspace and the physical world we're
planted upon.