

The Black Men's Wellness Cheat Sheet

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- If you're a father/uncle/big brother, use connection as coping: play, read, teach, laugh. Purpose and presence can steady you.
- Move in ways that already fit your life: a walk after meals, lifting, hoops, push-ups during TV commercials, stretching after a shower. Keep it consistent, not perfect
- Create a "brother check" routine with friends: quick text once a week—"How's your mind?"—and agree that a number (1-10) is a full answer if you don't want to talk.
- Use "quiet confidence" self-talk: "I can be calm and still be powerful," "I can ask for help and still be a man," "Rest is part of discipline."
- Use the barbershop principle anywhere: find one place you can be real without being judged—barber, gym buddy, mentor, men's group, coach, uncle, pastor.
- Build a sleep wind-down that matches how you already decompress: shower, lotion, phone off, lights dim, one chapter of a book, or one calming video—same order most nights.
- Use anger as information, not a command: ask, "What boundary got crossed?" and "What do I need to protect right now?"
- Get your body moving to self-regulate. Cleaning your car, fixing something, grilling, organizing tools, grooming, or anything that gives your brain a task while your nervous system settles.
- Music regulation (two playlists): one playlist for "let it out" (songs that match the mood) and one for "bring it down" (songs that steady you).
- Do a two-minute "reset in the car" before you go inside: sit still, unclench your jaw, drop your shoulders, and take 10 slow breaths while you stare at one fixed point.
- Use the "one honest sentence" rule with a trusted person: "I'm not okay today," or "I'm carrying a lot and I don't want to hold it alone."
- Practice a calm exit plan for heated moments: "I'm stepping away so I don't say something I regret. I'll come back in 30 minutes."

We're here to help you start your journey to wellness
Contact us at www.NextDoorCounselingServices.com

