

The Black Men's Wellness Cheat Sheet

- **Spending time with brothers, friends, or mentors for real conversation and support.**
- **Engaging in movement that feels natural, such as basketball, lifting, walking, biking, or stepping.**
- **Listening to or creating music, including gospel, R&B, hip-hop, jazz, or beats that match the mood.**
- **Practicing prayer, meditation, or breathwork for grounding and clarity.**
- **Visiting safe community spaces like barbershops for connection and release.**
- **Taking quiet outdoor time, such as fishing, sitting near water, or enjoying a calm drive.**
- **Eating regular, nourishing meals and staying hydrated to support emotional balance.**
- **Prioritizing sleep and creating a routine that helps the body wind down.**
- **Seeking culturally responsive therapy or support groups designed for Black men.**
- **Setting boundaries with people or situations that increase tension.**
- **Creating art, poetry, journaling or storytelling as a way to express emotions.**

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