

The Black Woman's Wellness Cheat Sheet

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- **When you start your day, ask yourself how do you feel, what you need, and an affirmation.**
- **Turn music into medicine on purpose. Make a playlist of songs with a purpose - motivational, workout, self-love, gospel, good memories... Take a dose as needed.**
- **Do a two-song living-room dance break. One song to shake off stress and one to bring yourself back to steady. Bonus points if you still have your old moves.**
- **Try line dancing class, a church/community event, or YouTube at home—something that gets you moving and laughing without it feeling like “working out.”**
- **Host a simple “Visit and Unwind” with friends/family. Serve tea, water, or any beverage of choice and have a quick porch sit with one person—no big plans, just presence.**
- **Use a “pray, breathe, write” reset (if faith fits you): a short prayer or affirmation, 6 slow breaths, then 3 lines in your journal.**
- **Keep a “receipts journal” for your emotions: when self-doubt shows up, write the thought, then write the evidence for who you really are (wins, compliments, hard things you survived).**
- **Do a “gratitude + truth” page at night: one thing you’re grateful for, one hard thing you’re carrying, and one way you’re going to take care of yourself tomorrow.**
- **Read for regulation: 10 pages of something comforting before bed—devotionals, a romance novel, a memoir, self-help, or poetry—whatever feels like a soft landing.**
- **Get your hands in something grounded: gardening, plants, herbs in a windowsill, repotting, watering, pulling weeds—slow, steady tasks that calm the nervous system.**
- **Turn cooking into care: pick one “home meal” you already love and make it a self-care ritual—music on, phone down, and a real plate instead of eating on the run.**
- **Volunteer in ways Black women already show up: church outreach, school events, mentoring, community drives, sorority/service groups—choose something that fills you up.**
- **Create a bedtime routine that feels like care. Try 15 minutes total—wash face, moisturize, lay out tomorrow’s outfit, quick tidy, then “no heavy conversations” after a certain hour.**

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

