

12 Days of Wellness

Team Members at California Black Women's Health Project were asked "what activities or wellness practices help you feel good?" Here's what they shared:



Attending stretch class.

Walking by the water, while listening to my favorite artists.



Every morning I do ancestor honoring, meditate to some sort of sound healing, and talk to trees.

Being near trees and mountains.



Journaling and meditating.

Taking a nap in the car with the warmth of the sun.



Cooking, especially a soup.

Grief tea herbal tea, homemade bone broth, mocktail to comfort and sleep.



Talking to a good friend.

Resting.



Immersing myself in creativity.

Dancing, freely.

