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“YOUR DAILY WELLNESS CURATED: BOOKS, MOVIES, MUSIC & MORE”

Whether you're looking for relaxation, motivation or a deeper connection to your own story, these recommendations, inspired by the “12 Commandments of Good Mental Health” are here to guide and nourish your mind, body and soul.

Today's commandment of good mental health:
RESEARCH & REACH OUT TO MENTAL HEALTH RESOURCES.



BOOKS

- *Black Pain: It Just Looks Like We're Not Hurting: It Just Looks Like We're Not Hurting* by Terrie M. Williams
- *Heavy: An American Memoir* by Kiese Laymon



SONGS

- “I Can” by Nas
- "Stand Up" by Cynthia Erivo



FILM/TV SHOWS

- "Queen Sugar" (2016-2022)
- "This Is Us" (2016-2022)
- "Family Reunion" (2019-Present)



& MORE

- Short Video: "Black Women's Mental Health: The Unspoken Struggles" Keita Joy (TEDx Talk)

Each day of the “12 Days of Wellness” Campaign, we curate a list of thoughtfully selected books, movies, TV shows, music and other media that align with the daily theme of the campaign. From empowering reads and uplifting music to films that promote healing and self-reflection, this daily list offers something for everyone on their wellness journey.

Get involved with the campaign: cabwhp.org/12days