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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.

“RECOGNIZE & JOURNAL YOUR MOOD CHANGES.”



BOOKS

- *Sister Outsider: Essays and Speeches* by Audre Lorde
- *Emergent Strategy: Shaping Change, Changing Worlds* by adrienne maree brown



SONGS

- “On & On” by Erykah Badu
- “Listen” by Beyoncé



FILM/TV SHOWS

- “Insecure” (2016-2021)
- “If Beale Street Could Talk” (2018)



& MORE

- A 3-Step Guide to Believing in Yourself | Sheryl Lee Ralph | TED

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