

DEC. 4TH



12 Days of Wellness

“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:
“KNOW YOUR LIMITS; SET HEALTHY BOUNDARIES.”



BOOKS

- *Piecing Me Together* by Renée Watson
- *The Black Girl's Guide to Financial Freedom: Build Wealth, Retire Early, and Live the Life of Your Dreams* by Paris Woods
- *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself* by Nedra Glover Tawwab



SONGS

- “Bag Lady” by Erykah Badu
- “Respect” by Aretha Franklin



FILM/TV SHOWS

- “Self Made: Inspired by the Life of Madam C.J. Walker” (2020)
- “Love & Basketball” (2000)
- “Being Mary Jane” (2013-2019)



& MORE

- *Balanced Black Girl - Episode 86: How to Set Boundaries for Inner Peace and Healthy Relationships* with Nedra Glover Tawwab
- *Sisters* by AARP | “This ‘Girlfriends’ Episode Was My Relationship Game Changer” by Yolande Clark-Jackson

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