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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:
“YOU DESERVE TO FEEL WELL.”



BOOKS

- *Nobody Knows the Trouble I've Seen: The Emotional Lives of Black Women* by Dr. Inger Burnett-Zeigler
- *Sisters of the Yam: Black Women and Self-Recovery* by bell hooks
- *Thank You, Omu!* by Oge Mora



SONGS

- “Feeling Good” by Nina Simone
- "Put Your Records On" by Corinne Bailey Rae



FILM/TV SHOWS

- "The Pursuit of Happyness" (2006)
- "Good Times" (1974–1979)



& MORE

- How to Turn Burnout into Breakthrough | Oma Agbai | TEDxColeParkStudio
- Getting Unstuck from Grief to Live Life | Michelle Meadors | TEDxChandlersCreek

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