

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.

Sunday, December 1st

TODAY'S COMMANDMENT OF GOOD MENTAL HEALTH:
“YOU ARE WORTH IT; MAKE YOURSELF A PRIORITY.”



BOOKS

- *Self-Care for Black Women* by Oludara Adeeyo
- *The Color Purple* by Alice Walker
- *I Am Enough* by Grace Byers



SONGS

- “Lullaby” by Tasha
- “I Am” by Jorja Smith
- “Rise Up” by Andra Day



FILM/TV SHOWS

- “The Princess and the Frog” (2009)
- “Becoming” (2020)



PODCASTS & MORE

Deeply Well Podcast, Episode “Embracing Sensitivity, Overcoming Toxicity, and Elevating Your Vibrations with Lalah Delia”

Get Loved Up Podcast, Episode “Self-Care For Black Women | Oludara Adeeyo”



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