

**SAT.  
DEC. 7TH**



## **“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:*  
**“GOOD MENTAL HEALTH  
IS ESSENTIAL TO YOUR OVERALL WELL-BEING.”**



### **BOOKS**

- *Rootless: A Novel* by Krystle Zara Appiah
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk



### **SONGS**

- “Black Girl Magic” by Muni Long
- “I’m Every Woman” by Chaka Khan



### **FILM/TV SHOWS**

- “For Colored Girls” (2010)
- “The Proud Family Movie” (2005)



### **& MORE**

- **TRICIA HERSEY** on  
Deprogramming from Grind  
Culture /318

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](http://cabwhp.org/12days)