

**FRI.
DEC. 6TH**



“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:
**“TRUST THE HEALING PROCESS; IT TAKES
TIME, SUPPORT & WORK.”**



BOOKS

- *The Secret Life of Bees* by Sue Monk Kidd
- *I Know Why the Caged Bird Sings* by Maya Angelou



SONGS

- “Alright” by Victoria Monét
- “The Light ” by Common
- “Alright” by Kendrick Lamar



FILM/TV SHOWS

- “For Colored Girls” (2010)
- “The Secret Life of Bees” (2008)



& MORE

- Wellness Apps
 - Liberate
 - Calm
 - Headspace
 - Soluna

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