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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:
“NURTURE & PROTECT YOUR SPIRIT.”



BOOKS

- *Black Liturgies* by Cole Arthur Riley
- *Vibrate Higher Daily: Live Your Power* by Lalah Delia



SONGS

- “Spiraling” by Dianna Lopez
- “Rise” and “Weary” by Solange
- “Black Butterfly” by Deniece Williams



FILM/TV SHOWS

- *Soul* (2020)
- “Queen of Katwe” (2016)



& MORE

- Stop Chasing Purpose and Focus on Wellness | Chloe Hakim-Moore | TEDxMemphis
- Divine Rest & Ease (Meditations and Affirmations)

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