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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:
“KNOW YOUR FAMILY’S MENTAL HEALTH HISTORY.”



BOOKS

- *Post-Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing* by Joy DeGruy
- *The Healing: A Novel* by Jonathan Odell
- *The Uncrowned Queen Reclaims Her Throne: When A Black Woman Breaks the Silence* by Ahmondra McClendon



SONGS

- "U.N.I.T.Y." by Queen Latifah
- "Be Free" by J. Cole
- "Don't Touch My Hair" by Solange



MOVIES/TV SHOWS

- "The Banker" (2020)
- "This Is Us" (2016–2022)



& MORE

- How to Rewrite Your Life | Jully Black | TEDxDownsviewWomen
- Black Folk Mental Health: Generational Trauma, Traditions & Truth | Jelan Agnew | TEDxDelthorneWomen

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