

DEC. 2ND



# 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:  
“IT'S OKAY TO ASK FOR HELP.”



### BOOKS

- *Nobody Knows the Trouble I've Seen: The Emotional Lives of Black Women* by Dr. Inger Burnett-Zeigler
- *Sisters of the Yam: Black Women and Self-Recovery* by bell hooks
- *Thank You, Omu!* by Oge Mora



### SONGS

- “Free Mind” by Tems
- “Lean on Me” by Bill Withers
- “Heal” by Pip Millett



### MOVIES/TV SHOWS

- “The Wiz” (1978)
- “The Proud Family Movie” (2005)



### & MORE

- “The Freedom of a Dream” by Amanda Gorman
- THE POWER OF THE BLACK WOMAN’S SELF LOVE JOURNEY | Denise Francis | TEDxQueensVillage
- “The Undefeated” by Kwame Alexander

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)