

# WELLNESS RESOURCE LIST FOR MEDIA MAKERS OF COLOR

*to help us continue practicing wellness...*

## TO SLOW DOWN:

- Read reflections curated by The Nap Ministry
- Try doing a breath prayer
- Consider experiencing a chakra cleanse
- View a self-care checklist for care professionals

## TO NOURISH:

- Experience food as medicine
- Incorporate all the healthy things
- Decolonize your plate and health
- Drink water, mind your business

## TO FIND MOVEMENT:

- Follow yoga instructor Jordan Carr
- Dance to this Motherland Drip playlist
- Remember, the body is NOT an apology
- Experience some pleasure activism

## OTHER THINGS:

- The body keeps score
- Love your flesh, beloved
- Rest is resistance
- We get free, together

**IN THE  
AFRO  
FUTURE**

*@media.2070*