



BIPOC Mental Health Self-Care Guide

Mental health and well-being are fundamental to our overall health. For BIPOC folks, everyday stress can come from many directions including family responsibilities, work demands, community needs, and the pressure of showing up in spaces that don't always reflect or understand our experiences. Taking care of ourselves is not a luxury, it's essential. This guide includes 11 thoughtful self-care practices that can help you pause, reflect, and recharge. Whether you use one or all, each is designed to support your emotional and mental well-being and help you show up fully, for yourself and those around you.



Practice mindfulness

Use this [phrase](#) to become conscious of your breath and bring you back to the present moment: “Breathing in I calm my body, breathing out, I smile. Present moment, wonderful living!” – Thich Nhat Hanh



Practice creativity

Drawing, writing, coloring, or crafting can encourage self-reflection, promote relaxation, and provide a sense of accomplishment and joy.



Move your body and stretch

[Gentle stretching](#) helps release physical tension, reduces stress, and promotes relaxation.



Practice breathwork such as [box breathing](#)

Breathing is essential to life. It delivers fresh energy to our tissues and cells, revitalizing our body, mind, and spirit.



Practice [self-compassion](#)

Give yourself the same compassion you'd naturally show a friend when you're struggling or feeling badly about yourself.



Practice [gratitude](#)

Recognizing the goodness in our lives and expressing appreciation to the people who are or have been part of the goodness can reduce stress, anxiety, and negative emotions.



Honor your ancestors

Draw on the [strength and wisdom](#) of those who came before you.



Use candles, indoor plants, incense, or essential oils to create calming and relaxing smells and atmospheres

- Lavender reduces stress, anxiety, and promotes relaxation.
 - [Snake plants](#) can help filter indoor air and can help regulate healthy airflow at night.
 - Some cultures burn [sage or palo santo](#) to cleanse spaces of negative or unwanted energy.
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Welcome an indoor plant into your home or space

Plants are known for their calming and relaxing qualities.



Practice a [body scan](#) meditation

Focus your attention on different parts of your body at a time and observe the sensations without judgement.



Practice [progressive muscle relaxation](#)

Systematically tense and relax different muscle groups in your body.