



AFRICAN, CARIBBEAN, & BLACK SELF-LOVE & SELF-CARE DAILY PRACTICES

"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION." -AUDRE LORDE

Daily Practices	S	M	T	W	T	F	S	Reflection Notes
Morning gratitude/rituals (e.g., meditation, affirmations, supplications, mantras, prayer, thanking ancestors, light candles, or leave offerings)								
Movement (e.g., dance, drumming, stretching and exercise)								
Enjoy a herbal beverage (e.g., hibiscus, ginger, peppermint, moringa, cardamom, cinnamon, lemon grass)								
Community, Connection, & Healing (e.g., spending time with family and friends, offer support and encouragement to each other and celebrate your achievements- even when they feel small!)								
Connecting with Nature and Grounding (e.g., sitting under a tree, walking barefoot, breathing mindfully, hiking)								
Food Preparation and Eating Mindfully (e.g, make a traditional dish)								
Body Relaxation & Traditional Skincare (e.g., herbal baths, yoga with an Afrocentric Lens, moisturizing your skin with natural products like shea butter and coconut oil)								
Detangle with Love & Protect your hair (e.g. treat your hair gently, using your fingers or a wide-tooth comb to detangle, sleep on a satin pillow, wrap you hair in a silk scarve)								
Create Your Own:								
Affirmation								

