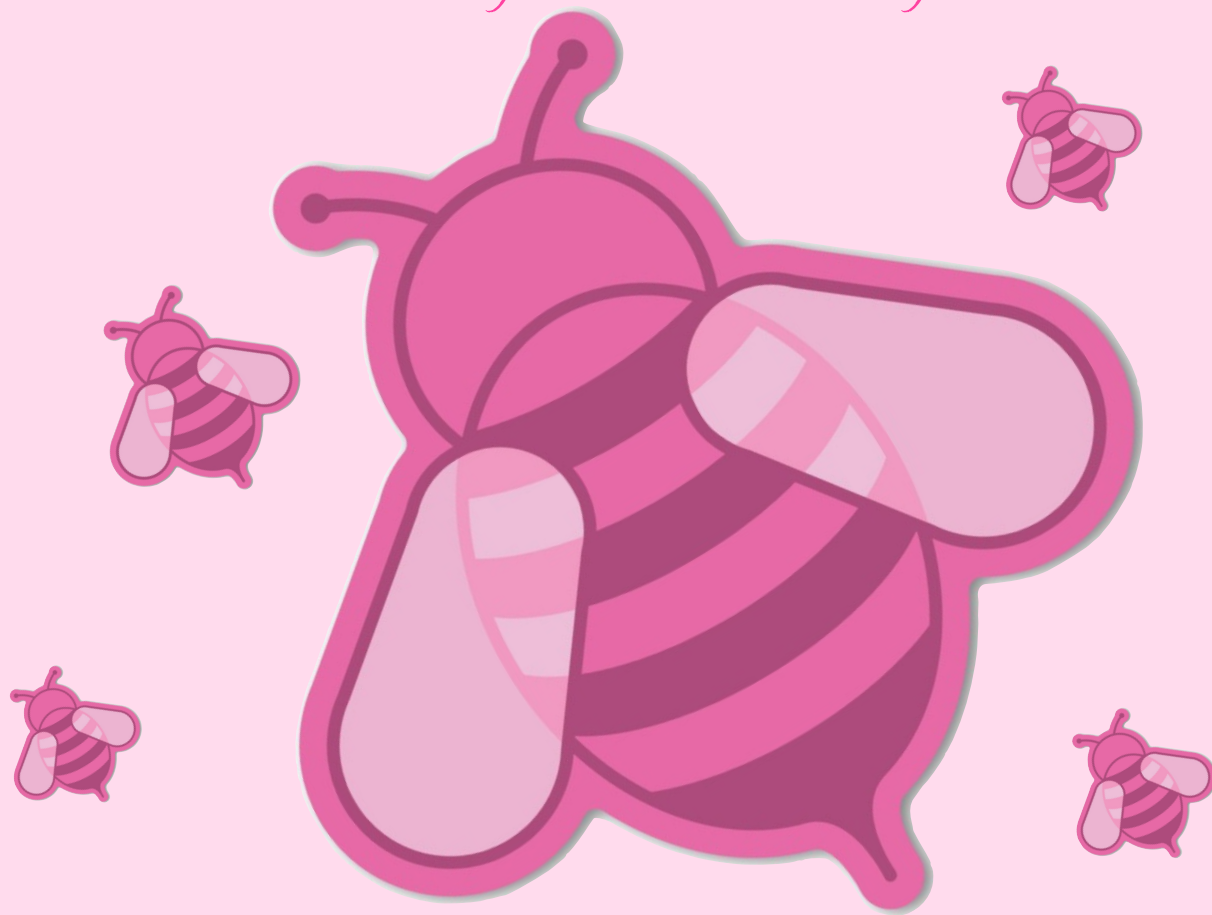


‘ Self-Care ’
- My #1 Priority -



“ Too Sweet To Bee Selfish ”

— Caring for me to care for you —

www.BeeThe1ToHelpSomeone.com

Self-care is crucial for well-being, encompassing physical, emotional, and mental needs, and can include activities like **prioritizing rest, engaging in creative pursuits, seeking support, and practicing mindfulness.**

Here's a breakdown of self-care tips tailored for Y O U :

Prioritize Physical Health:

- **Rest and Sleep:** Aim for 7-9 hours of quality sleep each night to support your physical and mental health.
- **Nutrition:** Focus on a balanced diet rich in nutrients and stay hydrated.
- **Movement:** Engage in regular physical activity that you enjoy, whether it's dancing, walking, or yoga.
- **Medical Care:** Prioritize regular check-ups and screenings, and address any health concerns promptly.

Nurture Your Emotional and Mental Well-being:

- **Mindfulness and Relaxation:** Practice mindfulness techniques like meditation or deep breathing to reduce stress and promote calmness.
- **Creative Expression:** Engage in activities like writing, painting, or dancing to express yourself and promote self-discovery.
- **Set Boundaries:** Learn to say "no" to commitments that drain your energy and prioritize your needs.
- **Seek Support:** Don't hesitate to reach out to friends, family, or professionals when you need guidance or assistance.
- **Self-Education:** Continuously learn and grow by exploring topics that interest you and that promote self-empowerment.
- **Practice Gratitude:** Focus on the positive aspects of your life and express gratitude for the things you have.

Addressing Societal Pressures:

- **Challenge the "Strong Black Woman" Stereotype:** Recognize that it's okay to prioritize your needs and seek support, and that self-care is not a sign of weakness.
- **Practice Self-Compassion:** Treat yourself with the same kindness and understanding that you would offer a friend.
- **Connect with Your Community:** Surround yourself with supportive people who understand and value your experiences.
- **Engage in Activism:** Use your voice and platform to advocate for social justice and equality.

Please Remember: Self-care is not a luxury, but a necessity for overall well-being. By prioritizing your needs, you are better equipped to navigate the challenges and stressors of life and live a fulfilling life.

Self care goes beeyond Nails and Hair. . .





Self care goes beyond Nails and Hair...



HELPFUL LINKS & RESOURCES for WOMEN

THE SCIENCE OF HEALTH: Self-Care 5 tips for Women

<https://www.uhhospitals.org/blog/articles/2023/03/self-care-for-women-5-simple-steps>

SELF-CARE & WHAT IT LOOKS LIKE

<https://bestcare.org/news/self-care-what-it-looks-and-why-its-important>

FOR BLACK WOMEN - SELF CARE ESSENTIALS

<https://www.nongmoproject.org/blog/for-black-women-self-care-is-essential-care/>

HOW BLACK WOMEN CAN PRACTICE SELF-CARE FOR MENTAL WELLNESS

<https://marsellwc.com/how-black-women-can-practice-self-care-for-mental-wellness/>

10 SELF-CARE TIPS FOR BLACK WOMEN

<https://transformcounselingservices.com/self-care-tips-for-black-women/>

MENTAL HEALTH AMONG AFRICAN AMERICAN WOMEN

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-among-african-american-women>

CARING FOR YOUR MENTAL HEALTH (.GOV)

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

3 STEPS TO SUPPORTING BLACK WOMEN HEALTH

<https://webmdignite.com/blog/three-steps-supporting-black-womens-health>

TAKING CARE OF YOUR BODY (CDC)

<https://www.cdc.gov/howrightnow/taking-care/index.html>

NATIONAL LIBRARY OF SCIENCE:

Factors Influencing African American Women's Use of Mental Health Services

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7544187/>

