

children of the yam: a handbook for radical Black healing.

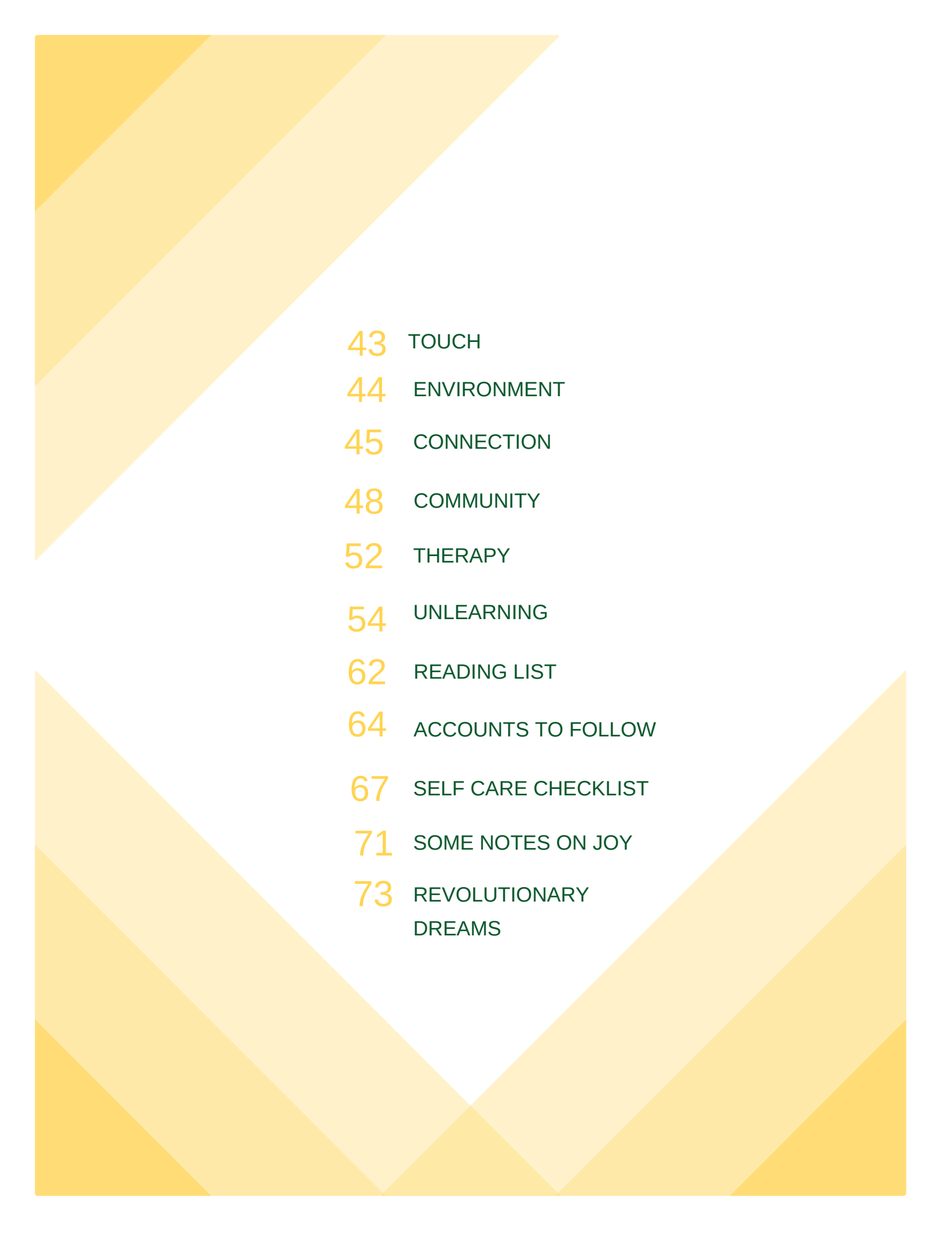
self care as collective care.

community. mindfulness. education.



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DREAMS

i hope that this handbook nourishes you.

i urge you to find the time to pause, to rest, to reflect and to reimagine.

to remember that you are powerfully and wonderfully made.

thank you for reading.

please continue do your own research. i am one person.

if you would like to learn more about my work please see

www.sisterwomanvegan.com

thank you to bell hooks for writing sisters of the yam. i hope that i have done your work justice.

if this helps you, donations are welcome.

credit your artists!!!!

a huge thank you to:

okocho obasi: yellow soup bowl artboard (used with quotes throughout)

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all other art work via canva

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Black therapists, doctors, nutritionists, herbalists, spiritual leaders, artists... Black wellness practitioners and healers of every discipline:

this is a call to arms. we have a job to do.

this handbook is incomplete. this is an introduction. we are limited by my perspective alone. we need practical resources from expert and radical Black minds to reflect the full breadth of our experiences. i hope that my offering can help to get us started.

healing is a marathon, not a sprint. i'm still learning, same as you.

let us practice being ancestors.

TELL THE TRUTH.

DISARM. DEFUND. ALL AGENTS
OF ANTI BLACKNESS


BLACK

1. TRANS 2. GAY
3. immigrant
4. DISABLED
5. undocumented
6. ALL

LIVES MATTER

DISARM. DEFUND. ALL AGENTS
OF ANTI BLACKNESS

TELL THE TRUTH.



“we cannot fully create effective movements for social change if individuals struggling for that change are not also self-actualized or working towards that end. when wounded individuals come together in groups to make change our collective struggle it is often undermined by all that has not been dealt with emotionally.”

BELL HOOKS



start here.

i'm gonna need you to pause for a moment.

breathe deeply.

check in with self.

light some incense or spray your favourite fragrance.

notice how your body feels.

sit.

close your eyes if that's comfortable for you.

feel the weight of your body against the chair, on the floor.

if you prefer, you can lie down.

take a few deep breaths. slowly. inhale for at least 3 counts, exhale the same.

try to breathe into your belly instead of your chest.

as you take each deep breath, pay attention to how the oxygen moves through your body.

is there tightness anywhere?

as you exhale, give thanks for your body.

it has carried you here, to this critical moment.

despite it all.

notice the sensations of your feet touching the floor.

wiggle your toes.

notice your back against the chair/floor.

bring your attention to your stomach area.

place your hands on your stomach and feel it rise and fall as you breathe deeply.

if your stomach is tense or tight, let it soften.

notice your hands.

notice your arms.

let your shoulders drop.

notice your neck and throat. rotate your neck to the left, then to the right.

give thanks for your voice. it is needed. pray for the courage to use it loudly.

relax. take some deep breaths. slowly.

soften your jaw. rest your tongue on the roof of your mouth.

let your face and facial muscles be soft.

take a deep breath.

try to be aware of your whole body. where exactly needs your care?

when did you last eat or drink water?

have you taken your meds/supplements?

take three deep breaths.

and then when you're ready, you can open your eyes.

this is called a body scan. the point of a body scan is to increase mindfulness and a mind body connection so that you are more able to identify your needs in that moment. you can take as little as 3 minutes, or as long as half an hour. don't worry if you lose focus, just gently guide your mind back whenever it wanders. if in doubt, just focus on breathing slowly and deeply.

I DON

CHARGE

MY

Energy

I NO GET TIME FOR NO

ENEMY

healing as resistance.

do you know how good we are supposed to feel?!

do you understand the infinite possibilities that life has to offer us?

"the function, the very serious function of racism is distraction. it keeps you from doing your work. it keeps you explaining, over and over again, your reason for being."

-toni morrison

do you realise how exhausting that is?

the strain on our minds, bodies and spirits?

even if you can't feel it, it is there at a cellular level. your children might. our parents definitely felt it. theirs too.

we have faced over 400 years of violence, oppression and poverty, and endured state supported ill health and addictions.

that trauma has been passed down, unprocessed and unhealed, for centuries. the wounds are reopened daily.

existing healing structures were not created with our physical, emotional and spiritual health in mind.

this is a battle in itself.

we need to protect ourselves from the inside out.

we are disconnected from our ancestors, our elders, each other and ourselves.

we are disconnected from nature.

we are disconnected from faith, however that resonates for you.

healing is the necessary work.

freedom, community, self actualisation and joy is the goal.

we have been doing this work. true to this not new to this.

we would not still be here without it.

thank you to our ancestors, our mothers, our aunties, our grandmothers and our sisters, for taking care of our emotional needs.

you deserved more than being our mules. i hope to heal myself and live free in your honour.

the wound is definitely not our fault.

the healing is our responsibility.

generational trauma at a cellular, neural, physical, spiritual, emotional level needs to be healed so that we don't project it outwards (or inwards), recreate it and pass it down.

energy can only be transformed or transferred. (incidentally, this is one reason why i am vegan. i refuse to willingly introduce more trauma into my body).

we see already how our pain is misdirected and turned into violence towards our queer and trans siblings.

how misogynoir, colourism and classism seep through our communities.

how we turn it inwards, at ourselves. our partners. our children. our peers.

hurt people hurt people.

this can not continue.

we need to rewire our brains to be ready for our blessings.

our bodies and our brains are designed to keep us safe and secure.

they have been working hard to protect us from the full impact of a white supremacist, capitalist, patriarchal, heteronormative state.

they have been reprogrammed to endure pain. they are not accustomed to receiving care. we need to reprogramme them for freedom. we need to reprogramme our brains and bodies so that we can get free.

we need to take wellness into our own hands.

this is vital work that must be done in tandem with the rest of the fight.

we need to return to the source, before this nightmare began.

when freedom, wellness and joy were our birthright.

WE CANNOT COME AND KILL OURSELVES. (word to burna boy. nigerians man. the levels.)

we need to ready ourselves for our blessings.

to be whole, connected, loved and loving.

we need to be more loving, more patient and more kind with one another.

we need to listen to and make space for one another.

we need to be intentional about not causing each other emotional, physical and spiritual harm (protect the babies).

this is not some woo woo nonsense.

trauma is stored in the brain stem. it is subconscious and well protected.

we need to be consistent and intentional with our self care practice to allow new neural pathways to be created.

to usher in abundance.

we must practice daily. neurons that fire together, wire together.

this is not weakness.

this is resistance.

sisterwoman



a prayer.

i want to wrap my people up in an everlasting embrace.

hold them tight and not let go.

ancestors! fill me with the power of the phoenix.

let my tears

fall

fierce and defiant.

let the wounds begin to heal.

cover me with your grace and help me wade

through the waters of our collective grief.

there is space for all of us on my back.

when i get tired, let us rest in the depths while yemaya holds us
close
and carries us to the freshwaters.

maferefun oshun,
mama,
warrior woman,
let me nourish myself with your sweetness.

adorn me with the apparel of war and

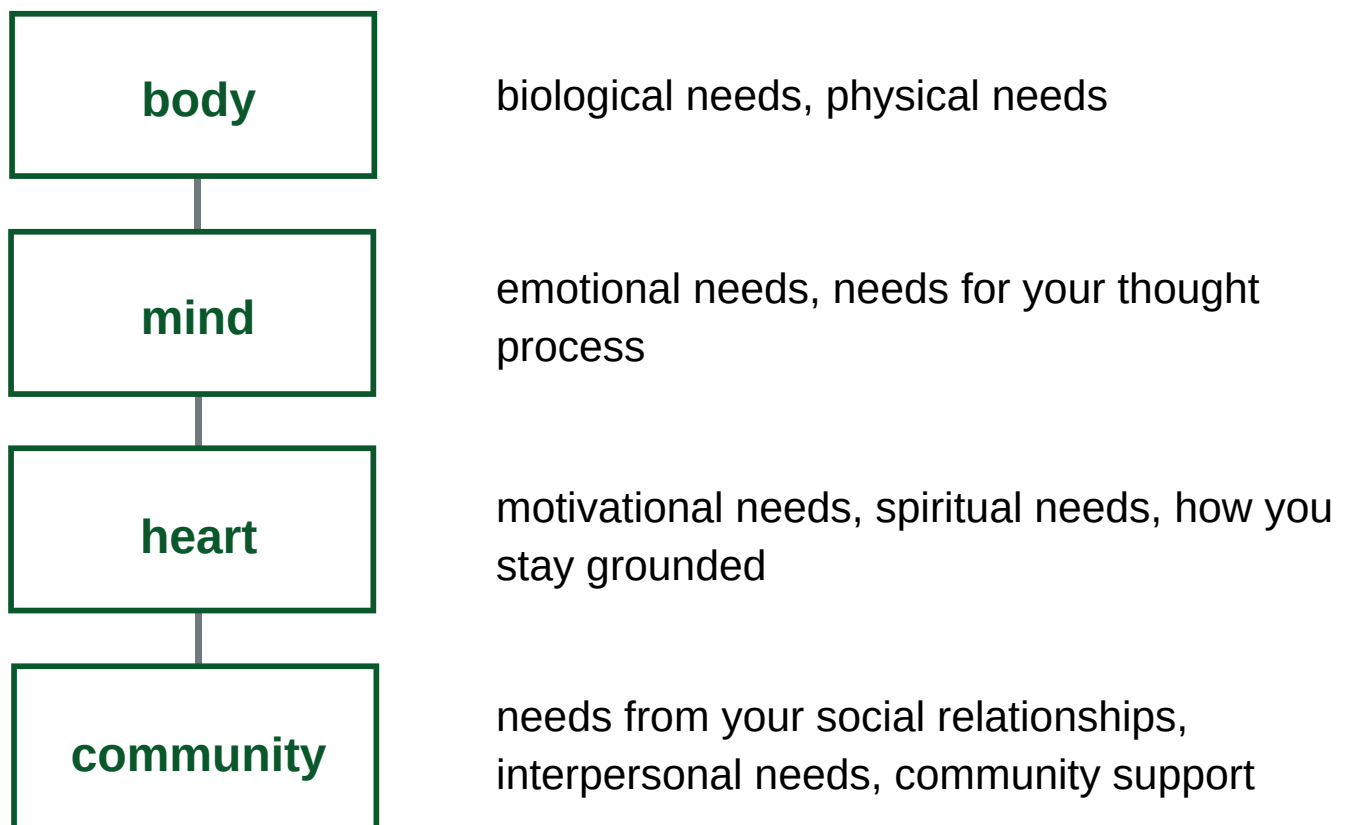
remind me of my battle cry.

recall the flood and bring us home.

sisterwoman

planning for wellness.

what are the needs you can anticipate for yourself during this moment?



who can help support those needs?

BUN

babylon

BUN

babylon

BUN

babylon



if you are silent about your pain, they'll
kill you and say you enjoyed it.

ZORA NEALE HURSTON



depression.

we are continuously in a collective state of grief.

interactions with anti blackness, racism and state violence are clear and frequent reminders of our oppression and the state of the world.

we are dehumanised and disrespected with microaggressions daily.

many of us exist at intersections whereby not only our safety and security is challenged but also our very existence and right to be and live as our authentic selves.

we are proud and fierce and vibrant.

we are strong.

we are survivors.

but if we keep our trauma in the dark it will influence our behaviours, our choices and our relationship with life and each other.

we need to meet the pain. acknowledge it. hold it close. become intimate with it.

develop your grief processes, so that you are able to release the pain and begin to heal.

journaling

journaling is a great exercise for internal exploration. try starting out with brain dumps (writing continuously for 5 mins, whatever's in your head), or check out this [amazing 7 day exercise from freedom and balance. this book](#) is a great starting point.

affirmations

you have to treat yourself with compassion. speak to and about yourself with kindness. repeat positive affirmations to yourself to reinforce these messages. this is not about ignoring negativity, but calling in positive energy. keep telling yourself you are worthy, you are loved, you are needed. let your actions reflect this.

reimagining

it's all a bit mad right now. why not write down or think about how you want your world to look and feel like. do not limit yourself. think big. give yourself permission to dream.

gratitude

if we are constantly focused on the negative, it's all we can see. [it's how our brains work.](#) this leaves no room for positive things to come into your life, and hides the beautiful blessings you are experiencing right now. try to note down 3 things you are grateful for everyday.

mindfulness and meditation

mindfulness is the practice of bringing attention to the present moment and sitting in it without judgement. it helps to increase mind body connection.

meditation is one form of mindfulness. try the liberate app for guided meditations for poc.

inner child work

healing is a process of reparenting yourself. think back to you as a child. what were you like? what made you happy? what foods did you eat? try incorporating some of those things into your life again. treat yourself like you would treat 5 year old you. be the parent that you needed.

vision boards

create a plan for your life. set smart goals. create a visual reminder of all the wonderful things you have in your life and the many wonderful things you have yet to experience. check out lisa left eye talking about manifestation [here](#).

shadow work

body work (see movement)

self care (see self care checklist)

crying is therapeutic

alcohol is a depressant. try to limit it.

see therapy section

rage.

anger is a completely rational, valid and healthy response to the centuries of oppression our people have endured.

do not let anybody tell you differently.

our anger allows us to give voice to the pain of generations of systemic violence, disrespect and degradation.

when asked about the 'angry Black woman' trope, cecile emeke once remarked, "of course i'm angry. if you're not angry, you're not listening".

anger is liberatory because white supremacy depends on our silence.

how anger can be a liberating emotion for black women by kelechi okafor

remember that there can be healthy ways to process anger.

when anger overwhelms you, do not forget that

every nigga is a STARR:

S top to listen to your body

T hink to consider consequences

A sk yourself, what do i want?

R educe or slow down

R eward/validate your efforts with self care or positive self talk

[taken from beliefnet.com](http://beliefnet.com)

listen to music loudly. journal. sit with yourself. pause.

develop a healthy relationship with your rage.

we must stand in our anger and let that fuel us.

anger is the body's way of revealing inner pain.

we will stop being angry when they stop killing us.

successful movements require disruptors and agitators.

babylon must burn.

however.

unless our rage is properly channeled, it will be all-consuming, displaced, and destructive to self and others.

channel that rage and find your voice.



stress and anxiety.

the 5 day work week does not allow for good health.

capitalism is killing us.

if you want us to thrive, rethink your allegiances to these structures.

Black capitalism will not save us.

we live in a constant state of fight or flight.

constantly reacting.

constantly being triggered and stimulated.

it's exhausting.

and soul draining.

there is so much power and freedom in rest.

check out some ways to ease anxiety below:

mindfulness and meditation (see depression)

self care (see self care checklist)

journalling (see depression)

deep breathing - try the body

scan at the start of this

handbook or join this breathing chorus)

salt baths (magnesium, epsom,

himalayan pink etc. leona

nichole black sells a great

blend) movement

change your environment

therapy regulate sleep

rest and relaxation go outside

crystal healing

ask for help!

nutrition

- avoid caffeine, alcohol and nicotine
- herbs: ashwagandha, chamomile, valerian, lavender, cbd
- foods: nuts, mushrooms, pumpkin seeds, plantain, bananas, dark chocolate, turmeric, fermented foods like kimchi, sauerkraut and kombucha
- supplements: omega 3s, vitamin d

earthing

earthing is the practice of walking or sitting outside barefoot. the studies aren't there yet to know how precisely this helps, but the reported benefits are a relaxed mood, decreased heart rate and less inflammation (which makes anxiety worse). why not try taking off your shoes next time you're outside and connecting with the earth?

incense and essential oils

valerian chamomile patchouli lemon balm
clary sage rose frankincense lavender jasmine

soil is a great Black woman owned essential oil company.

immune system.

ms rona. the rona. coro coro.

whatever we wanna call it, ISSA PANDEMIC.

no matter what the news says, Black people are not genetically predisposed to covid 19. for proof, all we have to do is look at the rate of covid death on the continent.

white british people are also vitamin d deficient (as many as 1 in 5 [nutrition.org.uk](https://www.nutrition.org.uk)) because the sun only shines in babylon once a season (except for during a lockdown, and global crisis, apparently...) and our lifestyles do not allow us leisure time in the sun.

we are dying disproportionately because of systemic racism and lack of care.

we make up an overwhelming proportion of frontline staff, we have less access to high quality healthcare.

we are vulnerable. we are ignored and dismissed.

so let's protect ourselves from the inside out.

nutrition

food: some powerful immunity boosting foods are seaweed, mushrooms, acai berry, watermelon, fermented foods like miso, kimchi and sauerkraut, spinach, green tea, moringa (check out [a complexion company](#)), garlic, carrots, sweet potatoes, dark leafy greens, foods high in fibre

herbs: elderberry, echinacea, turmeric, ginger, cinnamon, ginseng, soursop leaf, anything anti inflammatory

supplements: sea moss, black seed oil, olive leaf, vitamin c

exercise

drink water

sleep well practice good hygiene

try to limit stress

**try to eat a balanced diet.
(see nourishment).**

limit alcohol.



BLACK

LIVES

MATTER

#BLACKLIVESMATTER



caring for myself is not self-indulgence. it is
self-preservation, and that is an act of
political warfare

AUDRE LORDE



nourishment.

we are disproportionately affected by food related illnesses.

in the uk, only 44.2% of Black adults consume 5 fruit and veg a day, compared to 55.9% of white adults. gov.uk

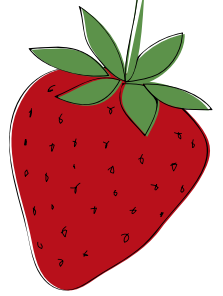
this is counterintuitive when we look at the standard british diet as well as the agriculture available. standard british fare is starch heavy and usually beige (i'm not even trying to be shady, pie and mash slaps). similar is true for the us. conversely our native lands are ripe with vegetation and nutrient rich plants.

how did we get so far removed from our natural diet? yes, our ancestors ate meat. however, it was a completely different process, before mass consumption. it was not possible to eat meat 3x a day, and it was mainly used for flavour, for guests or for special occasions. our ancestors were mostly plant based. give thanks to the yam for sustaining us!

we need to fuel the body correctly to allow it to heal.

veganism is a direction, not necessarily a destination. try to focus on improving your relationships to food and the natural world that patriarchy, white supremacy and capitalism have disrupted. learn about environmental racism and food justice.

below are some tips for nourishment. for more food related advice see my [website](#).



mindful eating

be present when eating. think about how the food is fueling you and how lucky you are to have access to it. chew slowly and savour every taste.

eating for joy

food is meant to nourish you! do not be afraid of it. read eat up by ruby tandoh.



nutrition

eat your fruit and veg! reduce sugar, oil and salt. reduce meat intake. eliminate dairy. [more here](#).

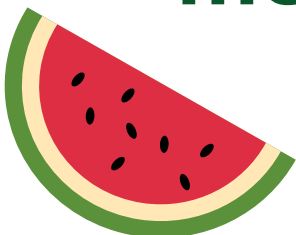


water

at least 2 litres a day. if you find this difficult try downloading an app, setting yourself reminders or adding herbs/fruit to make it more exciting.

supplements/ medication

if you need them, take them. i recommend vitamin d, vitamin b12 and vegan omega 3s and 6s



for more plant based recipes see my [website](#).

sun ra's moon stew recipe

taken from the dangerous minds website

eat while watching [space is the place](#).

ingredients:

green peppers onions garlic okra
tomatoes corn flour oil veg broth salt and pepper

sincerity love

1. chop the vegetables
2. bring the broth to a simmer on the stove while making a rue. to make the rue, melt the oil in a pan and add flour, stirring until it reaches the consistency of wet sand. stir a little of the broth into the rue and then add the rue to the broth.
3. add the vegetables, salt, pepper, **sincerity** and **love** to the broth
4. cook for at least one hour and serve to family and friends!

read why he doesn't use measurements [here](#).

i wholeheartedly agree with this method of and relationship with cooking!

(is plant based eating food's afro - future?)

sleep.

sleep is restorative. it gives our bodies and our brains time to recuperate from the constant overstimulation of every day.

it gives us a chance to dream. to connect with the ancestors.

the chance to begin anew.

like ms lauryn hill says: every day is another chance to get it right this time.

prioritise sleep so that you are best prepared for your waking moments.

try to develop a consistent sleep routine.

less than 5 hours a night will not sustain you. do the best that you can. it's quality sleep over quantity.

try not to eat before bed. your body will be trying to do two processes, rest and digest. this does not lead to a restful sleep.

try to begin the unwinding process at least an hour before you want to sleep. preferably 2. this involves limiting screen time, showering, skin care, planning the next day etc.

try herbal teas, supplements or essential oils: lavender, chamomile, valerian root, 5 htp, melatonin

increase your intake of beans, spinach, kale, cabbage, bananas and kiwis.

there are also yoga flows to help you sleep.

try meditation or breathing exercises.

try to keep your bedroom clean and uncluttered.

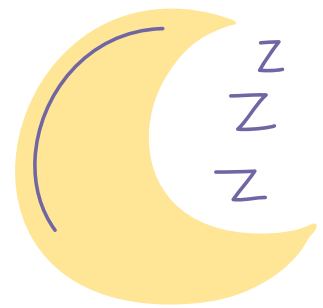
journalling before bed can also help clear your mind.

there are messages in the chaos, so write them down.

our bodies are designed to sleep easily, and sleep restfully.

identify the source of the insomnia.

there were no stock images of black people sleeping on canva. we must resist the propaganda!!! do not live to labour! rest is revolutionary.



dealing with fatigue.

nutrition

- foods for energy: bananas, plantain, almonds, watermelon, chia seeds, oats, kale and iron rich dark leafy greens, whole grains (being militantly anti white with your food is best practice tbh. no whites allowed. i'm not an advocate for the cookout concept but when it comes to food, a few yts get a pass in moderation. mmm potato. (vegan) mac n cheese (inject it). carbs our are friends. they fuel our movement), walnuts, chickpeas, anything high protein.
- try to always break fast with protein (if it's too heavy in the morning try hemp seeds, peanut butter, spirulina etc)
- make sure you're drinking enough water
- herbs: siberian ginseng, maca, cacao, green tea

exercise

it seems ridiculous to suggest exercise as a way of dealing with fatigue. um with what energy pls? i know it's really fucking hard, but try your best to get regular walks, stretches or work outs in. get connected to your body. all movement counts.

movement.

your body cannot tell the difference between physical and emotional danger (psychology today)

our brains and our bodies are connected.

body work strengthens our mind body connection and allows us to work through trauma on a cellular level.

there are several forms of movement.

i like to swim (with swim dem crew) and dance (with the curve catwalk). on occasion, i hula hoop. this is inner child work (see depression).

experiment and find your favourites.

do not be afraid to use your body. movement is freedom.
come dance nuh.

dance yoga stretching
walking calisthenics running
strength training swimming

BLACK

AND

LOVELY

#BLACKLIVESMATTER



reflect on why your life is precious.

ask yourself:

"what inspires me to live?"

DR VALERIE MASON-JOHN



touch.

being touched (by someone you trust, with consent) is vital for our wellbeing.

touch increases oxytocin, the 'love hormone' and helps to lower stress levels and blood pressure.

reduced stress means better sleep and a stronger immune system.

touch is also an indicator of love and intimacy, which we all need in our lives to thrive.

check out some of the examples of touch below.

you can also try self soothing by stroking different textured materials.

hugs
massage
sex (Black love is revolutionary)
playing with pets

self pleasure
self touch (stroking,
anointing your body with
oils, exfoliating, dry body
brushing)

environment.

assess your immediate environment.

determine whether it is safe and secure.

if it isn't, ask for help in securing this.

this is what your community is here for.

it is difficult to heal in an environment that is breaking you.

white supremacy infiltrates our public spaces. that's why the campaign to remove slave trader and coloniser statues is so key.

remove these figures from your private spaces too.

those that celebrate your pain and rejoice in your misfortune.

if you live in a city, try to find a green space or a body of water. walk outside often.

when you are stressed or in distress, make it a habit to change your environment as a first step.

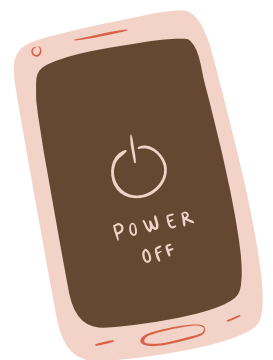
this can be as simple as opening a window and looking outside for 5 minutes. observe everything mindfully. FEEL THE RAIN ON YOUR SKIN! (natasha bedingfield did what she had to do). stand in the sun.

connection.

**log out (of that phone you be on),
check in (with your peoples)**

seek community

**don't be afraid to turn your
phone off**



set boundaries and take breaks

**invest time, energy and effort into
your friendships and relationships**

**strengthen your connection to
spirit/your ancestors/god(s)**

we are all spiritual beings. argue amongst yourselves.

our freedom as Black people depends on our faith in something beyond, something external.

new possibilities. whole new worlds.

the rules of the game are changing, and we're gonna need guidance. let go of antiblack and colonial mindsets about spirituality. do your own research.

see what resonates.

start to connect with your ancestors. ask them questions. tell them your troubles. try writing it down if this feels unnatural. it probably will for a while. their existence is the only objective truth. i am, because they were. this is why archives are vital. elders are living archives. start there.

white supremacy relies on us living constantly in our heads. rationality will not save you.

logic, rationality and 'objective thought' tell us that if you don't do anything illegal, the police will leave you alone. it tells us that an interaction with an agent of the state who is there to "protect and serve" should not result in fatal and irreversible violence. it tells us we live in a fair and equitable meritocracy ('but *obama* was president...').

ideas rooted in logic are easier to control and regulate.

if you cling onto these there is so much you miss. new 'truths' are discovered every day.

if we begin to live in our bodies, begin to trust ourselves, lead by instinct and intuition and draw on the strength of our ancestors they do not stand a chance.

everything in our heads is just a story we are telling ourselves.

the story was created by them.

we need to seize back control of our personal narratives.

it's time to get right with 'god' (however this resonates for you).

try to find faith in something. ***especially yourself.***

when in doubt, return to the source. the master's tools will never dismantle the master's house.

community.

ubuntu. i am because we are.

now is the time for community building. use discernment.

find a mutual aid group. redistribute your resources. buy black.

start a book club.

volunteer.

organise. protest. build solidarity.

document. teach. skill share.

imagine. create. archive.

creatives: remember to keep it fubu. rethink why our creative spaces often make more room for white men than Black women.

connect with your local schools, youth clubs and community centres.

ask for help.

offer to help.

remember that self care is collective care.

you cannot pour from an empty cup.

carve out time for joy.

carve out time to just be, together.

BRO

SIS

LUV U



#BLACKLIVESMATTER



healing has to be consistent with life itself. if
it isn't, then it's not healing. the components
have to be from life.

DR SEBI



therapy.

therapy is an invaluable resource.

the fact that it is so inaccessible is violence.

there are several schemes to change this and make free or affordable therapy available for Black people.

see the reading list for a list of these organisations.

talking therapy and cbt are not the only options.

if you feel uncomfortable baring your soul to a stranger, why not try one of these instead/as well?

it is important that your therapist is Black.

do not allow non Black people to gaslight you about your experiences.

here are some [therapist worksheets](#) for you to try at home.

cbt

cognitive behavioural therapy. a type of talking therapy, helps develop practical short term skills to address problematic thoughts and behaviours

group therapy

a type of talking therapy. develops communication, self awareness and social skills.

animal therapy

acupuncture

plant/nature therapy

colour therapy

usually a complementary treatment to talking therapy or medication. uses colours to balance your body's energies. look into chakra healing.

art therapy music therapy dance therapy

uses creative expression to process how you are feeling.

sound/gong therapy

creative play

reiki

unlearning.

not all skinfolk are kinfolk.

we are all at different stages in our collective journeys.

all of us have some deep unlearning to do. it will not be an easy, quick or pleasant process.

all of us need to practice living from a place of love, kindness, empathy and compassion. daily and with intention.

we must interrogate the ways in which we are complicit in existing oppressive structures.

we are not trying to replace white oppressors with Black oppressors.

we were raised in ableist, white supremacist, patriarchal, capitalist, heteronormative environments. it would be foolish and egotistical to think we do not uphold, project, or internalise ableist, anti black, misogynistic, classist and homophobic views ourselves.

homophobia, transphobia, misogynoir, ableism, classism etc. are all extensions of 'the Black experience'. They are BLACK experiences, because we experience them as Black people and through the lens of antiblackness and white supremacy.

everything is connected.

i do not want prioritising my Blackness to mean being complicit in other oppressive structures. i refuse to allow Blackness to be used in this way. this doesn't sit right with my spirit. my Black is beautiful. my Black is loving. my Black recognises real.

why was tony mcdade not Black first when the pigs murdered him?

why was iyanna dior not Black first when she was beaten senseless by a group of BLACK men, for simply daring to exist?

why were the Black women killed by intimate partner violence from Black men not Black first?

why were the little Black children abused by their family members not Black first? the queer and trans Black teens abused and cast out by their Black parents, to a community that greets them with violence?

why *don't* we put Black first? why don't we stand up for our entire family?

why do we put hate and fear and ignorance and confusion first? the average life expectancy for a Black trans woman in the us is 35. why do we not protect them?

there is no single issue struggle. it is you who does not recognise your kin.

diversity of experience is a strength, an essential resource, not a distraction. if you want to go fast, go alone. if you want to go far, go together. i'm tryna go all the way bby luv.

educate yourself about queerness, gender, misogynoir and Black feminism. the Black community has a mother wound. we need to address it. give thanks to mama africa. embrace her.

misogynoir is bs. men: stop being trash. learn why we say this. remove ego. listen. learn how to show up for, support and protect us as much as you desire us. look after your emotional health. we refuse to be your mules this time.

women: remember men have deep wounds too, with limited space, dialogue or guidance to process it. strengthen your boundaries and find space for empathy.

queerphobia is bs. let's try to release ourselves from the shackles of hetero and cisnormativity. down with gender reveals. down with gender as we (mis)understand it. binary thinking harms us all. show up for your queer and trans siblings.

stop killing us. stop ignoring our pain. be black and beautiful always, together

prisons and police are bs. read up about abolition. question why we criminalise societal problems instead of constructing a society where those problems could be avoided or limited through collective social care. open yourself up to new possibilities. explore alternatives to calling the police.

colourism is bs.

light skin people, we need to get our big foreheads out of our asses.

educate ourselves. listen. create space for and champion our darkskin peers. not gaslight their experiences or centre ourselves. in fact, remove yourself from the conversation completely. your individual experience does not get to determine their realities.

the doll test is just one example of the psychological effect of colourism. for some reason (patriarchy means we often centre men), we focus the conversation on beauty, dating and desirability. dark skin people are being killed, incarcerated, left in the care system and expelled at higher rates.

focus your attention here. shut up, and do the work. remove the lightie references from your bio. do you not have shame?

fatphobia is bs. non fat people: you need to get your head out of your asses. educate yourselves. call it out when you see it. understand that it is rooted in patriarchy, capitalism, ableism and anti blackness (and nothing to do with concerns for our health) and it is systemic and brutal. again, we focus the conversation on desirability. trust me, fat people are getting it in. it's not about your preference. fatphobia is violent and limiting. do not ignore its intersections with race when state violence is explained away by the 'pre existing condition' of living in a larger Black body.

"reverse colourism" and skinny shaming are bs. your experiences may be valid, but why do you only reference them when the focus is not on you?

bullying and systemic oppression are not the same thing. you are conflating the two. children bully each other. it is us who problematise and attach stigma and stereotype to arbitrary characteristics.

we should be mindful to extend empathy on all sides, because bullying of any kind results in severe emotional trauma too. this is also pain that needs to be worked through and healed. we need to hold space for each other's pain at the appropriate times. in order to do this, we need to build trust. we need to do the work *first*.

we see very clearly that colourism and misogynoir are not things you just 'grow out of'. we should be ashamed that we have allowed this violence to become normalised in our communities to the point where it's seen as a normal phase of development rather than a serious problem worthy of intentional, focused, collective change.

it is on us to correct it.

systemic oppression can not be beaten with higher self esteem. or by changing your environment. bullying tends to be individual, not systemic.

systemic oppression is the environment.

it is constant.

a lightskin person calls you a colourist slur in the playground. you go home and your mum cusses you for being out in the sun for too long at break time. you try to find the beauty in yourself, but you can't see it in magazines, runways, tv or films. you find the courage to shoot your shot but they only date lighties. they're darker than you. you get your dream job, but they call security on you for 'loitering' outside on your first day. just an honest mistake. your pain is constantly dismissed. why are you complaining? you're pretty for a dark skin girl.

all of these may be experienced by all Black people at some point, but those experiences hit hardest at the intersection of race, pigment and gender.

these are basic every day examples of colourism. systemic oppression attacks from all sides at all times.

classism is bs. even if you in a benz, you still a nigga in a coupe. educate yourself about capitalism. what it is and how it works. look at kanye. access to capital will not save you. capitalism is not the only way.

shaming sex work is bs. fuck swerfs. extremely dry pussy energy. learn about sex worker rights, and why they matter.

DIASPORA WARS ARE BS!!!!!! GLOBAL BLACK SOLIDARITY NOW!
pls are we not tiyaad?

ableism is bs.

the world is only made more difficult for people with disabilities
because we have constructed it that way. it doesn't have to be.

it is 'the final frontier of civil rights' (i can't remember who said this, was
it ms angela davis?). i still have lots of work to do in this area. what
should i be reading?

get to listening. get to reading. we've got unlearning and reimagining to
do. and some difficult intergenerational conversations with our elders.

btw. why are we all so pressed about what other people are doing??
we need to face front.

worry about gmo foods, mass farming and the ice caps melting. we are
complicit here too.

worry about frank ocean's whereabouts.

worry about yaself.

turn all of your energy inwards, and reflect on the source of your
ignorance. and of your privileges. we all have several of both.

we make it home together, or not at all.

home to freedom.

home to joy.

home to peace.

start here.


PROTECT

BLACK

LIVES

#BLACKLIVESMATTER

BLACK LIVES MATTER BLACK LIVES MATTER BLACK LIVES MATTER



that means learning about the myriad ways
racism, sexism, class exploitation,
homophobia, and various other structures of
domination operate in our daily lives to
undermine our capacity to be
self-determining.

BELL HOOKS



a note on these texts:

this list is a small fraction of what is available. they are not exhaustive and do not contain the answers, unfortunately. please use discernment when reading. consider starting a reading group or healing circle where you share and discuss your journeys to healing. why not ask your local library to order them for you! see more texts [here](#). (i did not put this resource together)

reading list.

sisters of the yam - bell hooks

all about love - bell hooks

the will to change: men, masculinity and love - bell hooks

feminism is for everybody - bell hooks

sister outsider: essays and speeches - audre lorde

i am your sister - aure lorde

a burst of light - audre lorde

how do we get free? black feminism and the combahee river collective - edited by keeanga yamahhta taylor

are prisons obsolete? - angela davis

lose your mother - saidiya hartman

sylvia wynter: on being human as praxis - katherine mckittrick

the parable of the sower - octavia butler

the body keeps the score: brain, mind, and body in the healing of trauma - bessel van der kolk

healing racial trauma: the road to resilience - sheila wise rowe

the source of self-regard - toni morrison

the Black women's health book - edited by evelyn c. white

reconciliation: healing the inner child - thich nhat hanh

detox your heart: meditations from healing emotional trauma - dr valerie mason john

living while black: the essential guide to overcoming racial trauma

restorative yoga for ethnic and race based stress and trauma - gail parker

every body yoga - jessamyn stanley

sistah vegan - dr a breeze harper

aphro-ism - aph and syl ko

veganism of color - decentring whiteness in human and non human liberation - edited by julia feliz brueck

falling upward - richard rohr

the four sacred secrets - krishnaji and preetha krishna

the four agreements - don miguel ruiz

pedagogy of the oppressed - paulo freire

teaching to transgress - bell hooks

the way of the orisha - philip john neimark

the souls of black folk - w.e.b dubois

go tell my horse - zora neale hurston

sacred woman - queen afua



i apologise that several of these are women focused content. you should still find them useful. please send me your favourite wellness accounts by Black men and non binary people!

accounts to follow.

instagram

@iamrochellerobertson

@therapyforblackgirls

@healingjusticeldn

@alexreads

@alex_elle

@yumisakugawa

@krystalnaomi.bodyandmind

@yung.pueblo

@the.wellness.therapist

@suhailyashakuwra

@leonanicholeblack

@thenapministry

@alafiahealth

@adarkmindfilm

@dr.thema

@dishyourherbs

@mutulubotanica

@passthedutchpot

@dungubook

@ghettogastro

@erikapempamsie

@iamtabithabrown

@raceandhealth

@dr.ryantalks

@millennial.therapist

@the.holistic.psychologist

@theoverflow

@interpersonalneurobiohealing

@afrooankali

@maryamhasnaa

@lifes_recipe

@blackpsychotherapy

@freeblackuni

@decolonisingourhealing

@blackflyzine

@afrosexology

@sweetthangzine

@africabrooke

@inclusivetherapists

@bodyfulhealing

@talkspace
@theblackjoyproject
@healingwhileblack
@howtohealholistically
@bellhooksbookclub
@sereenaabbassi
@qtpocmentalhealth

@abolitionistfutures
@blackabolitionist
@nonamereads
@criticalresistance
@sylviawynternow
@thewomanistreader
@akalamusic

twitter

@_leariellesimone
@wakewithmarley
@drthema
@seizethevote
@amahra_
@soulfirefarm
@dashaunlh
@ztsamudzi
@divanificent
@demonicground
@chaninicholas
@theholisticpsyc
@ethelsclub
@tttalkpod
@clarissambrooks
@theleilaraven
@cripthevote
@criposium

@dungubook
@akalamusic
@goldwomyn
@bgbookclub
@travisalabanza
@blacklgbtfund
@leonanblack
@munroebergdorf
@community_witch
@sheabutterfemme
@reclaimjustice
@BLAMCharity
@allysarochelle
@freeblackuni
@goldwomyn
@maryamhasnaa
@triplecripples
@blackdisability
@prisonculture

podcasts

the homecoming podcast with dr thema
decolonising the archives - black cultural archives
time to talk with alex reads
where should we begin?
hood and holistic
black girl in om
black, african and asian therapy network
life strength and health
say your mind
vulnerable podcast with allysa rochelle
therapy for black girls
a little juju
busy being black
the glow docs
the triple cripples

mental health resources

[uk specific mental health resources](#)

[the boris lawrence henson foundation \(us\)](#)

[melanin and mental health \(us\)](#)

[national queer and trans therapists of colour network \(us\)](#)

this list is a tiny fraction of what's available. start here and explore. see what your spirit takes to. curate your feeds so that you are always learning and unlearning as you go. keep reinforcing your learning and reading with related content. don't forget to take time off social media. limit screen time. discuss your ideas with your peers. compare notes. support each other.

a self care checklist.

self care has been coopted by neoliberal white feminists who have diluted its meaning for mass consumption.

audre lorde explored self care with reference to her cancer diagnosis and the recognition of the many failings of state care for Black people.

self care is not:

- related to consumerism

you do not need a luxury facemask or a soho house membership for this to work (but if you're with that, go awf).

- individual

self care is collective care. we are pouring into ourselves so that we can better serve and show up for ourselves AND our communities.

- an alternative to social or collective care

healing comes from within, but we all need guidance and expertise. self care is not an alternative to therapy or medical support.

we are also social creatures. it is not an alternative to active, connected communities and loving, reciprocal relationships.

FOR BLACK PEOPLE, SELF CARE IS A RADICAL
POLITICAL ACT.

CREATE DAILY RITUALS FOR YOURSELF.



- EAT SOMETHING NUTRITIOUS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- JOURNAL
- DO A GRATITUDE LIST
- DO A BODY SCAN
- MAKE A PLAYLIST
- EXERCISE
- CATCH UP WITH A FRIEND
- TAKE A NAP
- DRINK WATER
- HAVE A BATH OR SHOWER
- DEEP CLEAN A ROOM IN YOUR HOUSE
- PRAY/SPEAK TO YOUR ANCESTORS
- GET UP AND DANCE
- READ A BOOK
- STRETCH OR DO YOGA
- GO FOR A WALK
- SING LOUDLY
- INNER CHILD WORK
- PUT YOUR PHONE ON DND



when in doubt, return to this beautiful offering.

UNIFY

STRATEGISE

RISER

#BLACKLIVESMATTER



it is our duty to fight for our freedom.

it is our duty to win.

we must love each other and support each other.

we have nothing to lose but our chains.

ASSATA SHAKUR



some notes on joy.

these are furious times that we live in and i am settled in the reality that even more rage will be asked of us to bring about the justice and the dignity that we deserve to live in. in that same vision i see that we are called to dance in the sun and take joy in the earth, the birthright of all people who have ever come to exist on the rock. though we challenge a more powerful hate than can be swiftly felled, we must nonetheless commit not just to this fight, but the beautiful life that exists on the other side of evil. please, find and foster beauty where you can. **if our histories are fragmented we will create our own mythologies to become revelatory and endowed for a new and better world.**

@godswerepoetsonce

ABSORPTION. because Black is not the absence of colour, but the absorption of all colour and light - **light that has never + can never be dimmed.**

@tayojunior

do not underestimate the power of joy in this climate. even with a heavy heart, i task myself with finding and holding onto it as a reminder of what we are truly fighting for: **a reality where joy is so common it is something our children's children can take for granted.**

protect your imagination. it's an underdeveloped super power. whole nations are conceived and nurtured in the realm of fantasy before being birthed into reality. it is a vital arsenal in the fight for the equality. it is an essential building block for a better future. mass consumption of traumatic images affects the imagination and shrinks the scope of what the future can look like. curate your digital spaces to protect your imagination.

imagine a future immensely full of joy: write it, sing it, paint it, discuss it, share it, daydream it.

as a community, we will come together and build it.

we keep one eye on the present and one on the future.

[@calebfemi](#)

revolutionary dreams.

i used to dream militant
dreams of taking
over america to show
these white folks how it should be
done
i used to dream radical dreams
of blowing everyone away with my perceptive powers
of correct analysis
i even used to think i'd be the one
to stop the riot and negotiate the peace
then i awoke and dug
that if i dreamed natural
dreams of being a natural
woman doing what a woman
does when she's natural
i would have a revolution

nikki giovanni

blessed is black hair. blessed is black skin. blessed is black culture

BLACK

is

blessed are black people

blessed are black people

Blessed

blessed is black life. blessed is black thought. blessed is black rage



SCAN THE QR CODE TO ACCESS THE DIGITAL LINKS

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