1. Modify your media diet.
- Find relaxing podcasts
- Read books by black authors
- Block people and sites that routinely post police brutality videos
- Unplug from social media for a certain time period
- Make sure that autoplay is not an option when online
- Avoid watching too much news
- Set firm boundaries around engaging with people
- Avoid engaging in overstimulating content after 8pm

2. Find calming techniques that work for you.
- Guided meditation
- Online healing justice workshops/recordings
- Mantras/affirmations that help you stay grounded
- Creating a gratitude routine to begin/end your day
- Participating in an act of kindness
- Meditative reflection
- Avoiding unnecessary negativity
- Spiritual divinations, prayer, crystals, homage to ancestors
- Sharing stories of healing

3. Create a self-care box for the 5 senses.
- Healing tactile touch
- Fragrance (lavender, incense, essential oil)
- Images (family photos, travel destinations, healing, solidarity, hope, artwork)
- Sounds (acoustic, instrumentals)
- Tastes that activate positive memory networks

4. Identify 3 safe places and 3 safe people for processing difficult thoughts.
- Find a good therapist, counselor, coach, religious leader, doula, health advocate, support group
- Let your safe people know their role for you
- Make sure space is available for processing (car, room in home, park)
- Create a sacred space in your home—closet, kitchen table, nightstand, bathroom
- Make sure space is clean

5. Connect with nature.
- Gardening
- Plant based medicine making
- Art based herbalism

6. Create an in-home spa for yourself.
- Footbath, hot towels, cucumber, polish, and face masks—just a CVS trip away
- Indigenous sound healing/ sound bath
- Meditation
- Essential oils
- Hygienic care
- Create healing playlist
- Hair care

7. Prepare grounding resources if sleep is interrupted.
- Healing sounds
- Reading material
- Journal
- Notes to self

8. Consume healing meals, foods good for mental health.
- Whole grain
- Beans
- Fish
- Leafy vegetables
- Berries
- Nuts
- Dark chocolate
- Avocado

9. Listen to your body.
- Your smart watch is your friend—monitor heart rate and exercise, when you see heartrate triggered by stressors find a calming activity, yoga, embodied movement

10. Practice art and expression.
- Wear/make clothes and jewelry that symbolize healing
- Create art and writing as visual representations in your space
- Buy supplies from black businesses you hope to support