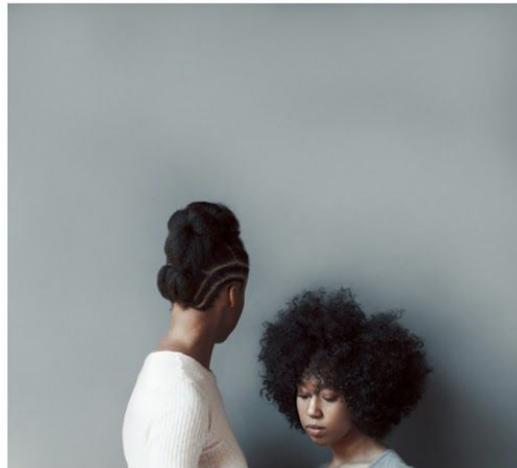




# BGIO

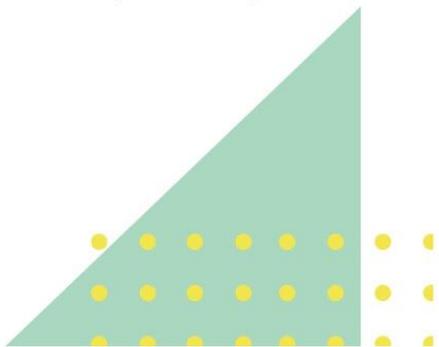
Welcome to Black Girl In Om's hub of weekly wellness inspiration delivered straight to your inbox!

As our gift to you for signing-up, here are our recommended 10 Tips to Kickstart Your Wellness Journey!



Wellness and self-care are certainly buzz words right now. But what do these terms mean, and more importantly, what is the significance behind both of these terms? How can we meaningfully adopt a wellness journey or start practicing self-care? Cultivating an intentional self-care practice can seem difficult and overwhelming, but it doesn't have to be.

Here are 10 ways to kickstart your wellness journey brought to you by Black Girl In Om contributors. Practice one, or both, of these tips starting today and begin to notice beneficial changes on your mind, body, and soul.



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### **1. Celebrate, celebrate, celebrate.**

Celebrating the small wins is vital to cultivate love for self. You can create a journal, like Chakka Reeves suggests, as a way to celebrate your seemingly small accomplishments from day to day. Chakka also suggests taking intentional time to "feel things" by being honest with your emotions.

### **2. Let things go.**

Tracy Coretta beautifully writes on the beauty of rising above the hurt. Healing is not an easy process; it is filled with messy emotions and excess baggage. In order to heal and to fly you need to learn how let things go.

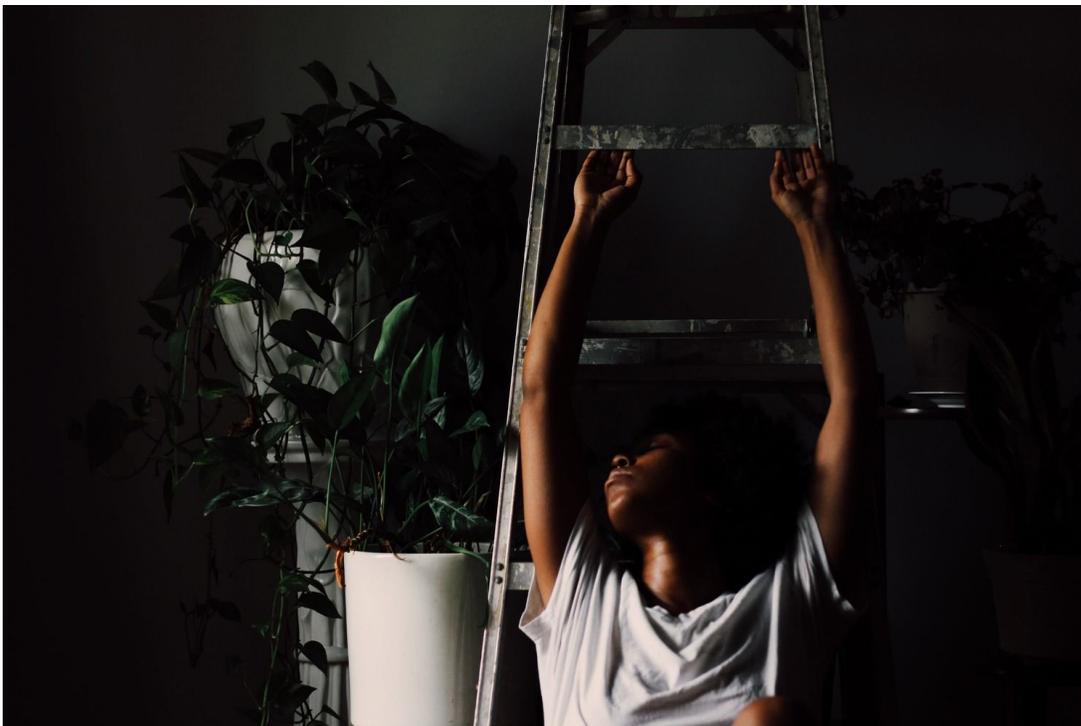


### 3. Liberate yourself.

BGIO Founder Lauren Ash reflects on her own liberation experience in [“Three Liberatory Acts.”](#) She suggests that liberation comes from trusting yourself and manifesting your own personal journey. This will require quitting the things holding you back, sharing your dreams with others, and being vulnerable.

### 4. Learn how to love yourself unconditionally.

To be vulnerable it requires an honest look at yourself. BGIO Art Director Zakkiyyah explains in her piece on vulnerability, often times we do not accept our authentic selves. The process toward complete self-acceptance isn't easy but with help from mentors and self-reflection, loving yourself on your own terms can bring about [joy and acceptance](#).



### 5. Be preventative.

Kala Lacy highlights ways to be proactive with your self-care, rather than reactive. By starting creating consistent practices such as: self-gratitude, recognizing your triggers, and [prioritizing your self-care practices](#).

### 6. Find your rituals.

Lauren Nixon describes the importance of creating rituals in your personal life. Rituals create space and prioritize your well-being. Practicing rituals offers an excellent means to develop consistency, hold yourself accountable, and [tap into your most basic needs](#)

## 7. Love your skin.

Racism has unfortunately led to cultural acceptance that darker skin is less beautiful. In his photo narrative, [Eric Michael Ward](#) shows that black is definitely beautiful. It serves as a loving reminder for all of us to love the skin we're in.



## 8. Let food heal you, not harm you.

Food can be [a tool for healing](#) as well as a filling one. LeeAnn Chisolm highlights the versatility of food and how it can be a tool used to heal your body. Learning about the benefits of food can be enough to create beneficial eating habits.

## 9. Let music lift your spirit.

Listen to the tunes that refuel your spirit. [This mix](#) curated by DJ Rae Chardonnay is perfect music for meditation and relaxation. The track list includes songs by Nina Simone, Bilal, J. Dilla, and more.

## 10. Keep a close sisterhood.

Make sure your squad is tight. In Zakkiiyah's photoset [Chosen Kin](#), the energy amongst her real-life sisters are felt through the photos. Having a supportive

friend unit is great way to stay on track with your wellness practice—they can even join you!

