A–Z SELF-CARE & WELLNESS FOR BLACK WOMEN

Here's a 26-item, A–Z list of self-care and wellness practices for Black women stepping boldly into 2026. It blends books, podcasts, films, music, low-cost activities, and affirmations—all curated with nourishment, joy, and restoration in mind.

26 Practices for December and January

- [ ] **A — Affirm Daily**
  Repeat empowering affirmations each morning.
  Affirmation: *"I am worthy of rest, joy, and every good thing coming my way."*

- [ ] **B — Breathe Deeply**
  Practice a 5-minute breathwork reset.
  Low-Cost Activity: Box breathing upon waking or before bed.

- [ ] **C — Create Space**
  Declutter one corner of your home to create a calm nook for thinking, stretching, or dreaming.

- [ ] **D — Dance It Out**
  Turn up your favorite playlist for 10 minutes of movement.
  Empowering Music: Beyoncé's *Renaissance*

- [ ] **E — Engage in Joy**
  Schedule one joy activity a week—painting, thrifting, indoor gardening, or wandering a park path.

- [ ] **F — Film Night**
  Watch a film that pours into you.
  Inspiring Films: *The Woman King, Homecoming, Black Panther, Becoming.*

- [ ] **G — Ground Yourself**
  Hold something warm—a mug, heat pack, or stone—and breathe slowly until your body softens.

- [ ] **H — Hydrate & Heal**
  Commit to drinking more water and adding herbal teas (ginger, hibiscus, mint).

- [ ] **I — Invest in Your Peace**
  Put your phone on Do Not Disturb for one hour a day. Protect your energy like treasure.

- [ ] **J — Journal Honestly**
  Write three lines about how you *really* feel each day.

- [ ] **K — Keep Learning**
  Read or listen to something that expands your inner world.
  Book: *Rest Is Resistance* by Tricia Hersey.

- [ ] **L — Listen for Inspiration**
  Tune into a motivating podcast.
  Podcast: Therapy for Black Girls, The Black Girl Bravado, Balanced Black Girl, or *GirlTREK's Self-Care School.*

- [ ] **M — Meditate More**
  Try 5 minutes of guided meditation or soft music grounding.

- [ ] **N — Nourish Your Body**
  Add one nutrient-rich food to your meals each day—berries, greens, nuts, sweet potatoes.

- [ ] **O — Open Your Circle**
  Reach out to one sisterfriend you haven't connected with in a while.

- [ ] **P — Pray or Pause**
  Take a reflective moment to connect with your spiritual center. *Listen to GirlTREK's 10-Day Prayer TREK (2025).*

- [ ] **Q — Quiet Mornings**
  Wake up 10 minutes earlier to stretch, breathe, or sit in silence.

- [ ] **R — Read For Your Soul**
  Choose a book that restores and inspires.
  Additional Books:
  - *All About Love* – bell hooks
  - *The Light We Carry* – Michelle Obama
  - *Peace from Broken Pieces* – Iyanla Vanzant

- [ ] **S — Solo Date**
  Treat yourself to a low-cost outing—a museum free day, a nature trail, a café, or a library visit.

- [ ] **T — Take a Walk**
  Move your body outdoors regularly.
  Low-Cost Activity: 30-minute neighborhood walk or GirlTREK-inspired joy to celebrate yourself.
- [ ] **U — Unplug Weekly**
  Choose one hour (or one evening) a week to disconnect from screens.
- [ ] **V — Visualize Victory**
  Spend 60 seconds visualizing yourself thriving in 2026. Bonus: Take 60 minutes to create a visionary Pinterest board.
- [ ] **W — Write Affirmations**
  Create a list of 10 personal affirmations to read each day.
  Sample: *"I am becoming my healthiest, happiest self."*

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- [ ] **X — eXpress Yourself**
  Say what you need. Set boundaries with clarity and love.
- [ ] **Y — Yield to Rest**
  Give yourself permission to nap, soften, and not push.
  Book Pair: *Self-Care for Black Women* by Oludara Adeeyo.
- [ ] **Z — Zone Out**
  Give yourself permission to daydream, listen to soft music, or watch something cozy.
  Music: India.Arie, Lianne La Havas, Cleo Sol.