

HEALING RESOURCES

Your health & wellness is important to us.

There may be moments throughout Undoing Racism & other Year of Reckoning activities when you need to step back and take a breath. Here are some resources to support you in that. And don't forget about your workbook, which has pages for you to color as a meditative practice. When we heal ourselves, we heal community.

Movement / Meditation suggestions

[7 min meditation to start your day](#)
[10 min yoga for focus and productivity](#)
[7 min yoga boost](#)
[PLAYLIST: Black Joy Experience](#)
[Meditations for Freedom](#)
[Practicing presence](#)
[From reacting to responding](#)
[Choosing abundance over fear](#)
[Gratitude meditation to release anxiety in times of uncertainty](#)
[Release defeatist mentality](#)
[Facing fear: welcoming change](#)
[Yogetsu Akasaka - Heart Sutra](#) (beatboxing monk)

Poetry

["Dirge Without Music"](#)
["Revolutionary Letters"](#)
["Becoming a Forest"](#)

Journaling prompts

from Ash Johns

Sit down with your journal and write down what's dead to you — or rather, that you're not carrying forward in your life and energy field

Take inventory of what behavior and lifestyle ways need to change to support this release

Honor the lessons and the teachers — even when they've been ugly, they're so beautiful

Honor and call in your help, your guides, your ancestors

Speak to the seeds of the dreams you're planting now. Let them know they are wanted and you desire to see them grow into their fullest potential in your life and the lives you want to positively impact. Then write them down and start your work.