

# *Eco-friendly Self Care Guide* **For the Conscious Black Woman**





BLACK WOMEN  
FOR WELLNESS

## *10 Self Care Tips*

- Take a hiatus from technology and unplug from social media to relieve tension
- Drink water with lemon or organic herbal teas
- Diffuse essential oils as an alternative to traditional synthetic air fresheners
- Light a natural soy-based candle to set the mood for personal meditation
- Take a brisk walk outside in fresh air
- Give yourself a nontoxic mani/pedi
- Keep a gratitude journal
- Read a book or listen to a podcast
- Do yoga or other forms of flow movement
- Practice deep breathing as a stress reliever

**Remember it takes discipline to do the things  
that are good for you.**