



in- tentional

Wellness Guide 2024



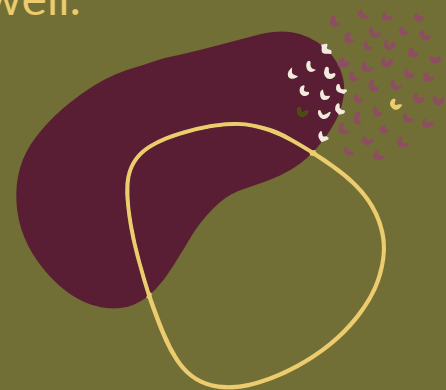
In a world that is rapidly changing, we are invited into a season that calls for us to slow down.


- Winter presents an opportunity to tap into the other parts of ourselves that can be easily
- ignored or left malnourished because we give so much of ourselves away to our families, friends and careers.

↑
What if for one moment or one season, we matched the pace of nature around us and slowed down quickly, with pure intentions and an inner knowing that we are worthy of being still for a moment.

This is your invitation Sis. You've done well and you've done more than enough. Take some time, go within, be nourished in your soul, heal, exhale and be well.

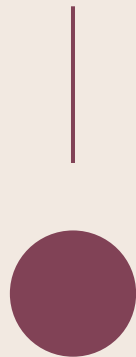
Welcome to the in-tentional life.





“I have chosen to no longer be apologetic for my femaleness and my femininity. And I want to be respected in all of my femaleness because I deserve to be.”

— Chimamanda Ngozi Adichie



May you

Say something nice about yourself today.

Go ahead.

Do it, sis.

You deserve to hear nice things spoken about you often
and always.

Journal



Write a letter to yourself for days when you feel nervous or afraid when living in a world of so many uncertainties.

Write one change you desire to make. Brainstorm strategies to make this change a reality. Include one person/group who can help hold you accountable.

What is your favorite childhood memory?

When was the last time you experienced joy?

What scares you?

What is the dream you hold deep in your heart? What is stopping you from making your dream a reality?

Who was the medicine woman/healer in your family? What medicine do you want to learn?

Mushroom Wild rice Soup

Adapted from www.shortgirtallorder.com

Ingredients

- 3/4 cup wild rice blend
- 4 cups mushrooms diced (use a mix of white button, Crimini, & Shitake)
- 1 cup white onion diced
- 2 cloves minced garlic about 1 Tbsp
- 2 Tablespoons vegan butter or oil
- 1 teaspoon dried parsley
- 5-6 cups vegetable broth (start with 5 and add up to 6 for a slightly thinner soup)
- 14 ounce can coconut milk
- Salt & pepper to taste



Instructions



1. First, rinse the wild rice and add it to a small or bowl to soak in cold water for 15-30 minutes.
2. While the rice is soaking, chop & prep the vegetables. Slice the mushrooms thinly (removing the bottom of the stems if desired) and finely dice the onions.
3. Next, add the vegan butter to a large soup pot and turn on the heat. Once the butter has melted, add in the onion, garlic, and mushrooms. Then, sauté for 15 minutes until the onions & mushrooms are beginning to crisp up and brown. Make sure to stir consistently to evenly cook the vegetables.
4. Once the vegetables are cooked, season with a mix of parsley, salt, and pepper. Then, add the vegetable broth, soaked & strained wild rice, and coconut milk to the pot with the vegetables. Stir to mix together.
5. Bring the pot of soup to a boil. Then, reduce the heat to a simmer and cook covered for 20 minutes.
6. At the 20 minute mark remove the soup lid, stir the soup, and cook the soup uncovered for an additional 15-20 minutes until the rice is cooked through. (Please note, if you are using a rice other than wild rice, cooking time will vary, so check if it is done at the 20 minute mark).
7. Remove the soup from the heat and let it sit for 5 minutes to thicken. Finally, serve and enjoy!





Working out isn't a way of punishing my body. It is a way I celebrate and nourish her.

Mantras



I stand in all of my power.

No one is entitled to me. I get to decide who I spend my time with, how I give of myself, and how I engage with others and the world around me.

I liberate others as I liberate myself daily and always.

My anger is sacred. My rage is sacred. My fears are sacred. All of my emotions and feelings cause me to grow and make changes.

I am a visible, intentional, impactful force in the world. I get to choose my narrative and how I show up.



May you...

Allow yourself to experience play. YES you can play. Maybe it's a card game with friends, bowling, drawing, coloring and/or letting yourself be in nature. You can heal and awaken your creativity through play. You are here to do more than pay bills, fight the good fight and take pride in your adulting. Play and enjoy life!

Ginger Beer Mojito



Ingredients

10 mint leaves
2 ounces fresh lime juice
ice
1.5 ounces light rum (optional if you want to turn this into a mocktail)
4 ounces ginger beer
garnishes: fresh lime wedges or slices, fresh mint sprigs

Instructions

1. Muddle the mint together with the lime juice in a glass. Add a few large ice cubes, then pour in the rum and ginger beer. Finish the drink with additional garnishes, if desired.*

**I strained out the mint leaves that I used to muddle with the lime juice after the first step. Then added in a few extra fresh mint leaves along with the lime wedges as a garnish. Just a personal preference, but you can totally leave the original mint leaves in the drink if you'd like.*

Music for the Soul



Groove

Heart On My Sleeve
Ella Mai

Good Morning Gorgeous
Mary J Blige

Black of My Mind
H.E.R.

Slow Down

Giving the Best That I Got
Anita Baker

Love and Liberation
Jazzmeia Horn

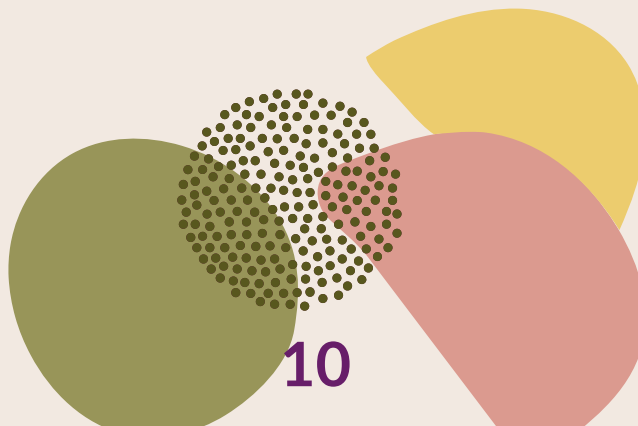
Marigold
Alex Isley & Jack Dine

Take it Back

Lady Soul
Aretha Franklin

Mama's Gun
Erykah Badu

The Miseducation of Lauryn Hill
Lauryn Hill



Cajun Potato Wedges

adapted from healthiersteps.com

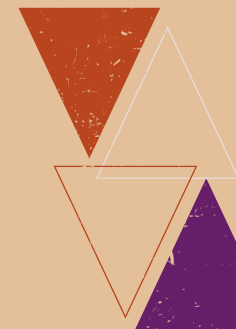
Ingredients

6 medium potatoes, scrubbed	1/2 teaspoon garlic powder
2 tablespoons olive oil	1/2 teaspoon onion powder
2 teaspoons nutritional yeast flakes	1/2-3/4 teaspoon salt
1 teaspoon Creole/Cajun Seasoning	1/4 teaspoon Cayenne pepper
1/4 teaspoon paprika	dried parsley, for garnish



Instructions

1. Preheat the oven to 400 degrees Fahrenheit. Prepare a baking sheet, lining with parchment paper and lightly spray with oil.
2. Using a sharp knife, cut the potato in half lengthwise. Then cut each half into thirds.
3. Place potato wedges into a large bowl, toss with olive oil to coat.
4. Add nutritional yeast flakes, Creole/Cajun seasoning, paprika, garlic powder, onion powder, cayenne pepper, salt and mix well to coat the potatoes.
5. Place the potato wedges in a single layer onto the baking sheet and bake for 50 minutes or until baked wedges are golden brown and crispy on the outside yet tender inside





“Be not discouraged
black women of the
world, but push
forward, regardless of
the lack of
appreciation shown
you.”

– Amy Jacques-Garvey

Read and Remember

Reading is a gentle, quiet and simple activity that is nourishing to your soul and provides exercise for your mind. Here is a list of books that can support your rising this season.



🌿 **Sister Outsider**
Audre Lorde

🌿 **Working the Roots**
Michele E. Lee

🌿 **Americanah**
Chimamanda Ngozi Adichie

🌿 **A Black Women's History of the United States**
Daina Ramey Berry

🌿 **Our Time Is Now: Power, Purpose, and the Fight for a Fair America**
Stacey Abrams

🌿 **In My Grandmother's House: Black Women, Faith, and the Stories We Inherit**
Yolanda Pierce



For the Love of Your Inner Child

Nurturing our inner child allows us to tap into our authentic self and feel into our wholeness. Below are some practices that will support you in tapping into play, power, and presence:



Dance it out!

✎ Put on your favorite song and dance like nobody's watching!

Draw, Paint, Color!

✎ Treat yourself to a new coloring book, or break out your journal and markers!

Try something new!

✎ Pick up something that you've been curious about since childhood!

Try "Havening"

✎ Give yourself a squeeze! Havening is the process of hugging yourself for regulation. *-Keisha Yokers*

Get silly with a friend!

✎ Community is one of the most important aspects of inner child healing. To be seen is to heal!



Communal Care

At Black Women for Wellness, we deeply understand the significance of communal care within the Black community. While self-care and rest are essential components of our well-being, it's equally vital to address the pressing matters affecting our community.

Communal care is about fostering a supportive network where we collectively nurture, protect, and empower each other. It's in these shared spaces of understanding and action that we can effectively address systemic challenges, advocate for health equity, and create a nurturing environment conducive to healing and growth.

By investing in communal care, we not only enhance our individual lives but also strengthen the foundation of our community, ensuring a better, healthier, and more equitable future for all. This holistic approach to wellness, integrating self-care with community action, is crucial for the sustained vitality and resilience of Black women and the wider community.

Eggplant Lentil Curry

Adapted from www.shortgirtallorder.com

Ingredients

- 1 Tablespoon oil
- 1 1/2 Tablespoons curry powder
- 1/2 cup dried red lentils
- 1 small jalapeno pepper *finely minced
- 1 medium onion *diced
- 1 large tomato *chopped, campari or beefsteak tomatoes are best
- 1 small eggplant (or 1/2 large eggplant *diced into small cubes)
- 2 cloves garlic *finely minced
- 14 ounces canned coconut milk
- 1/2 cup vegetable broth
- 1 teaspoon lime juice *or the juice from 1 small lime
- salt & pepper to taste
- fresh cilantro *optional, to top the curry



Instructions



1. Add the oil to a large skillet pan or wok and heat. Once the oil is hot, add the curry powder and pan fry for 2 minutes to bring out the flavor in the curry powder.
2. Next, add the dried lentils and chopped vegetables to the pan including the jalapeno, onion, tomato, eggplant, and garlic. Season with salt and pepper to your liking. Pan fry for 5 minutes until all the vegetables and lentils are coated in the curry powder.
3. Add in the coconut milk and vegetable broth and bring the curry to a boil. Once boiling, reduce the heat to a simmer and cook for 25-30 minutes or until the lentils are cooked through, yet not mushy.
4. Remove the curry from the heat and add in your lime juice and additional salt & pepper to taste. Serve over rice and top with fresh cilantro and lime wedges for the best results. Enjoy!



Buffalo Cauliflower & Chickpea Tacos

Adapted from www.abbeyskitchen.com

Ingredients

Taco filling:

- 1 head cauliflower cut into small florets (about 8 cups)
- 1 cup whole wheat flour
- 1 cup water
- 1 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp ground pepper
- 1 (19 oz) can of chickpeas, drained, rinsed and dried
- 2/3 cup Frank's red hot sauce
- 1 tbsp vegan butter melted
- 2 tsp maple syrup

Flatout Foldits

- ### Cilantro Lime Crema:
- 3/4 cup plain dairy-free coconut yogurt
 - 1/4 cup fresh cilantro
 - 1/2 tsp cumin
 - 2 tbsp lime juice
 - Salt and pepper to taste



Instructions

1. Preheat oven to 450 F. Lightly grease two large baking sheets.
2. In a small food processor or blender, puree the cilantro, coconut cream, lime and cumin. Season with salt and pepper to taste and set aside.
3. In a large bowl, mix together the flour, water, garlic powder, salt and pepper. Add the cauliflower florets and toss to coat in the batter. Spread them out onto the baking sheets and bake for about 20- 25 minutes.
4. Mix together the hot sauce, melted vegan butter and maple.
5. Flip the cauliflower, add the chickpeas to the baking sheet and toss everything with the hot sauce mixture. Roast for an additional 10-15 minutes or until everything is crispy and golden.
6. Meanwhile, cut the Flatout Foldits in half (to yield two circles), and brush with hot sauce on one side. Hang each one in the oven over a wire rack so they form taco shells. Bake for 8-10 minutes or until the edges are crisp and brown. Remove from the oven and allow to cool.
7. To assemble, layer the taco shells with cabbage, avocado, cilantro and the taco filling. Top with the crema and enjoy!



Affirmations for Your Inner Child

Affirmations are a great way to remind us of the truth of who we are. When we speak to ourselves kindly, we gift ourselves the opportunity to walk into our highest self.



I am worthy because I exist.

The more I show the world who I am, the more I gift myself the opportunity to be loved fully.

My authentic self is the magic this world needs.

Play, pleasure, and presence are my birthright.

Saying no to things that don't serve me allows me to say yes to myself.

Following my joy will lead me to exactly where I'm meant to be.

The ways others treat me is a reflection of how they feel about themselves.

I am worthy of respect and love.

My feelings are not facts and I can always nurture myself back to the truth through self-care and positive self-talk..

I am whole, beautiful, and deserving of love.

Pink Drink



Ingredients

- 1 hibiscus tea bag
 - 2 cups water
 - 1 tablespoon agave
 - 8 ripe strawberries, hulled and thinly sliced, divided
 - ½ cup orange juice or pineapple juice
 - ½ cup light coconut milk (from a can or carton)
- *Add berries to garnish

Instructions

1. Bring the water to a simmer. Place the tea bag in a 1-quart (4 cups) liquid measuring cup or small heat-proof pitcher. Pour the water over the tea bag, stir in the agave until dissolved, and drop in half of the sliced strawberries. Let the mixture steep for 10 to 20 minutes.
2. Discard the tea bag. Pour the juice and coconut milk into the mixture and stir to combine. Fill drinking glasses with ice and divide the pink drink between the glasses. Garnish the drinks with the remaining sliced strawberries. Serve immediately.



“ You can fall, but you can
rise also.”
- Angelique Kidjo

Vegan Pumpkin Cream Cold Brew

Adapted from www.goodfoodbaddie.com



Ingredients

3 cups Cold Brew Coffee

Ice

1/2 cup Canned Coconut Milk

1/3 cup Almond Milk

1 tbsp Pumpkin Puree

1 tsp Pumpkin Spice

3 tbsp Maple Syrup

1 tsp Vanilla Extract

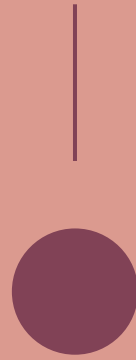
Instructions

Making The Pumpkin Cream Cold Foam

1. Add the ingredients for the pumpkin cream cold foam in a mason jar or small bowl. Stir to combine. Then, using a hand-held milk frother, blend the ingredients to make it nice and frothy. (You can also prepare the pumpkin cream cold foam in a high-speed blender. Blend until well combined and frothy.)

Making The Pumpkin Cream Cold Brew

1. Fill a glass about halfway with ice. Then pour in the cold brew to fill about 3/4 of the cup.
2. Pour the pumpkin cream cold foam on top and stir to combine. Enjoy!



May you

Locate your voice.
Let yourself wonder again.
Let yourself feel your freedom.
Let your inner child play.
Laugh.
That is healing.



Self-Care Challenge

Write down
your goal

Drink enough
water

Eat healthy
food

Go for a long
walk

Spend time
alone

Sleep for
8 hours

Meditate for
5 minutes

Create a new
playlist

Cook your
favorite meal

Try a new
exercise

No TV
night

Take a cold
shower

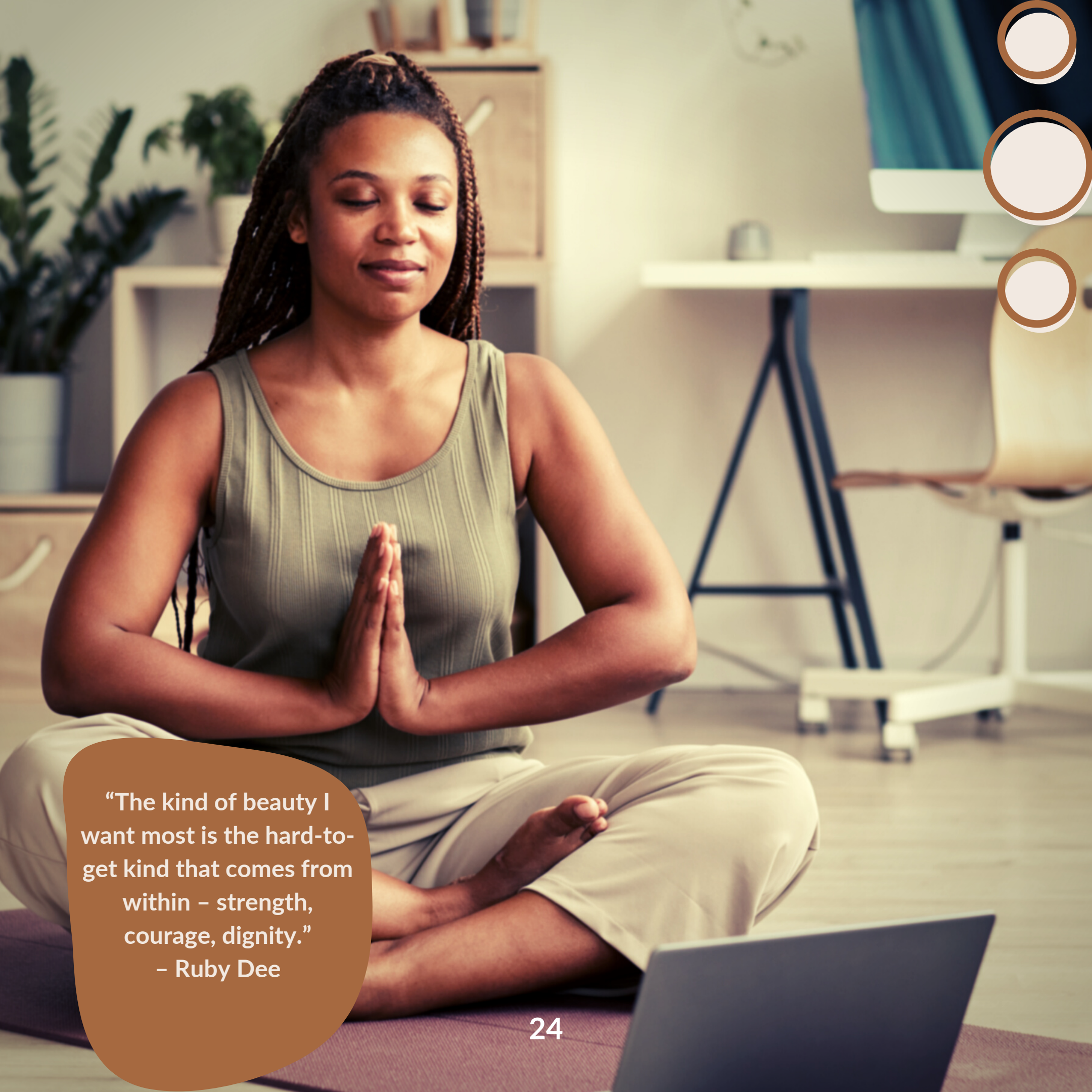
Walk in
nature

Start
journaling

Do a quick
workout

Create a
mood board

Focus on the steps
in front of you,
not the whole staircase.



“The kind of beauty I want most is the hard-to-get kind that comes from within – strength, courage, dignity.”
– Ruby Dee

Hibiscus Rose Latte



Ingredients

1/3 cup water
2 drops rose water
2-inch cube of ginger
1/2 tsp cinnamon
3 hibiscus tea bags
1 cup steamed oat milk
1–2 tsp sweetener of choice
edible rose petals (optional)

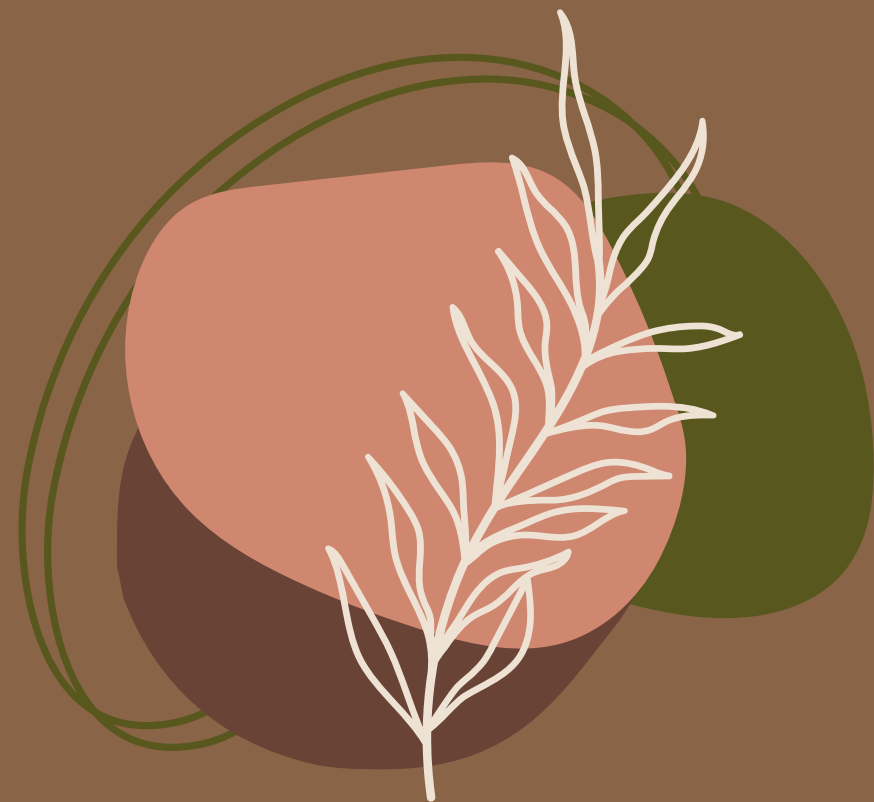
Instructions

1. Add the water, rose water, ginger and cinnamon to a small pot. Bring to a boil. Remove from heat and add the hibiscus tea bags. Let sit and steep for 5 minutes.
2. Remove the cube of ginger and tea bags and pour into your mug.
3. Slowly add the steamed oat milk to your mug.
4. Sweeten with a little bit of maple syrup or agave and (optionally) top with edible rose petals.

Adapted from choosingchia.com

Move in the Movement

In contemplating our place within the movement, we must ask ourselves, 'How will I actively participate in creating change?' While rest and self-care are crucial, they must be balanced with purposeful action. If we remain passive, we risk being dominated by systems that are not designed for our benefit. In the movement for justice and equity, each of us has a critical role to play. It's important to recognize that activism takes many forms. Not everyone will be at the forefront, marching in protests or attending rallies, but that doesn't diminish the significance of other contributions. Whether it's through community organizing, educating, advocating, or supporting in quieter yet equally powerful ways, your involvement is vital. What actions will you take? How will you use your unique strengths to advance the cause? Remember, in the collective effort for a better future, every role is essential. What will yours be?

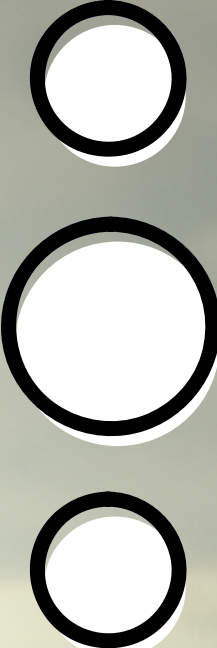


Choose your Move in the Movement

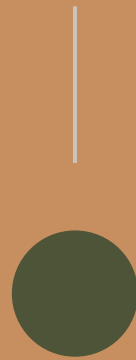
- Volunteer for Grassroots Organizations:** Offer your time and skills to local organizations that are working towards justice and equality.
- Cook Meals for Activists:** Prepare and distribute meals to those who are actively involved in protests or marches, providing them with the necessary nourishment for their efforts.
- Offer Childcare Services:** Help by babysitting for activists or community members who need to attend rallies, meetings, or protests but have childcare responsibilities.

Affirm:

I am a living testament to the resilience of my ancestors, and their enduring spirit empowers me to continue the fight for a better world.



Take a moment...
Relax your brows
Unclinch your jaws
Release your tongue from
the top of our mouth
Exhale
Relax your hands
Allow yourself to
be
here
now.



May you

Feel empowered to create a safe haven to remember, thrive
and participate with your life consciously.

Vegan Puttanesca

Adapted from www.fromthecomfortofmybowl.com

Ingredients

- | | |
|--|--|
| 6 ounces gluten free spaghetti | 1 can whole tomatoes, (14oz) |
| 2 tablespoons olive oil | ½ teaspoon red chilli flakes, optional |
| 4 garlic cloves, thinly sliced | 2 teaspoons liquid aminos, optional |
| 12 pitted olives, black Gaeta, green or Kalamata | 2 teaspoons dried parsley, or a handful of fresh |
| 2 tablespoons capers | Salt and pepper, optional |



Instructions

1. Cook the spaghetti according to package directions.
2. Place a pan on low heat and add olive oil and sliced garlic. Allow the garlic to slowly cook and infuse the oil. High heat will burn the garlic quickly.
3. Once the garlic starts to brown, add olives, capers and red chilli flakes. Continue to infuse the oil with these flavours on low heat for about 3 minutes.
4. Add the whole tomatoes to a bowl and crush with a fork or your hands to your desired texture. Add to the pan with the liquid aminos. Give it a stir and increase the heat to medium. Simmer for 5 minutes.
5. Add fresh or dried parsley and black pepper to taste (optional). Most of the ingredients are salty so there might be no need for added salt. But taste the sauce and add some if it better suits your taste.
6. Add cooked and drained gluten free spaghetti. Gently toss in the sauce to coat completely.
7. Remove from heat and serve immediately. You can garnish with extra parsley and olive oil for more flavour.



Breakfast Bowl

Adapted from www.runningonrealfood.com

Ingredients

1 serving medium or firm tofu, crumbled
1 tsp turmeric
salt and pepper
dash of soy sauce
1 tbsp water

For the Sautéed Veggies

1 big handful of kale, de-stemmed and chopped
1 cup sliced mushrooms
1/2 cup diced white onions

For the Bowls

1/2 an avocado
salsa
1/2 cup cooked brown rice



Instructions

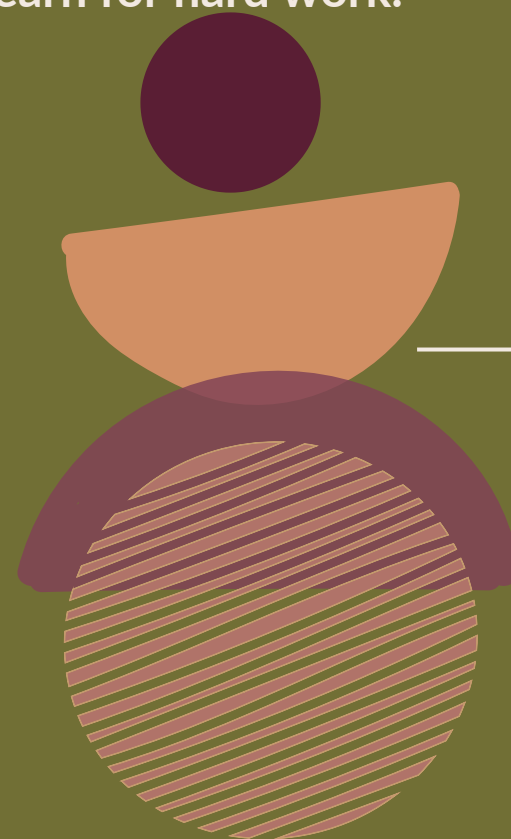
1. In a small dish, mix up the tofu scramble ingredients then set aside. If you're only making one serving, I'd recommend mixing it up in a dish before cooking. If you're making a whole package of tofu, you can add everything right into the pan as it's easier to mix.
2. Next, cook the kale, mushrooms and onions. To make them, add them to a skillet over medium-high heat with either a splash of water or 1/2 tsp olive or avocado oil. Cook for 5-8 minutes until tender and browned. Don't stir too often in order to let them brown. Once they're cooked, scoop into a bowl.
3. In the same pan, add the tofu mixture and cook for 5 minutes until heated through and starting to brown. Alternatively, you can just add the tofu scramble mixture to the kale and mushrooms as they cook and serve it all mixed up.
4. To assemble the breakfast bowls, add the tofu scramble to the bowl with the kale mixture then add brown rice, avocado and salsa. Serve right away or pack up for meal prep.





Gentle Reminder

- Take up space, sis. You are an entire universe.
- You don't have to be in spaces where you are simply tolerated.
- Your magic is not for the glory and fame of others.
- Rest is your birthright, not something you earn for hard work.
- You, too, deserve to live a soft life,

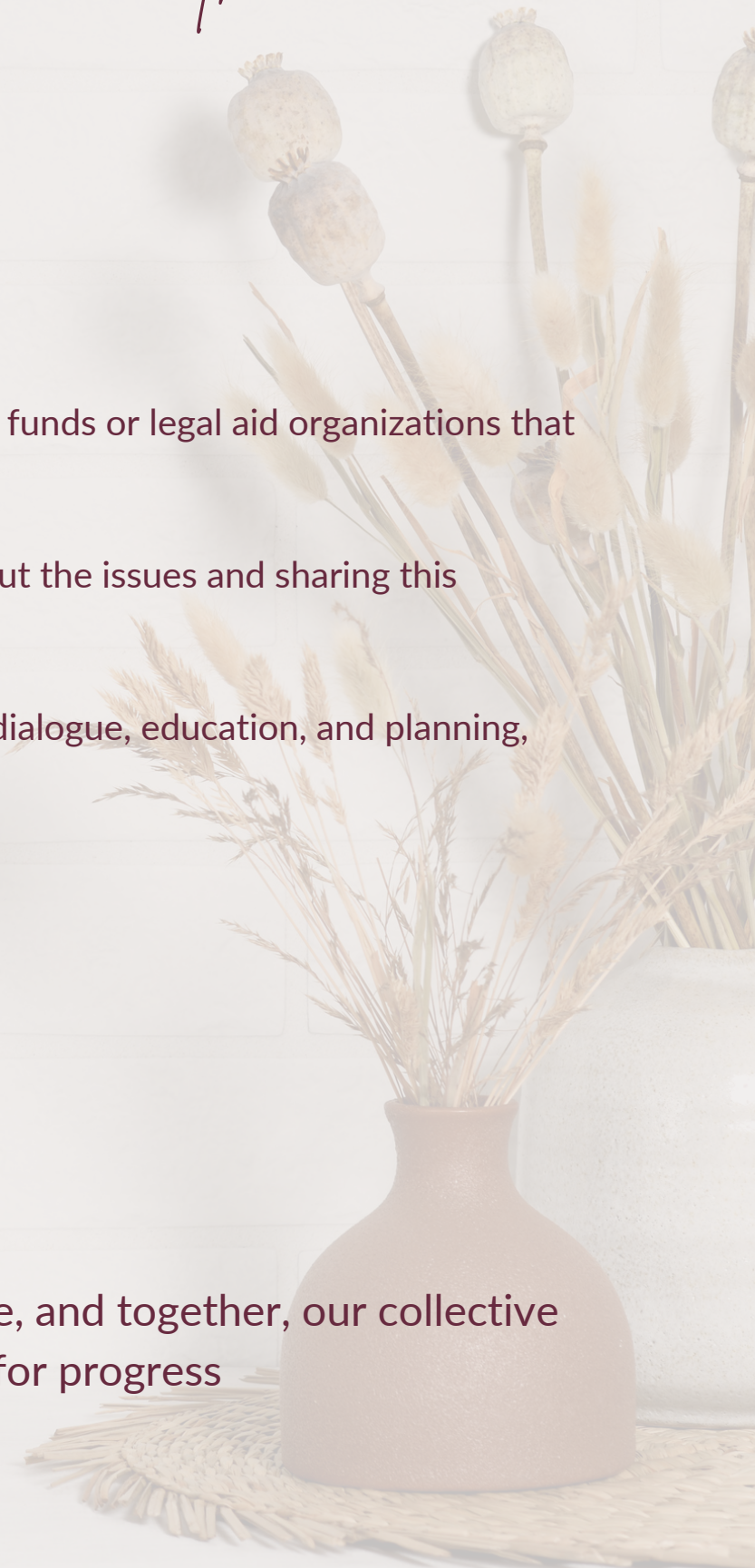


Choose your *Your* Move in the Movement

- Donate to Bail Funds and Legal Aid:** Financially support bail funds or legal aid organizations that help protesters who have been arrested.
- Educate Yourself and Others:** Commit to learning more about the issues and sharing this knowledge with your community to raise awareness.
- Host or Organize Community Meetings:** Create spaces for dialogue, education, and planning, fostering a sense of community and shared purpose.

Affirm:

I am part of a larger community striving for change, and together, our collective action creates a powerful force for progress



Orange & Mint Lemonade



Ingredients

1 cup water
1 lemon's juice
3 oranges' juice
3 tsp agave
9 mint leaves
ice cubes

Instructions

Add all ingredients in a glass and stir.





Travel Tips

- Share your travel itinerary details, including flight, lodging, and location, with trusted friends and family.
- Exude confidence, particularly in unfamiliar locations.
- Carry a handheld safety alarm and an emergency door stop.
- Check for lounge options during your travels to allow for comfort and relaxation before long flights.
- Familiarize yourself with survival phrases such as "Do you speak English?" "Yes and no," "Please," "Thank you," and "Where is____?"
- Learn the language, including common phrases and greetings, and download a translator app.
- Check the visa requirements for the countries you will be visiting or passing through, especially if you will be leaving the airport.

Choose your Move in the Movement

- Write and Share Articles or Blog Posts:** Use your writing skills to spread information, personal reflections, and action items related to the movement.
- Create Art or Music:** Use your artistic talents to create works that inspire, inform, or express solidarity with the movement.
- Offer Professional Skills:** Contribute your specific professional skills, whether in legal, medical, tech, or other fields, to support the movement's needs.
- Participating in Peaceful Protests or Rallies:** Joining organized protests and rallies is a direct way to show solidarity and call for change.

Affirm:

I am a valuable contributor to this movement, and my efforts help forge a path towards a more equitable and just world.



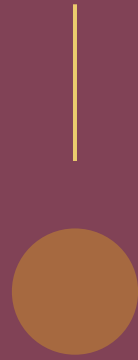
- We can accept the invitation to the soft life often and always. This life has a balance of
- movement and rest.

↑ Thank you for allowing us into your home, into your sacred space, your sister circles and on your journey towards becoming who you are.

Together we are learning and unlearning, experiencing a rebirth and acknowledging where change is necessary.

Quickly slow down.

The examined and intentional life is yours to live now and always.



May you

Feel empowered to create a safe haven to remember, thrive
and participate with your life consciously.



Let's Stay Connected



www.bwwla.org



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@bw4wla



Black Women for Wellness

