

Mindfulness Resource for People of Color

Articles

Four Ways People of Color Can Foster Mental Health and Practice Restorative Healing

<https://www.mindful.org/four-ways-people-of-color-can-foster-mental-health-and-practice-restorative-healing/>

Disrupting Systemic Whiteness in the Mindfulness Movement

<https://www.mindful.org/disrupting-systemic-whiteness-mindfulness-movement/>

The History of Self Care

http://www.slate.com/articles/arts/culturebox/2017/04/the_history_of_self_care.html

What Self Care Really Means to Women of Color

<https://hiplatina.com/self-care-really-means-women-of-color/amp/>

Self Care Practices for Women when Working as A Woman of Color Has Got You Down

<https://medium.com/the-establishment/4-self-care-practices-for-when-working-as-a-woman-of-color-has-got-you-down-693e7ce5b7a3>

Mindfulness May Reduce Stress for Students of Color

<https://www.mindful.org/mindfulness-may-reduce-stress-for-students-of-color/>

These 2 Sisters Are Designing Yoga Mats So Black Women Feel Represented in Fitness

<https://www.popsugar.com/node/47239866>

How the Legacy of Slaves Affects the Mental Health of Black Americans Today

https://theconversation.com/how-the-legacy-of-slavery-affects-the-mental-health-of-black-americans-today-44642?fbclid=IwAR2RR7bWjSc9qvTlaiUxWKda8YGkLHlg_doefuXZb_v14cHrgSc9NBxaqPM

More Black Men in America Embracing Yoga to Ease Emotional Stress

<https://www.nbcnews.com/news/nbcblk/more-black-men-embracing-yoga-ease-emotional-stress-n1100836?fbclid=IwAR171E5awqHzFQQUDJD5SVZuwc-XrDeAnJe0-ZLKKKvDiU454UaAlqFVHg>

The Role of Church in Improving Mental Wellness in the African American Community

<https://afsp.org/the-role-of-the-church-in-improving-mental-wellness-in-the-african-american-community/>

Mindfulness: How it Can Help You Stress Less

<https://blackdoctor.org/485000/how-mindfulness-meditation-helps-reduce-stress-and-more/>

Expanding Awareness for Mindfulness Programs

<https://www.psychologytoday.com/us/blog/black-matters/201807/expanding-awareness-mindfulness-programs>

Why Every Black Woman Needs Mindfulness Meditation

<https://www.sistersletter.com/health/why-every-black-woman-needs-mindfulness-meditation>

How Barbers are Getting Black Men Talking About Mental Health

https://www.huffpost.com/entry/barbers-black-mental-health-lorenzo-lewis_n_5d4890b0e4b0d291ed0542b1?utm_source=bv_fb&ncid=fcbkinkushpmsg00000047&utm_medium=facebook&utm_campaign=hp_fb_pages&fbclid=IwAR2aEzWyg8TQ7VD60orST4YIOe8a08XrVcv4AtWUSvsr1oTldwz8CpRDITA

6 Tips to Start Meditating, Courtesy of Black Girl in Om's Lauren Ash

<https://www.oprahmag.com/life/health/a27030704/how-to-start-meditating/>

Online Magazines

African American Mental Health @ NAMI <https://www.nami.org/find-support/diverse-communities/african-americans>

Psychology Today www.psychologytoday.com

Black Health Matters <https://blackhealthmatters.com/category/mental-health/>

Black & Well <https://www.blackandwellmag.com/black-health>

Ebony <https://www.ebony.com/health/>

Essence <https://www.essence.com/lifestyle/health-wellness/>

Black Men's Health and Fitness www.mybrotha.com

Searching for a Black Therapist? Look no further than this resource

<https://www.popsugar.com/node/47189278>

Food for the Soul

Okra App

<https://www.becauseofthemwecan.com/blogs/culture/new-york-couple-develops-app-to-help-discover-black-owned-restaurants>

Black Owned Restaurants

<https://photos.metrotimes.com/11-outstanding-black-owned-restaurants-in-the-detroit-area/?slide=1&the-kitchen>

Retail Therapy

Black Owned Business Directory

<http://www.blackbottomarchives.com/business-directory>

