



“Pouring from a Full Pitcher-- Self-Care: Mind, Body, and Spirit”

workshop presented by DREF & DST during the
Professional Development Series for Educators sponsored by the
Congressional Black Caucus Foundation Annual Legislative Weekend
September 15, 2021

RESOURCE LIST*

Books/Publications

- **Self-Mothering: My Mother’s Council** (Balboa Press) – by Deborah Lee Bernal, M.D., introduces an active process to help women find heroes, contemporary role models, and personal mentors—people that can be relied upon to help you develop and heal as adults. Through the process of self-mothering, you can choose someone who motivates you and whom you want to emulate for your own council of mothers; the council can guide you to your destiny.
- **Pyramids of Power: An Ancient African Centered Approach to Optimal Health** (Positive Perceptions Publications) - by John T. Chissell, M.D. The principles and practices of optimal health can work at any age. If you would like to have more energy, inner peace, and control over your life, this book is for you. You are worth your best effort.
- **The Oprah Magazine Special Issue (2020): The Power of Connection** - Your Guide to Overcoming Loneliness, Building Community, Finding Joy in Every Day
- **How to Be Mindful** – by Anna Barnes
- **Mindset: The New Psychology of Success, How We Can Learn to Fulfill Our Potential** – by Carol S. Dweck, Ph.D.
- **25 Lessons in Mindfulness: Now Time for Healthy Living** – by Rezvan Ameli
- **Mindfulness Workbook For Stress Relief: Reduce Stress through Meditation, Non-Judgement, Mind-Body Awareness, and Self-Inquiry** – by April Snow, LMFT
- **Pot Likker Stories for Teachers and Learners** (Pilgrim Press) - co-editors Deborah Peaks Coleman and Larry Grant Coleman, Ph.D., a compilation of personal narratives from students and educators about achieving academic success.
- **Breathe: The Stress Less Special**, a reissue of a Breathe Special Edition; periodical focusing on wellness, kindness, mindfulness, and inspiration; www.breathemagazine.com
- **breathe: a guided healing journal for black men** - by Brennan Allan Steele. In addition to witnessing racial trauma, Black men specifically have often become subject to the racist

narratives of society while also lacking in adequate space for healing and personal development. "breathe" serves to provide space for healing and to promote a journey to wholeness for Black men.

<https://www.blackenterprise.com/black-men-need-love-too-educator-writes-a-self-care-journal-for-brothers/>

Broadcasts

- **DREAMLEAPERS Inspiration** - a weekly broadcast presented live by Harriette Cole Media via Facebook; the broadcast features topical issues, values, and behavior that will empower and uplift. Live broadcast occurs on Mondays at 9:00 a.m. Eastern Time.
- **CENTERING MENTAL HEALTH & SELF-CARE IN BLACK AMERICA, WITH DR. CHANEQUA WALKER-BARNES - SERIES 29: FOR THE LOVE OF BLACK LIVES | EPISODE 06**
<https://jenhatmaker.com/podcast/series-29/centering-mental-health-self-care-in-black-america-with-dr-chanequa-walker-barnes/>
- **When God Is Black and Disabled.** – by Rev. Raedorah C. Stewart is a podcast space to amplify the voices and validate the experiences of Black women of faith from various streams of spirituality, in the church, and for the culture. <https://wgbd.blog/>
- <https://www.balancedblackgirl.com/inspiring-podcasts-woc/>
- **Listen Up: Six Podcasts About Health and Healing, Hosted by Black Women -**
<https://www.vanityfair.com/style/2021/02/six-wellness-podcasts-hosted-by-black-women>
- **Anxious For Nothing** – September 2021 sermon series by Rev. Dr. Howard-John Wesley, Pastor of Alfred Street Baptist Church, Alexandria, VA. View Trailer here: <https://youtu.be/N4-iH5vX05w>

Mental Health, Mindfulness and Meditation

- www.BlackTherapistsRock.com
- www.TherapyForBlackGirls.com
- www.MelaninAndMentalHealth.com
- www.TherapyforBlackMen.org
- www.beam.community (The Black Emotional and Mental Health Collective)
- www.ngttcn.com (National Queer and Trans Therapists of Color Network)
- <https://blackmentalhealth.com/>
- <https://blackmenheal.org/>
- https://www.mytherapycards.com/?r_done=1
- <https://www.blackzen.co/>
- <https://liberatemeditation.com/>
- <https://afrotech.com/black-owned-self-care-app-elevate>
- <https://www.getelevateapp.com/>
- <https://www.exhalesite.com>
- <https://www.self.com/story/black-mental-health-resources>
- <https://youtu.be/LmyJpSoxyhs>

Physical Wellness

- **Grateful Yogi** - Prosperous Living, a health and wellness business that offers yoga, meditation, Reiki and health coaching to individuals and groups. Contact via Instagram.
- **Holistic Life Foundations** – Ali Smith - <https://hlfinc.org/>
- **GirlTrek** - In the footsteps of a civil rights legacy, GirlTrek is a national health movement that activates thousands of Black women to be change makers in their lives and communities — through walking. <https://www.girltrek.org/>
- **5 Best At-Home Workout Routines By Black YouTubers** - <https://blackdoctor.org/5-best-at-home-workout-routines-by-black-youtubers/>

Resources comprising this list can be accessed online or through a supplier of your choice.

****Items listed are for reference only and do not constitute an endorsement of any products, services, programs, statements, views, or opinions.***