

# Wellness Guide

BEING WELL IN THE MIDST OF A  
PANDEMIC





# Note from Jan

**Black Women for Wellness** is delighted to share our **Wellness Guide** as a tool to help our community get through this pandemic and move toward an improved society, culture and environment. Our world has shifted! It was abrupt and life transitioning. Here is the good news, our air is fresher, the earth is healing, traffic has seriously improved (which of course means we are really not as dependent of fossil fuels as we thought) and there is this wonderful opportunity to know thyself.

Yes, some of us are sheltering in place with family, roommates and pets, however our time now to be with self has increased. Sheltering at home has opened up space for us to be present with self (ok and family too), and take a dive into who we are, who we want to be and contemplate the future. This **Wellness Guide** offers tips, suggestions, recipes, insights, and lessons we are learning along the way. They are lessons shared from our friends & gurus, our BWW team, our kitchen divas, and Black women who have expertise in coaching Black women on this journey of transformation. We are absolutely appreciative of their wisdom. Please add your insights and tidbits, experiences and creativity.

Download and share but most of all please enjoy.

Peace,  
Janette

# Daily Wellness Tips

4 simple tips that will allow you to experience a peaceful day

## Check- In

Start your day by checking in with yourself. Determine your needs and listen to your body. You get to decide your pace for the day and what routine will make the most sense.

## Gratitude

List 3-5 things that you are grateful for each day. Doing so will lift your spirit and allow your energy to shift towards more positive news.

## Breathe

Take five deep breaths. You can always return to your breath when things seem confusing, scary, stressful, or when you feel yourself uncertain or needing to be more grounded.

## Be Kind

Don't judge how you're coping or how others are coping. There is no right or wrong way to feel right now. Allow yourself to feel all of your feelings and grant yourself the space to process anything that comes up for you.





# Mantras

Repeat throughout the day to calm or center yourself

- Today is a good day to be alive.
- I honor my need to rest and recharge.
- I will be calm in the face of uncertainties.
- I am enough. I am love. I am present.
- This too shall pass.
- I release things that are out of my control



# Journals and Writing Prompts

When did you first become yourself?

Make a list of 20 things that make you happy. Write a brief sentence about each one.

What's a country you'd like to visit? How do you imagine your time there?

Write a letter to your older self.

If you have brothers or sisters, how are you similar to them or different from them? What about with your friends?

What's your favorite: season, color, place, or food? Describe it.

What frightens you? What brings you joy?

Write letters to friends and family members about things you can't say to them in person.



# Fresh Air



Open the window, open the door, take a walk around your neighborhood. Allow the fresh air to embrace you and rejuvenate your day. Take an intentional moment as often as you need to and allow yourself to connect with the outside world in some capacity. Of course, be mindful of physical distancing.

# Physical Activity

How you can stay active in this time?

- The **Peloton App** has stretching, running, indoor cardio, yoga, and strength classes for free for 90 days.
- The **Crossrope App** has several fun jumprope based classes for free.
- **Yoga to the People** has hundreds of online yoga classes.
- **SuperheroFitnessTV** is a group of black women teaching cardio dance classes on Youtube.
- **Britt Fit** host Brittany Dixon uses Youtube to teach bodyweight sculpting classes.
- Former track and field athlete, **Kai Wheeler's Youtube channel** contains numerous toning and endurance building videos.
- **Erica Rascon** is a Black Yoga Instructor with [tutorials on Youtube.](#)



BLACK  
MIND  
WELLNESS



# Stretches

Here are some moves to keep your muscles limber!

Try each of these moves twice a day.

Practice holding each move four times, for 30 seconds each time.



## Rest

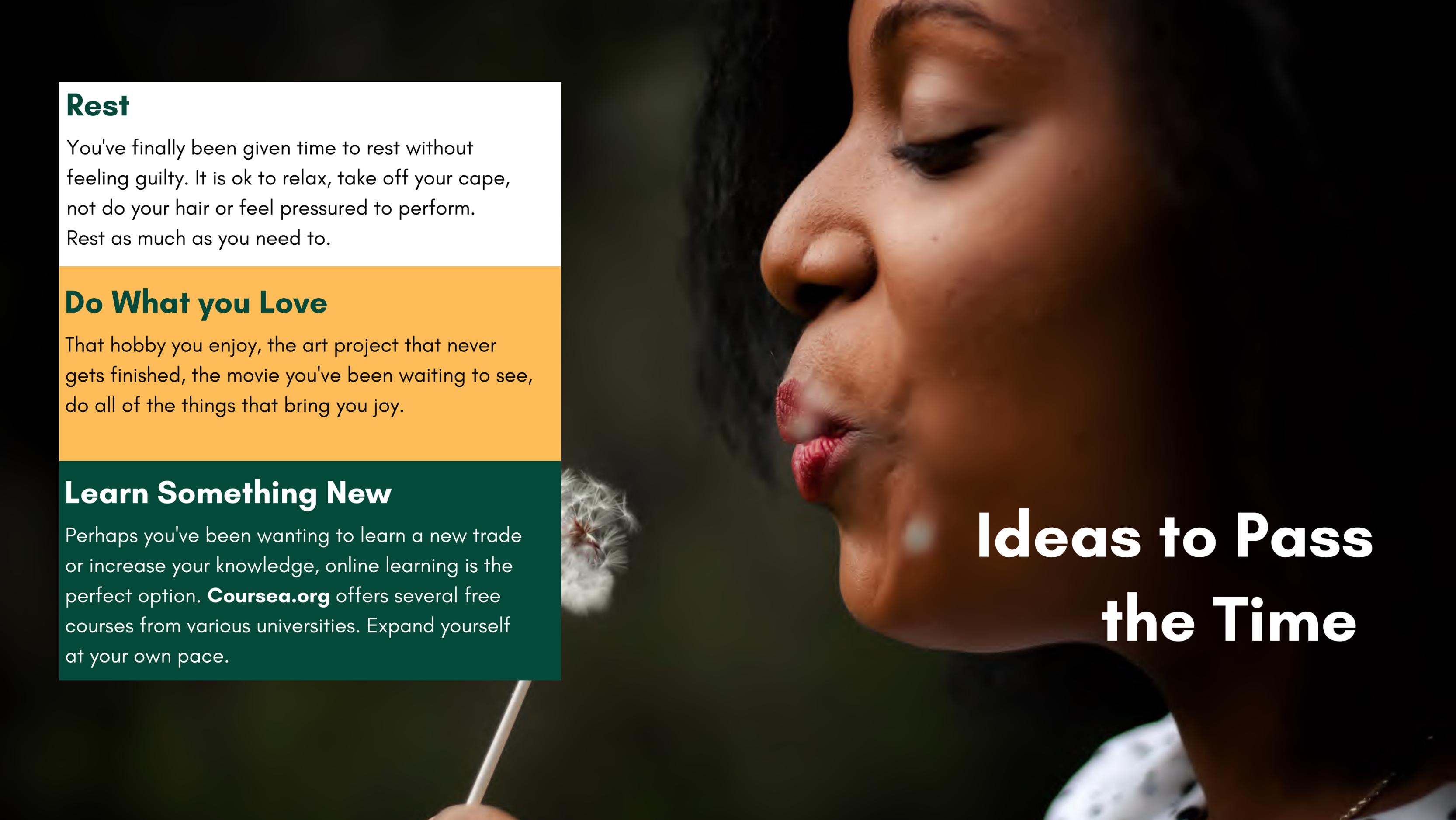
You've finally been given time to rest without feeling guilty. It is ok to relax, take off your cape, not do your hair or feel pressured to perform. Rest as much as you need to.

## Do What you Love

That hobby you enjoy, the art project that never gets finished, the movie you've been waiting to see, do all of the things that bring you joy.

## Learn Something New

Perhaps you've been wanting to learn a new trade or increase your knowledge, online learning is the perfect option. **Coursea.org** offers several free courses from various universities. Expand yourself at your own pace.



**Ideas to Pass  
the Time**

# Podcasts and Music

In efforts to keep your vibe high and keep your soul inspired, here are podcast and music playlist the guide your day.

## Soul Vibes

- **Shelah Marie's guided Meditation Mixtape** available on youtube and streaming platforms.
- **Jhene's Mantra Meditation** available on youtube and streaming platforms.

- Childish Gambino's quirky *3.15.20*
- Baby Rose's deep *To Myself*
- Khruangbin/Leon Bridges' stunning *Texas Sun*
- Lucky Daye's infectious *Painted*
- Ari Lennox's smooth *Shea Butter Baby*

## Albums to Listen To

## Podcasts

- Oprah's Super Soul Sunday
- Therapy for Black Girls
- The Read
- Black Girl Podcast



# Best Essays To Read Online

Be inspired by these powerful words.

[Do Not Pass](#)

By TOURÉ

[The Forgotten Work of Jessie Redmon Fauset](#)

By Morgan Jenkins

[Why I'm no longer talking to white people about race](#)

By Reni Eddo-Lodge

[Moving Beyond Pain \(Beyonce's Lemonade\)](#)

By Bell Hooks

[Stop Trying To Be Good - Be Black](#)

By Jamilah Lemieux

[The Freedom of a Ponytail](#)

By Keah Brown

[A feast for the eyes: Ruby Tandoh on food and film](#)

By Ruby Tandoh

[How Black Women Can Close the Pay Gap](#)

By Serena Williams

# Netflix & Chill

## Films

### Feel Good

Uncorked  
Nappily Ever After  
Hitch  
Juanita  
See You Yesterday  
The Incredible Jessica Jones

### Comedies

Death at a Funeral  
Dolemite is my name  
The African Doctor  
Step Sisters  
Coffee & Kareem

### Documentaries

What Happened Miss Simone?  
The Black Godfather

### Dramas

Purple Rain  
American Son  
Barry  
Lionheart  
Miss Virginia  
The Immortal Life of Henrietta Lacks  
If Beale Street Could Talk  
The Boy Who Harnested The Wind

## TV Shows

### Dramas

Queen Sugar  
The Chi  
Atlanta  
Black Lightning  
Green Leaf

### Feel Goods

Madame CJ Walker  
The Get Down  
All About The Washingtons  
Styling Hollywood

### Comedies

Astronomy Club  
Wanda Sykes: Not Normal  
Trevor Noah: Son of Patricia  
Leslie Jones: Time Machine

# Shopping Tips

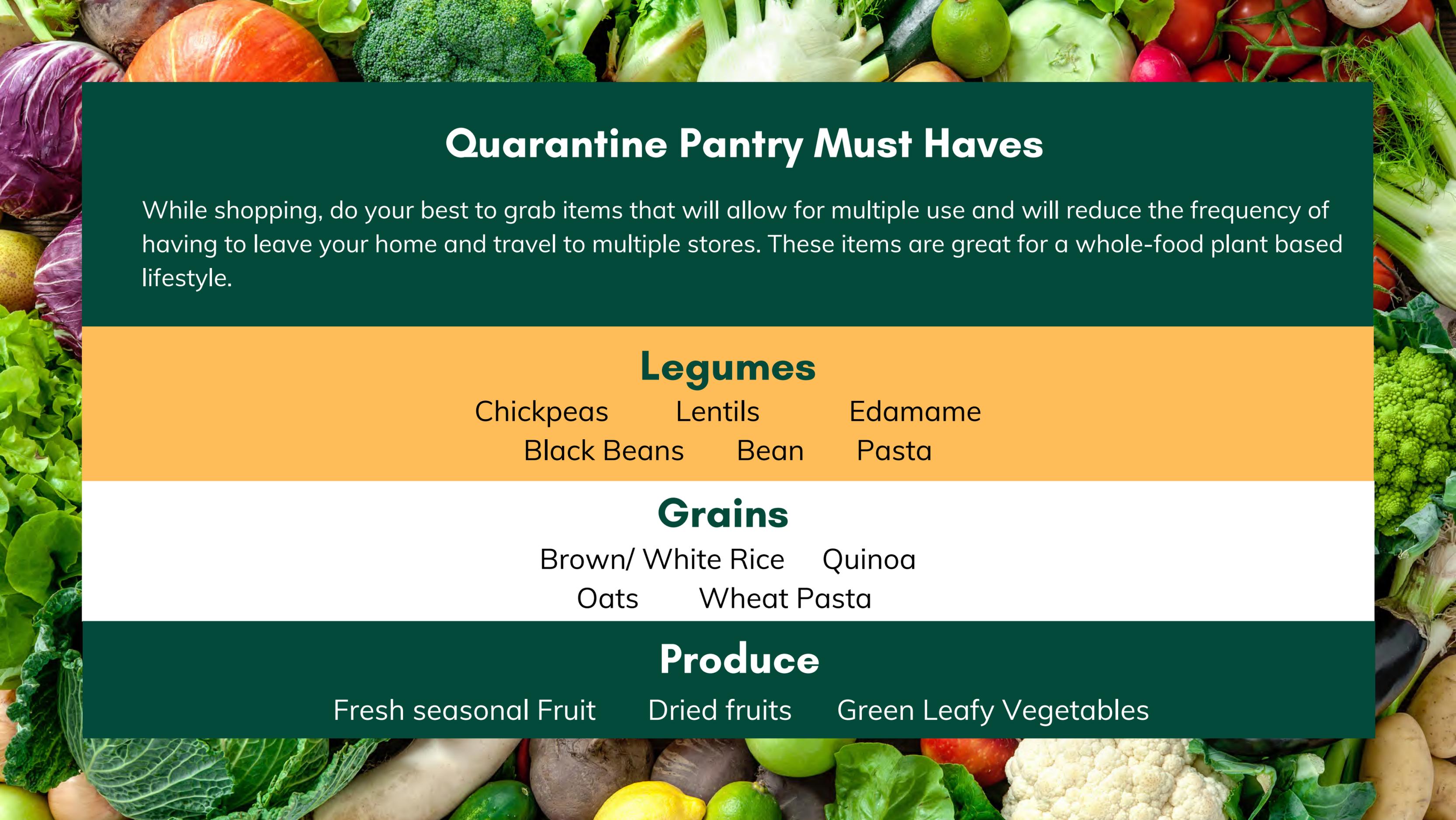
Be sure to wear a MASK when leaving your home.

Use paper when creating a shopping list to prevent cross contamination.

Wash all purchased items with warm water to remove bacteria.

Reduce the amount of items you take into grocery stores. (cellphones, purses etc.)





# Quarantine Pantry Must Haves

While shopping, do your best to grab items that will allow for multiple use and will reduce the frequency of having to leave your home and travel to multiple stores. These items are great for a whole-food plant based lifestyle.

## Legumes

Chickpeas      Lentils      Edamame  
Black Beans      Bean      Pasta

## Grains

Brown/ White Rice      Quinoa  
Oats      Wheat Pasta

## Produce

Fresh seasonal Fruit      Dried fruits      Green Leafy Vegetables

# Flavor Pantry Staples

## *Spices and Herbs*

Garlic Powder  
Black pepper grinder  
Himalayan Sea Salt  
Smoked Paprika  
Onion Powder  
Ground Cumin  
Ground Cinnamon  
Ground Nutmeg  
Ground Ginger  
Dried Oregano  
Dried Thyme  
Dried Parsley  
Dried Bay Leaves  
Cayenne Pepper  
Turmeric Powder  
Curry Powder  
Nutritional Yeast

## *Oils*

Grapeseed Oil  
Olive Oil  
Avacado Oil  
Plant-based Butter

## *Dairy Alternatives*

Coconut Milk  
Oat Milk  
Almond Milk

## *Extra Flavor*

Coconut Amino



# Immunity Boosters

## *Morning Shot*

- 1 tablespoon honey
- Juice of 1 lemon
- Juice of 1 navel orange
- 1-2 cloves garlic minced and set aside 10 min
- 1 teaspoon fresh ginger grated
- Dash of cayenne pepper
- Dash of real sea salt
- 1/4 teaspoon turmeric
- Grind of black pepper
- 1 tablespoon , organic apple cider vinegar
- 1 tablespoon hot water

### **Instructions**

1. Mince the garlic (ideally put through a garlic press) and set aside for 10 minutes. This gives the enzymes a chance to form and ensures maximum benefits.
2. Whisk together the honey, turmeric, and hot water, until the honey is incorporated and smooth.
3. Then you just stir in everything else and drink!

## *Sweet Green Smoothie*

- 1 cup roughly chopped spinach and kale , packed tightly
- 1 1/2 cups Almond Breeze Unsweetened Almondmilk
- 1 1/2 cups frozen mix of mango, pineapple, and kiwi chunks
- 1/2 teaspoon freshly grated ginger
- 1/2 lemon , juiced

### **Instructions**

1. Add the spinach and kale to a blender with the Almond Breeze and blend well.
2. Add the frozen fruit, ginger and lemon and blend until smooth. If the smoothie is too thick, add more almond milk 1 tablespoon at a time.

# Breakfast

## *Savory Sweet Potato Grits*

2 cups Milk  
2 cups Water  
1 cup Grits  
1 large cooked sweet potato  
1 green onion  
Salt and pepper to taste  
Tabasco Sauce (optional)

### **Instructions**

1. Prepare your sweet potato using your preferred method.
2. Once potato is done, remove skin and smash. Set aside.
3. Prepare grits according to package instructions. For this recipe, there is 1 additional cup of liquid to accommodate for the sweet potatoes being added.
4. Once grits are simmering on low heat, slowly add your mashed sweet potatoes and stir vigorously. Continue until the entire sweet potato has been added.
5. Season with salt and pepper to taste and garnish with green onions.

## *Peanut butter and Chocolate Chip baked oatmeal*

In 1 bowl, mix the following  
1/2 cup melted Peanut Butter  
1 flax egg  
2-3 tbsp maple syrup  
1 cup almond milk  
1 1/2 tsp baking powder  
2 tbsp melted vegan butter

Once mixed, then add 2 cups quick oats  
Finally, fold in 1/2 cup vegan chocolate chips

### **Instructions**

Preheat oven to 350, pour batter into a greased 9×11 casserole dish, bake for 35 minutes.

# Lunch

## Chopped Salad

1 head cauliflower, finely chopped (use food processor for best results)  
1/2 head of red cabbage, finely chopped  
1 bunch kale, finely chopped to yield about 2 cups  
2 carrots, peeled and chopped  
1/2 small red onion, finely chopped  
1 bunch fresh cilantro or parsley, finely chopped

### Dressing

1 avocado, mashed  
1/4 cup apple cider vinegar  
1 lemon, juiced  
2 cloves of garlic, minced  
1 Tablespoon fresh cilantro, finely chopped  
1 Tablespoon grated ginger  
1/2 teaspoon kosher salt  
black pepper to taste

### Instructions

Chop cauliflower, cabbage, carrots and onion in food processor or finely by hand.

In a large serving bowl, combine all salad ingredients.

Whisk all the dressing ingredients until well blended.

Stir dressing into salad and chill until serving

## Cheesy Broccoli Pasta

2 cups dried wholewheat pasta  
4 tbsp nutritional yeast flakes  
2 tbsp plain flour  
1 tsp garlic powder  
1 tsp dried chives (optional)  
1/2 tsp onion powder  
1/4 tsp mustard powder/1/2 tsp Dijon mustard  
1/4 tsp salt  
1/8 tsp black pepper  
1.5 tbsp lemon juice  
2.5-3 cups water  
Knob dairy free butter (optional)  
1/2 head broccoli

### Instructions

1. Measure out and add all the ingredients, minus the nutritional yeast and broccoli to the sauce pan, stir together, place a lid on the pan, bring to the boil and cook for 10 minutes or until al dente. Stir frequently and add extra water if needed during the cooking process.
2. Meanwhile, cut up the broccoli into small florets and add to the pan after 5 minutes of cooking.
3. After 10 minutes, remove the pan from the heat, stir in the nutritional yeast and let it rest for 2-3 minutes before serving and enjoy!

# Dinner

## *Vegan Sloppy Joes*

2 cups brown or green lentils  
1 quart vegetable broth, divided  
1 teaspoon kosher salt, divided  
1/2 green bell pepper (about 3/4 cup diced)  
1 medium onion (about 1 cup diced)  
4 garlic cloves  
2 tablespoons olive oil  
1 cup plus 2 tablespoons organic ketchup, divided\*  
2 tablespoons plus 1 teaspoon vegan Worcestershire sauce, divided  
1 teaspoon each mustard powder, onion powder, and chili powder  
Hot sauce, to taste  
Pickled onions, to serve  
Bread and butter pickles, to serve  
8 whole wheat buns (make sure they are vegan, use gluten-free as desired)

1. Cook the lentils: In a large saucepan, place the lentils with 3 cups of the vegetable broth, 2 cups water, and 1/2 teaspoon kosher salt. Bring to a rapid simmer. Reduce the heat and simmer uncovered for about 20 to 25 minutes, until the lentils are tender but still hold their shape. Drain the excess liquid.
2. For the Sauce: dice the bell pepper. Dice the onion. Mince the garlic.
3. In another large saucepan, heat the olive oil over medium high heat. Add the bell pepper and onion and cook 5 minutes until the onions are translucent. Add the garlic and cook for 1 minute. Add vegetable broth, 1 cup ketchup, Worcestershire sauce, mustard powder, onion powder, and chili powder. Simmer for 5 minutes until thickened.
4. Add the lentils to the sauce: When the lentils are done, add them to the sauce. Cook on low heat for about 5 minutes. Then remove the heat and stir in the remaining 2 tablespoons ketchup, 1 teaspoon Worcestershire sauce, and 1/2 teaspoon kosher salt.
5. Serve: Serve on a bun with pickled onions and pickles.

# Dinner

## *Teriyaki Vegan Stir Fry*

Teriyaki sauce  
1 8 ounce package tempeh  
2 medium heads broccoli  
3 bell peppers: red, yellow, and green  
1 teaspoon fresh ginger root, minced  
5 small green onions  
1 1/2 tablespoons sesame oil  
Kosher salt  
Sesame seeds, for the garnish  
Rice, to serve

1. Make the rice according to instructions.
2. Thinly slice the tempeh into rectangles. Cut the broccoli into florets. Dice the peppers into large chunks. Peel and mince the ginger. Thinly slice the green onion.
3. In your largest skillet, heat 1 tablespoon sesame oil over medium high heat. Add the tempeh in a single layer, sprinkle with a few pinches kosher salt, and 2 to 3 minutes per side until lightly browned. Remove from the pan.
4. Add 1/2 tablespoon sesame oil to the same skillet. Add the broccoli and a few pinches kosher salt. Cook, stirring constantly, for 1 minute. Add 1/2 cup water and continue to saute; when the water cooks out (about 1 minute), add the ginger, peppers, green onion, and another pinch of kosher salt. Saute until the vegetables are just tender, about 3 to 5 minutes.
5. Turn off the heat. Add the tempeh and teriyaki sauce and stir together until everything is coated with sauce. Taste and add a pinch or two of kosher salt as desired. Garnish with sesame seeds and serve with rice

# Spring Cleaning

It's important to ensure our home is clean and safe on a consistent basis. Below our Cleaning tips we can take advantage of if efforts to ensure a clean and safe environment.

## Everyday

Make the bed    Wipe down table and counter tops    Clean dirty dishes    Sweep floors  
Clean the coffee maker    Sanitize kitchen and bathroom sinks    Do laundry as needed

## Every Week

Mop Kitchen and bathroom floors    Vacuum floors and furniture    Change bedding  
Wipe kitchen appliances    Toss expired food    Scrub bathroom surfaces    Clean mirrors

## Every Month

Vacuum vents and woodwork    Dust light fixtures & blinds    Clean dishwasher and vacuum



## Today I?

- Mediated for 5+ minutes
- Had a cup of tea
- Took a long, hot salt bath
- Journalled for 10+ minutes

- Drank \_\_\_ cups of water.
- Did something I've been putting off
- Opted for a healthy snack
- Took my vitamins
- Exercised for \_\_\_ minutes

- Did something just for fun.
- Recited my affirmations.
- Listened to something encouraging.
- Ate veggies with every meal
- Read one chapter of a book
- Tidied up my space

- Morning Yoga Session
- Did something creative
- Went for a walk
- Reconnect to Why
- Adjusted my schedule.

- Watched my favorite tv show
- Made a vision board
- Lit a candle
- Cooked your favorite food
- Reconnected with friends

- Called a family member
- Practiced deep breathing
- Gave myself credit
- Wrote down some things I am grateful
- Went to bed early

# #SelfCare Checklist





## Wellness Continues

There's more coming and more on the website...[www.bwwla.org](http://www.bwwla.org). More lessons we are learning each and every day, more recipes to try, more music to sing, dance and listen to, more laughter to lift our spirit, more joy to share, more love in our hearts. There's more hopes we pivot to a world that enjoys and cherishes fresh air, time with self & family, where all work is essential, where health and wellbeing is a priority and where Black women & girls love deeply and are deeply loved. Share your responses, interactions, wisdoms with us at [info@bwwla.com](mailto:info@bwwla.com). We look forward to our more better world in the making right now

Wishing You Health and Hope for More,

Black Women for Wellness

