4 EASY MENTAL HEALTH SELF-CARE TIPS FOR THE BIPOC COMMUNITY

Why Self-Care?

Self-care is not always highlighted within BIPOC communities. However, self-care- and prioritizing you- can be a powerful mental health tool for fostering mental well-being. It encourages you to prioritize your needs and find practices that support your personal and mental wellness.

Unplug

Make time to unplug and change your social media routine. Taking a break from social media can help reduce the "ups and downs" one can feel when scrolling through feeds. It's ok to take a needed break!

TIP 1

Acknowledge the Feelings

Self-care is a necessary response to trauma. Therefore, don't run from your emotions. There is extreme strength in taking the time to feel and process the feelings.

TIP 2

Set Healthy Boundaries

It's ok to say "no." Just because you *can* do something, doesn't mean you *must*. You deserve to put yourself first. Choose you!

TIP 3

Speak Affirmations

Speaking positive words and phrases out loud can help uplift and encourage yourself. As a mental health tool, words of affirmations can help create healing spaces and add to your confidence.

TIP 4

SELF LOVE

Check out these helpful resources to learn more about **BIPOC Communities** and self-care.
For more information visit **www.adaa.org**.

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