1. Take time daily to discover and review what you critically need in every self-care category. Action: Ask “What do I critically need today?” If you don’t know, ask for help and guidance.

2. Acknowledge the healing benefits of being physically around those who love Black people the way you love black people. Action: Research activities and events you do not organize yourself that hold the space for the celebration of being black without the ridicule.

3. Develop and keep in touch with your own personal Self Care Dream Team. Action: Write the names and numbers down of those who have wisdom and actually care about how you are caring for yourself in each of the self-care categories. Call them. Ask for guidance every time you need it. You can have more than one.

4. Incorporate regular self-care check-ins with your family, friends and organizing groups. Action: Contact via email, social media, phone or in person those who are familiar with a Self Care Plan and ask them to be a Self Care Buddy to check in with you every now and then. Do not psychoanalyze each other just listen.

5. Welcome the artistic and cultural healing tools like dance, visual arts, spoken word and live music to be a part of your monthly self-care strategy. Action: Locate the centers and organizations in your community that offer artistic and cultural gatherings. You do not have to talk to anyone to benefit. Just sit back and absorb. When you are ready to you can participate.
6. **Enact one Self Care Baby Step a Day.** *Action:* Ask yourself “What would seem to be an absurdly simple act that would get me closer to my Self Care Goal today?” Write it down or do it for one or all of the categories.

7. **Read books, watch videos and talk to those who have loved, encouraged and led black people to understand their personal self-care strategies.** *Action:* Ask “How do you take care of yourself after watching a shooting video or after learning the depth of our problems as a people?”

8. **Learn the totality of our people’s history so this very moment does not define what you think about yourself or our people.** *Action:* Refresh your memory on the many global representations of our people who have healed themselves, governed themselves and protected themselves. Feed your soul with their triumphs because they are a part of you. This is a form of educational, spiritual, social and emotional self-care.

9. **Layer the way you address your critical self-care needs.** *Action:* If someone invites you to a meeting, inquire if food will be present you can eat. When needing to address community issues, be sure to incorporate as many of your other critical self care needs at the same time as possible. It is OK to take a break and fuel up. You being healthy is us winning.

10. **Join an organization.** *Action:* Research and “date” organizations before you get married. It has been said “isolation breeds illness”. For you to feel empowered and healing sooner, join forces with those who can amplify your revolutionary actions. If you are already a member of an organization, contact the sistercarealliance.org and we can help you become trained to establish the first Self Care Support Group for your organization’s members. Every organization should house one regularly.
At The Self Care Agency, LLC, we aim to provide quality products, consulting, training, speakers and comprehensive programming to help all of our clients create a realistic and Strategic Self Care Plan. We invite you to consider the possibility that we have a different approach that actually works and a community of support to stay connected to.

JOIN OUR MEMBERSHIP NETWORK

WORKSHOPS & TRAININGS
Qualified Strategic Self Care Consultants will teach you core principles of our program and customize workshops for your specific industry and needs.

MEMBERSHIP BENEFITS
Attending one workshop or seminar about self-care is not enough. You need regular access to monthly trainings and to stay connected to others who are strategically moving through life while caring for themselves and their families.

SUPPORT & ENCOURAGEMENT
Our team of caring individuals are more than just supportive; they are also patient and educated on our program. There is no need to walk your self-care journey alone.

TESTIMONIALS

"Before this program I was in trouble. I was just moving along without a way to deal with the emotions I had on a day to day basis. Now I have tools. It has truly changed my life." - Michelle Dawes Birt

"The principles, tools and methods taught in this Strategic Self Care Program are not only impactful, they are also practical." - Dr. Brian McGregor

"The Strategic Self Care Program literally saved my life. There was so much I didn't know I needed, until I learned this program." - Candice McKinley, Esq.

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