

Embracing Holistic Mental Health: A Journey to Black Wellness

Goal: Empower Black community with knowledge, tools, and cultural connections to nurture overall well-being.



by Latosha Leonard, LPC



Objectives



Cultivate inner peace and reduce stress.



Unlock your body's natural healing capabilities.



Build your support network.

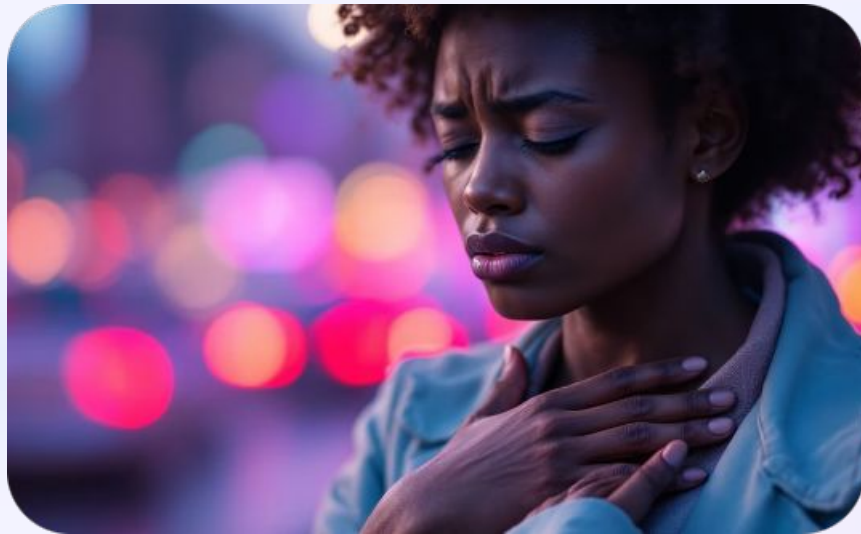


Embrace your heritage for strength and resilience.

Holistic Mental Health



Understanding Mental Illness in Our Community



Anxiety

High rates due to racism; symptoms include irritability and sleep issues.



Depression

Racism worsens symptoms (sadness, hopelessness); often linked to isolation.



Trauma

Racism causes PTSD, depression, and anxiety; needs culturally sensitive care.



Breaking the Stigma: Addressing the Taboo Around Mental Health

Open Conversations

Encourage open dialogue about mental health

Role Models

Highlight successful Black individuals who openly discuss their mental health journeys..

Culturally Sensitive Resources

Share information about culturally sensitive resources.



Nourishing Body and Mind



Nutrition

A balanced diet rich in fruits, vegetables, and whole grains supports mental well-being.



Exercise

Regular physical activity boosts mood and reduces stress and anxiety.



Sleep

Quality sleep is crucial for emotional regulation and cognitive function.

Mindfulness and Energy Healing

1

Meditation

Daily meditation practice can reduce stress and improve emotional well-being.

2

Breathing Exercises

Controlled breathing techniques help manage anxiety and promote relaxation.

3

Reiki

This energy healing practice can balance emotions and promote inner peace.



Embracing Cultural Roots for Healing

1

Community Connection

Foster strong social bonds within the Black community for mutual support and understanding.

2

African Healing Traditions

Explore ancestral practices like drumming circles and storytelling for emotional healing.

3

Afro-Diasporic Rituals

Incorporate spiritual cleansing and ancestral veneration into your wellness routine.

Latosha Leonard, LPC



Practical Tools for Mental Wellness

1

Journaling

Regular self-reflection through writing can provide clarity and emotional release.

2

Stress Management

Learn techniques like progressive muscle relaxation to manage daily stressors.

3

Creative Expression

Engage in art, music, or dance as therapeutic outlets for emotions.

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Your Next Steps to Holistic Wellness

1

Daily Practice

Incorporate one new wellness technique into your daily routine.

2

Seek Support

Reach out to a mental health professional or support group.

3

Community Engagement

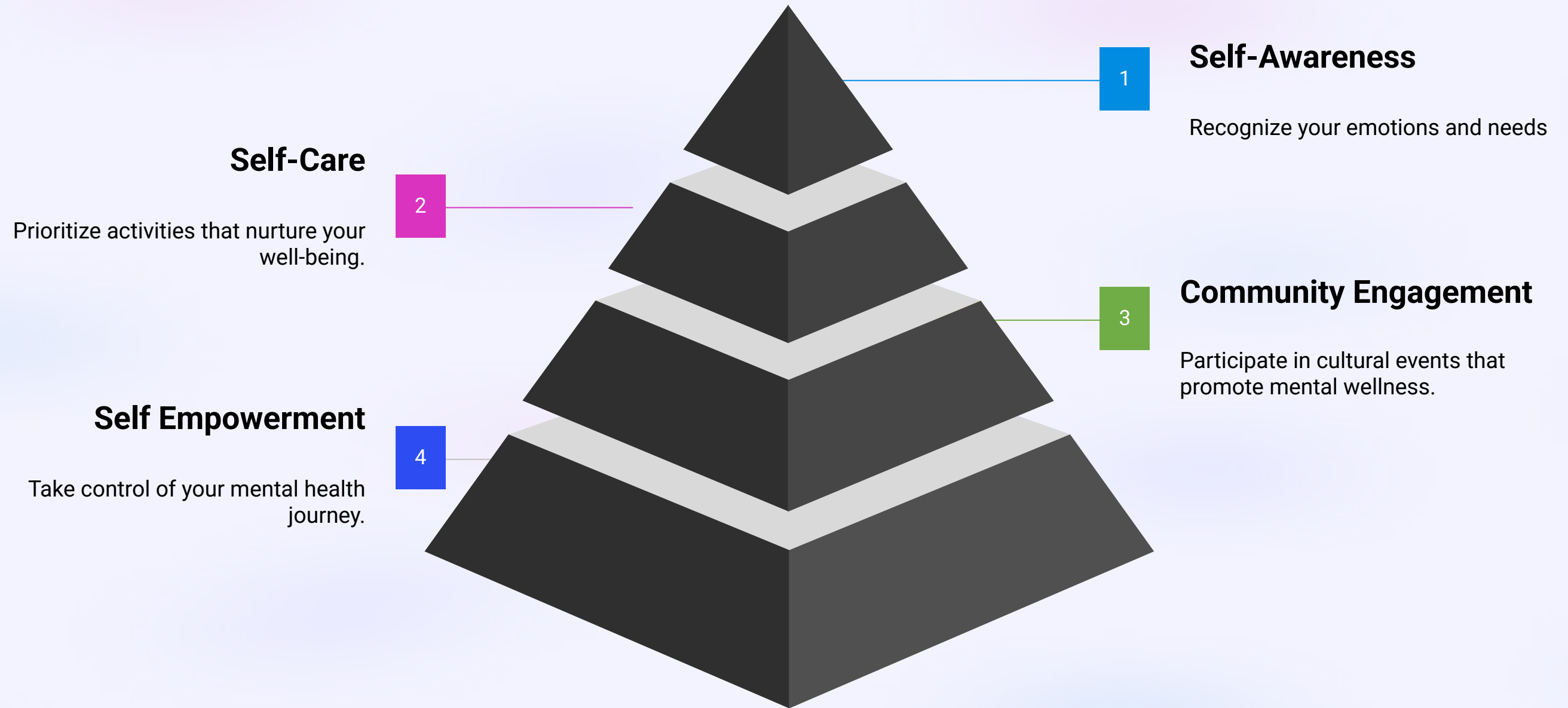
Participate in cultural events that promote mental wellness.

4

Continuous Learning

Stay informed about holistic mental health practices and resources.

Embracing Your Healing Journey



Networking and Local Resources

- *What's one challenge you've overcome recently?*
- *What's a skill or strength you bring to a group?*
- *What local mental health resource would you recommend to someone?*
- *What's one thing you're currently grateful for?*



Questions

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“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.’

Remember, your healing is revolutionary.”

-Audre Lorde

Slides and Resources



Thank You,
Latosha