100 Radical Acts of Self-Care

THE IDEA. When a million Black women take time for themselves, it’s radical. This moment - as we all deal with a global pandemic - is radical. It is a shift. A time to rest. Reflect. Heal. Use this list as a guide. It is designed for Black women who have never had the luxury to consider their own needs or prioritize time for self-care. It is practical, a roadmap. It is not a challenge or an achievement. It is you healing. And we are rooting for you. Please commit now - to take one action for your self per day. Hunker down. Make peace. Prepare for the days ahead. Please share copies of this list far and wide.

SWEAT

- Take a 24-hour digital fast
- Start a journal
- Read a short story
- Listen to a historic speech
- Finish a chapter in a book
- Create a family tree
- Count your blessings on paper
- Take an online class
- Watch a documentary film
- Download a mindfulness app
- Try virtual counseling session
- Purge your timeline, unfollow negativity
- Give up the news for a day
- Take a cooking class online
- Make art
- Attend a 12-step or support meeting
- Write a forgiveness letter, release it
- Write and repeat positive affirmations
- Organize a peaceful virtual office space
- Create a vision board
- Read a self-help book
- Write a poem or haiku
- Learn all the words to any Maya Angelou poem
- Subscribe to a new podcast
- Keep the faith - plan a vacation
- Keep the faith - attend a church service
- Take a step forward
- Pray with someone
- Meditate, light a candle
- Attend a virtual church service
- Fast for a day
- Read a daily devotion
- Laugh, watch a comedy show
- Prepare a traditional family meal
- Take a bubble bath
- Listen to relaxing music
- Declutter your wardrobe, donate
- Try sound therapy
- Try yoga nidra or yin yoga to relax
- Lay under a starry sky
- Make a comfort meal

SANITY

- Take a 24-hour digital fast
- Start a journal
- Read a short story
- Listen to a historic speech
- Finish a chapter in a book
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Soul

- Sunrise prayer
- Cook a healthy breakfast
- Make a healthy smoothie
- Have a long convo by phone
- Meet a friend for a virtual lunch
- Go on a virtual date
- Clean your house
- Get some sunshine and fresh air
- Listen to the sounds of nature
- Take a nap
- Brew a cup of tea
- Pray with someone
- Meditate, light a candle
- Attend a virtual church service
- Fast for a day
- Read a daily devotion
- Laugh, watch a comedy show
- Prepare a traditional family meal
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- Listen to relaxing music
- Declutter your wardrobe, donate
- Try sound therapy
- Try yoga nidra or yin yoga to relax
- Lay under a starry sky
- Make a comfort meal

Joy

- Have a spa or picnic
- Get dressed for a virtual lunch with a friend
- Color an abstract coloring book
- Make an uplifting playlist for a friend
- Make a gratitude jar
- Cook from a new recipe
- Cook a family recipe
- Have a virtual family cook-off
- Have a virtual family meeting
- Watch a rerun of your favorite show
- Host a board game night
- Paint your nails or do a home spa treatment
- Have an orgasm
- Learn dry brushing or self-message
- Buy an indoor plant
- Perform a one-woman concert, sang!
- Make a TikTok video
- Make a scrapbook
- Organize family photos
- Have a backyard campout
- Garden or just play in the dirt
- Dance in the rain
- Write an online review for your fave business
- Try a new hairstyle
- Wear your favorite hot-girl lipstick

Powered by #GirlTrek: It started with two friends. Today, #GirlTrek is a life-saving sisterhood across the globe who reclaim 30 minutes every single day for radical self-care. For the last 10 years, we’ve asked women to walk outside of their front doors - as a daily habit, an honored tradition and a strategy to reclaim the streets of our neighborhoods. In 2020, we take the revolution indoors. Hunker down. Make peace. Prepare for the days ahead. Please share copies of this list far and wide.