



WELLNESS RESOURCE

5 WAYS TO PROTECT YOUR MENTAL WELLNESS THIS WEEK

Small steps can make a meaningful
difference in how we care for ourselves.



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CONTINUE THE PRACTICE

01



GIVE YOURSELF PERMISSION TO PAUSE

You don't have to be productive every moment. Take a few minutes to breathe, rest, or simply step away from what feels overwhelming.

02



SET ONE HEALTHY BOUNDARY

Protect your time and energy. It's okay to say no, ask for space, or communicate what you need.

03



CHECK IN WITH YOURSELF

Pause and ask:
How am I really feeling today?
What do I need right now?

04



MAKE TIME FOR WHAT RESTORES YOU

Choose something that genuinely helps you recharge—movement, music, nature, journaling, connecting with someone, or simply resting.

05



DON'T CARRY EVERYTHING ALONE

When things feel heavy, reach out to someone you trust. Asking for support is a form of strength.

A GENTLE REMINDER

Your wellness matters.
You don't have to change everything at once.



Choose one small step from this guide and give yourself permission to begin there.

THIS WEEK, ASK YOURSELF:

What is one thing I can do today to take better care of myself?



AFRO-MENTORSHIP INITIATIVE

Supporting growth. Encouraging wellness. Building confidence.