



**HAPPINESS IS A HABIT,
CULTIVATE IT!**

Self-Care For Women of Color

Peace Beloved,

I just want to remind you of how special you are. To be born you, was no accident, nor was it happenstance. It was a Divinely sanctioned agreement between your Creator and your Ancestors.

With this reminder, I also must implore you to care for you!

This is your permission.

See, we as women often care for everyone else and leave our own wellbeing on the back burner, until we have no other choice but to pay attention. This alarm often arrives in the form of health issues, or life breakdowns.

Women of color have the highest statistics of strokes, auto-immune disorders (Lupus, Fibromyalgia, etc.), maternal mortality rates, and even what's more alarming is the increasing rate of suicide rates due to undiagnosed mental health issues.

This is not because there is something inherently “wrong” with us. Rather it is because women of color are least likely to ask for help OR they neglect to put their own care in the forefront of their daily lives.

One thing I'd like to stress is that **Self-Care is NOT Selfish.**

What Self-Care doesn't mean:

- It doesn't mean neglecting your children, partners or obligations.

- It doesn't mean engaging in unhealthy/ risky behaviors due to being overwhelmed.

What Self- Care does mean:

- It does mean creating healthy boundaries in every relationship in order to create well needed balance (saying No when you need to).
- It does mean asking for what you need. (and knowing who to ask).
- It does mean creating and fortifying yourself in rituals that make you feel happy.
- It does mean pouring love into yourself so much that it overflows onto those you love.

We say: ***“Give from your Saucer, Not your Cup”***

This implies having the courage to identify when life gets a bit too much to handle (because it can) and you need a break.

Asking for help is a major act of Self- Care. Whether it be from friends, family or a partner. It's important to our wellbeing to notice when we need things before we are in over our heads.

How to notice it's time to ask for help:

Nagging

Unhappiness

Letting yourself go

Frustration

Fear

Guardedness

Anger

Sadness

Non-trusting

Coping with unhealthy vices (drugs and alcohol, risky sexual behavior, etc)

Codependent relationships

Breakdown in relationships

Controlling behavior

Abuse

Hopelessness

Suicidal thoughts

Eating disorders (overeating or lack of appetite)

Dis-ease development

Depression

Carelessness

So, you may identify with some of the signs for help, but may be still wondering **"What exactly is Self-Care?"**

Glad you asked!

Self-Care differs from person to person

Sometimes it's eating a certain food (one time) that gives you good memories. (*increases endorphins and releases dopamine "happy hormones"*)

Sometimes it's watching Movies for the whole day.

Sometimes it's calling out of work or taking off the first day of your cycle.

Sometimes it's cuddling with your children, partner, siblings or best friends.

(*Releases oxytocin "love hormone"*)

Sometimes it's asking for a good hug.

Sometimes it's doing a facial, taking a nice relaxing bath, doing your nails.

Sometimes it's getting your hair done, or doing it yourself.

Sometimes it's disconnecting from Social Media for a time period (my favorite thing to do) and reading books you enjoy.

Sometimes it's painting, dancing wildly, singing at the top of your lungs.

Sometimes it's mediating.

Sometimes it's tapping into the deep well of tears you have built up and crying a nice cleansing cry.

Sometimes it's journaling.

Sometimes it's going to therapy.

Sometimes it's getting a massage.

Sometimes it's doing your makeup because it makes YOU happy.

Sometimes it's buying a new dress that makes you feel beautiful.

Sometimes it's being alone.

Sometimes it's being with people who love you.

Sometimes it's having amazing sex with someone you love.

Sometimes it's refraining from sex for your own healing.

Sometimes it's intimacy with someone you trust whom you've never been sexual with.

Sometimes it's exactly what you need, when you need it.

Sometimes Self-Care is **undefinable**. It just is. Whatever it is for you, it should feel good holistically and you should never shame yourself for doing exactly what you need in that moment.

Some of these things may be obvious, and others may sound absurd. What I want you to leave with is that whatever Self-Care and any act of self love looks like for you, do it! As often as you can. Regardless of what people may think and even if it's a new behavior. It's necessary for the longevity of your health and wellness and that's what matters most.

If you're still saying, "well Luna, how can I create more time?" Or "How can I create healthy boundaries?" Even, "How do I ask for help? I've burned quite a few bridges..." Then you might be looking for more 1-on-1 support through my Emotional Wellness Counseling and Coaching program.

Differently from simple "Talk therapy" we are going to dive deep with tools on how to determine what areas in your life needs to be healed, and take steps to implement and integrate them into your daily life and relationships. If this sounds like something you need, let's talk further!

Simply, click this link and get on a [FREE 30 Minute consultation](#) with me directly to see if we're in alignment to work together for your personal and interpersonal wellness goals.

In Peace, Love and Light,
T. Luna

[Founder of Asase Ye Duru Health & Wellness](#)

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