

WELCOME



Self-Care

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WHY IS SELF-CARE IMPORTANT TO WOMEN ?

THE LEVELS OF SELF CARE



GOOD SELF-CARE FOR WOMEN OF COLOR

- BE KIND
- PHYSICAL ACTIVITY
- HEALTHY MEALS
- DRINK WATER
- SLEEP
- SOCIALIZATION
- PERSONAL HYGIENE
- SPIRITUALITY
- MENTAL HEALTH
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HEALTH AND MIND ISSUES IMPACTING WOMEN OF COLOR

HEART DISEASE , BLOOD PRESSURE , DIABETES
DEPRESSION , STROKE , ANXIETY , OBESITY , CANCER

STRESS

SELF-CARE TECHNIQUES



POSITIVE ENVIRONMENT

- Set-up space
- Me time

HAVE CONTROL OF YOUR THOUGHTS AND ACTIONS

- Know your triggers
- Talk positive to yourself
- Self-awareness
- Find joy and hope
- Sometimes failure happens -
learn and grow from it.



POSITIVE FAMILY AND FRIENDSHIPS

- Family
 - Community
 - Not one sided
 - Support
 - Understanding behaviors
 - Loving
 - Time
 - Growth



- Friendships
 - Help each other grow
 - Help you cope
 - Improve and Enrich
 - Not one sided
 - Community



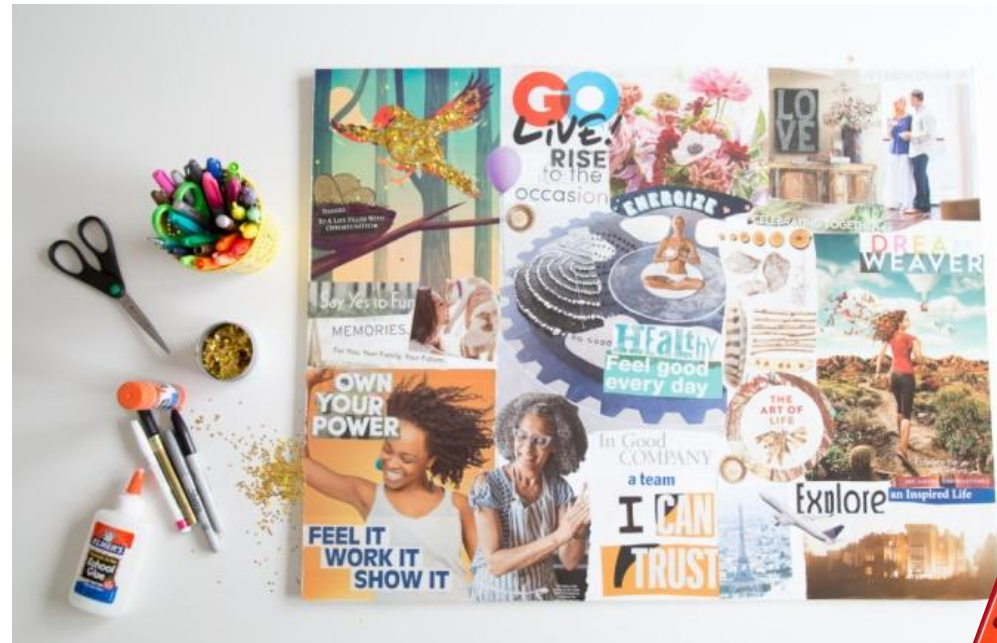
NURTURING YOUR BODY & SOUL



Protect Your Peace And Energy For Yourself, Children and Family.



VISION BOARD DISCUSSION



5 years plan for:

1. Yourself
2. Family



care
SELF

IS NOT SELFISH

THANK YOU !!!

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QUESTIONS