

First Edition



Get Well
Black Woman!



@wellblackwoman

WELCOME

Hey, sis!

As Black Women, we have been socialized to be all things to all people, sometimes to our own detriment. We tend to put our own well-being on the back burner when life just keeps on life-ing but, as my grandmama used to say: you can't squeeze blood out of a turnip.

I created this wellness resource with you in mind. Wellness is our birthright, and together, I believe we can take advantage of these tools so that we can live our best melanated and liberated lives!

Let's get well, Black Woman!

Olivia Tate

OLIVIA TATE



@iamoliviataate



Celebrating Wins

Do you have a big goal that you are working towards? If you're anything like me, it's easy to lose sight of the end goal, when it seems so far away. One of the things that is helpful for me is creating smaller goals that lead to the greater goal.



Every time you reach a benchmark, take a moment to celebrate the progress.

You are amazing and worthy of celebration!

Phone a friend. Do a dance. Eat a treat. Celebrate your wins, sis!



You've accomplished far more than you missed.



You've overcome more than you thought you could.



You did THAT – and so much MORE is to come!

Issa celebrate, sis! Let's get it!



Journeying through Grief

Grief is the body's natural response to loss or separation. Whether you are grieving the death of your person or a relationship, give yourself space and grace to be.

✓ **Feel your feelings**

Allow yourself to emote without judgment. Try not to assign value to the emotions that come up, as there are no "bad" feelings. Cuss, scream, cry, or whatever else you feel like doing.

✓ **Engage your community**

Allow people that love you, to love on you. While they may not understand what you are going through, inviting them to journey alongside you. There are people waiting for the opportunity to show up for you.

✓ **Honor your loss**

Consider ways that you can commemorate the loss of your loved one. Plan ahead for meaningful dates, creating opportunities to care for yourself while honoring your person's life.

✓ **Move your body**

Body movement is a beautiful way to move emotions through our bodies and expel some of the heaviness. Dance with the ancestors to the rhythm of the drums, sis.

✓ **Rest your body**

Rest is restorative and regenerative. Giving yourself permission to unplug and decompress is a necessary part of your healing journey. The world will keep spinning, even while you sleep. I promise.



Releasing Unmet Expectations

Grieving the life that you envisioned for yourself does not negate your gratitude for the life you've built. There's room for both.

So, go ahead and allow yourself permission to:

- 🌀 Grieve the person you thought you'd be.
- 🌀 Grieve the life you planned to have.
- 🌀 Grieve the dreams that didn't come true.
- 🌀 Grieve the failed attempts.
- 🌀 Grieve the missed opportunities.
- 🌀 Grieve. And, breathe.



You can grieve and still be grateful. Grief and gratitude are not mutually exclusive experiences. Lean into both of them as you maneuver through this space.





Hey, sis!

When you struggle with the pressure of trying to hold everything and everyone together...

When they see you as that Strong Black Woman, not realizing that you're barely hanging on...

When you long for that safe space to simply take off your superwoman cape and breathe...

Know that you are not alone.

You are seen. You are heard. You are supported.

Together, we can get well, Black Woman!

For more tips and tools, feel free to connect with me so we can journey together. I would love to help you navigate your emotional wellness or coach you through launching your NEXT.

Visit my website for more details!

I AM OLIVIA TATE

Disclaimer: Please note that the information shared here is intended to be for educational purposes only, and not a substitution for a therapeutic relationship with a trained clinician.

