

Centering the

WELL BLACK WOMAN

EXPERIENCE

August 2022

Who is this Well Black Woman?

The Well Black Woman seeks to redefine what strength and wellness looks like for Black women. She resists the societal pressure to be all things to all people, and chooses to show up as her authentic self.

My back has been bothering me, so I was referred to physical therapy. After assessing me, my doctor noted that my posture was poor, and I needed to strengthen my core. Turns out, I had been compensating for the back pain by limiting my movement, thus causing my muscles to retract and weaken. The more I stood/sat out of alignment, the more normal it had become.

Isn't that how we do?

We compensate for the things that make us uncomfortable, causing us to be out of alignment with our core values and beliefs. We make space for things and people that are no longer serving us, because we have normalized their mistreatment.

Take a moment to discern what is aching you, then take some actionable steps to get re-aligned with yourself.

Wellness is your birthright.

5 Strengths of a Well Black Woman:

1. Prioritizes Self
2. Expresses emotions
3. Asks for help
4. Creates community
5. Engages intergenerational wellness



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Five Strengths of the Well Black Woman

She Prioritizes Herself

The WBW is intentional about centering her own needs and caring for herself. She recognizes that she deserves pleasure, emotionally, physically, and sensually. She creates opportunities to love herself, be nurtured by others, and rest.

She Expresses her Emotions

The WBW pays attention to her body, and gives space for the emotions that come up for her. Her anger is righteous. Her tears are healing. Her fears are necessary. She is unapologetic about feeling what she feels, and expressing them however she needs to.

She Asks for Help

The WBW invites others to show up for her. She refuses to overextend herself and thrives in the art of delegation. She knows that she is worthy of being served and that she deserves rest.

She Creates Community

The WBW identifies her tribe that can hold her accountable and hold her heart. She surrounds herself with people who are safe, and can love her the way that she needs to be loved. Their relationship is reciprocal, reliable, and necessary.

She Engages Intergenerational Wellness

The WBW is the core of her community, so her healing work has a ripple effect on those around her. She models wellness so that those who came before her can experience something new, and those coming behind her will know how to center their own experiences.



*"No one is more
committed to your
wellness than you."*

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