

House of J Black Girl Tea Campaign

31 Days of Radical Self-Care Honoring Black Women



<p>Day 1 Ella Baker Find a quiet space and drink a cup of hot tea.</p>	<p>Day 2 Marian Wright Edelman Read a grounding daily meditation.</p>	<p>Day 3 Fannie Lou Hamer Visit a craft store and explore the possibilities.</p>	<p>Day 4 Audre Lorde Create an at-home beauty bar.</p>	<p>Day 5 Pearl Cleage Take a virtual dance workout class.</p>	<p>Day 6 Beverly Guy Sheftall Treat yourself to a new pair of pajamas.</p>	<p>Day 7 Rosa Parks Cook your favorite meal; plate it beautifully.</p>
<p>Day 8 Lorraine Hansberry Organize a small space (cabinet, shelf, counter).</p>	<p>Day 9 Ruby Dee Call a friend/family member to say hi.</p>	<p>Day 10 Mamie Till-Mobley Order or go to a show of any kind.</p>	<p>Day 11 Harriet Tubman Customize a signature iced tea blend. See HOJ recipes.</p>	<p>Day 12 Diane Nash Create an at-home spa experience.</p>	<p>Day 13 Ntozake Shange Write a note of gratitude to self.</p>	<p>Day 14 Sojourner Truth Try something new (cooking class, art, Pilates, etc.)</p>
<p>Day 15 Marian Anderson Make an inspiring card from craft store supplies.</p>	<p>Day 16 Coretta Scott King Get a massage.</p>	<p>Day 17 bell hooks Take a quiet sensory walk.</p>	<p>Day 18 Anna Julia Cooper Write a note of gratitude to someone.</p>	<p>Day 19 Michelle Obama Add fresh lemon and herbs to a pitcher of water and hydrate.</p>	<p>Day 20 Cicely Tyson Bake a special treat.</p>	<p>Day 21 Dorothy Dandridge Beautify a small, underused space just for your use.</p>
<p>Day 22 Judith Jamison Send the note of gratitude from day 18.</p>	<p>Day 23 Lena Horne Treat yourself to a dinner outside of your home.</p>	<p>Day 24 Josephine Baker Setup a virtual group check-in with friends/family.</p>	<p>Day 25 Maya Angelou Prepare a nutrient-rich, rainbow meal.</p>	<p>Day 26 Zora Neale Hurston Practice slow breathing.</p>	<p>Day 27 Ida B. Wells Get a manicure and/or a pedicure.</p>	<p>Day 28 Esther Rolle Create a personal graze basket with fulfilling snacks.</p>
<p>Day 29 Angela Davis Organize a group cooking session.</p>	<p>Day 30 Shirley Chisholm Find a workout buddy.</p>	<p>Day 31 Toni Morrison Find a self-care accountability partner.</p>				