

She Carries Medicine

Cultural Self-Care: Ceremony, language, prayer, land connection, ancestral practices

Mental Wellness: Boundaries, rest, affirmations, reclaiming your story

Emotional Balance: Healing from trauma, journaling, safe relationships

Physical Strength: Nutrition, movement, sacred body care

Spiritual Nourishment: Moon cycles, smudging, dreamwork, seasonal rhythms

Community & Connection: Sister circles, saying no, asking for help