

WHAT DOES WELLNESS LOOK LIKE?



Building Self-Awareness

Erik meditates each morning to be in tune with his feelings for the day



Communicating

Erik shares his frustration about his job with his best friend



Practicing Self-Kindness

Erik says affirmations to himself in the mirror as a reminder that he's smart and worthy of love



Applying Coping Skills

Erik goes for a run three times a week to manage his stress



Nurturing Belonging

Erik helps plan his annual neighborhood block party to connect with his community

Do you have questions about how you can build your own wellness? Harlem Strong Navigators can help. Reach us at _____



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Self-Awareness

Jadzia prays each morning to keep herself grounded for the day



Communication Skills

Jadzia advocates for her son, Elijah, to get the support he needs at daycare



Self-Kindness

Jadzia meditates for 1 minute when she feels stressed about being a single mom



Wellness Coping Skills

Jadzia watches her favorite sitcom to help cope with her stress when parenting feels overwhelming



Belonging

Jadzia joined a local single moms group to connect to her community

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Self-Awareness

Jorge journals each night before he goes to bed to help him reflect on his day



Communication Skills

Jorge asks his neighbor for help with bringing groceries inside when he has trouble carrying them



Self-Kindness

Jorge reassures himself that his age does not change his value and worth



Wellness Coping Skills

Jorge cares for lots of plants in his apartment to help him stay active and cope with loneliness



Belonging

Jorge makes dinner for a few of his neighbors every week and started a group chat with his supportive friends

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