



PRESENTS

BLACK MEN HEAL

SAY HOW YOU FEEL, BROTHER

28 day journal of self exploration,
healing, and reflection

Black Men Heal, Say How You feel Brother

Black men face significant challenges compared with other groups, including economic, health care, and educational disparities as well as systemic racism and social injustice. Sadly, and perhaps not surprisingly, suicide rates among Black men are also climbing. For the first time, so-called “deaths of despair”—deaths from suicide, alcohol use, and drug overdoses—are now higher among Black people than Whites.

Historically, mental illness has been viewed as a sign of weakness or lack of faith in the Black community. This stigma has made many Black men feel ashamed or embarrassed to seek help for their mental health issues. This inspired Trische’ Duckworth and I to create the film “Black Men Heal, Say How You Feel Brother.” The film is the story of a young Black rapper from Inkster Michigan who encountered a lifetime of cultural stressors that began at the age of 8 years old. After a tragic motorcycle accident, he found himself in a precarious situation. He shared his story of depression and suicidal ideation to create a brotherhood where other Black men can find healing, wholeness, and liberation.

The goal of this journal is to offer people inspiration and actionable steps they can take to make their mental health a priority and experience how that benefits every area of their lives. I want to thank Ohio State University student, Jarel McRae, for providing journal content as a part of his social work internship requirements with the SOOAR agency.

Sincerely,

Valerie Kelley-Bonner, MBA, CPC-R

Executive Director

SOOAR

Strategies to Overcome Obstacles and Avoid Recidivism

Introduction:

Welcome to the Black Men's Mental Health Workbook – a valuable tool designed to help you navigate the complexities of mental well-being as a Black man. In a world that often overlooks or trivializes the mental health struggles of Black men, it is essential to prioritize your mental well-being and seek the resources necessary to support your journey towards emotional wellness.

This workbook is intended to be used as a reflective guide, prompting you to delve deep into your own thoughts, feelings, and experiences to better understand and manage your mental health. By working through the exercises and activities in this book in sequential order, you will be able to develop greater self-awareness and learn practical strategies for coping with stress, anxiety, and other mental health challenges.

Throughout the pages of this workbook, you will find valuable insights into the importance of mental health for Black men, as well as tools and techniques for managing and improving your mental well-being.

Remember, your mental health is just as important as your physical health, and by taking the time to prioritize and address your emotional needs, you will be able to become the best version of yourself.

So, take this journey through the Black Men's Mental Health Workbook as an opportunity to invest in your mental well-being, learn about mental health, and acquire the skills necessary to lead a fulfilling and balanced life. Embrace the process, commit to the work, and allow yourself the chance to thrive.

My Black Men Heal Promise:

As you embark on this journey through the Black Men's Mental Health Workbook, I ask you to make the following promise to yourself:

I promise to be vulnerable and open as I work through this workbook. I will not shy away from exploring the depths of my thoughts, feelings, and experiences, even if it feels uncomfortable or challenging. I will embrace the opportunity to reflect on my mental health and cultural experiences, knowing that this self-exploration is crucial for my growth and healing.

I promise to use this workbook as a tool for reflection, not just in the present moment, but also as a guide for my future. I will continue to revisit the lessons and insights gained here, applying them to my daily life as I navigate the ups and downs of mental well-being. I understand that healing is a lifelong journey, and I am committed to using this workbook as a steppingstone towards a healthier and more balanced version of myself.

By making this promise, I acknowledge the power of vulnerability, self-reflection, and growth in my mental health journey. I am ready to embrace the challenges and opportunities that this workbook presents, knowing that each page turned is a step towards healing, understanding, and self-discovery.

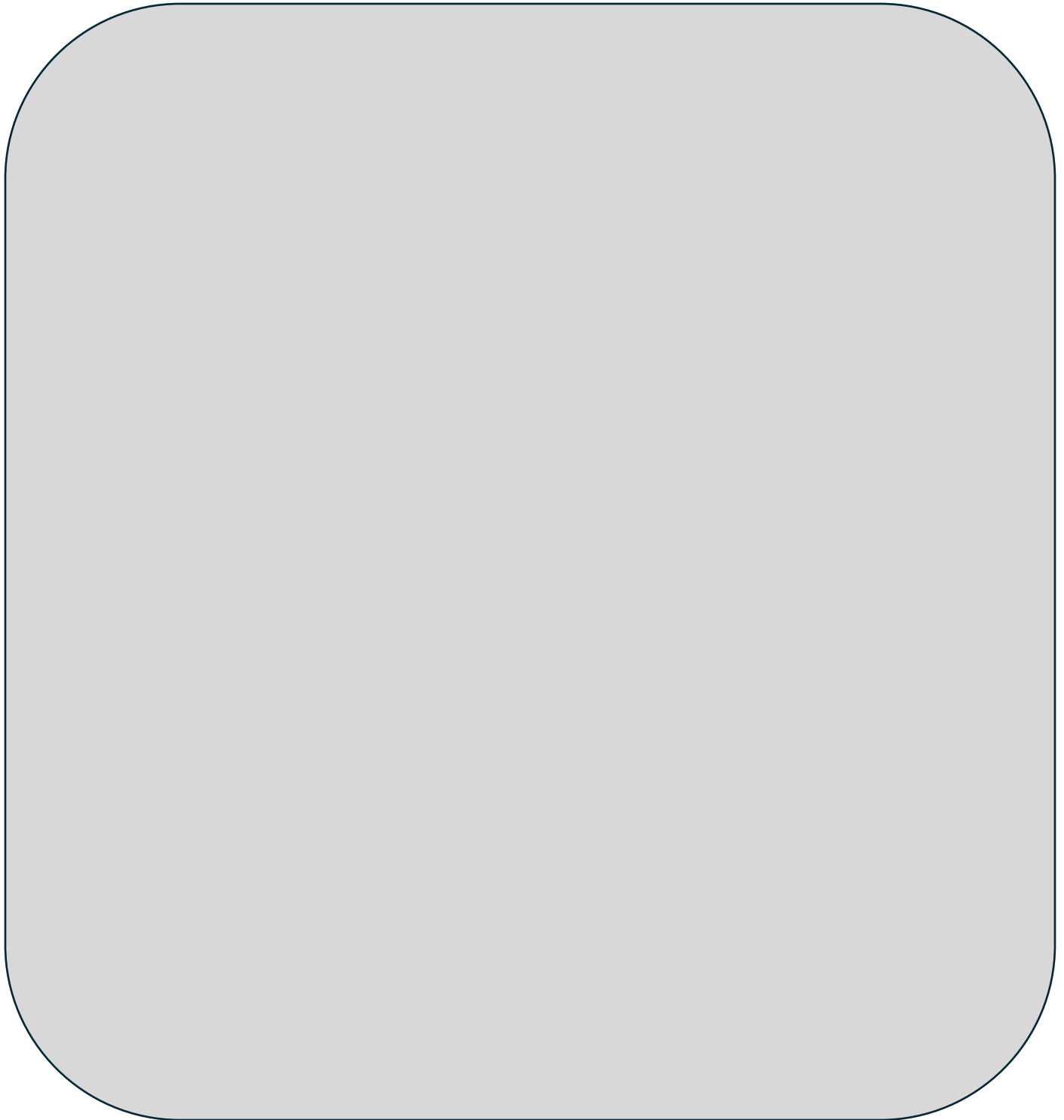
Are you ready to make this promise to yourself? Embrace the journey, honor your commitment, and allow yourself the chance to heal, grow, and thrive.

Brotha, Did You Know?

1. Did you know that Black men are often less likely to seek mental health treatment compared to their white counterparts? This disparity can be attributed to a range of factors, including stigma surrounding mental health in the Black community and limited access to culturally competent mental health services.
2. Did you know that Black men are more likely to experience certain mental health conditions, such as post-traumatic stress disorder (PTSD) and depression, due to the prevalence of systemic racism, discrimination, and trauma in their lives? It is crucial to address these unique challenges to effectively support the mental well-being of Black men.
3. Did you know that Black men are at a higher risk for suicide compared to men of other racial/ethnic groups? This alarming statistic underscores the importance of prioritizing mental health awareness, education, and support within the Black community to prevent and address suicidal ideation and behaviors.
4. Did you know that the intersection of race, gender, and mental health can create complex and multifaceted challenges for Black men, impacting how they perceive and seek help for their mental health struggles? It is essential to acknowledge and address these intersecting factors to promote holistic mental well-being for Black men.
5. Did you know that fostering open and honest conversations about mental health in the Black community can help reduce stigma, increase awareness, and encourage help-seeking behaviors among Black men? By creating safe spaces for dialogue and support, we can empower Black men to prioritize and proactively manage their mental health.

Think about it.

After learning about these facts, how does that make you feel? How will you begin managing your mental health?



Day One

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.


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Writing Prompt

Practicing daily gratitude is a powerful tool for mental health, especially for Black men who often face unique challenges and pressures. By taking time each day to acknowledge what you're thankful for, you can shift your focus from stress and struggle to positivity and resilience. Gratitude helps to build a strong mindset, reinforcing the strength and perseverance that has always been part of our community's legacy. It is a simple but impactful way to nurture your mental well-being, reminding you of the joy, love, and progress that exists in your life, even in the face of adversity.

Daily Gratitude: What are three things you are grateful for today?



Day Two

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Music has always been a vital part of Black culture, serving as a source of strength, expression, and connection. For Black men, music can play a powerful role in managing mood and mental health. Whether it is the rhythm of a favorite song or the lyrics that resonate deeply, music has the ability to uplift, heal, and empower. It can be a tool to process emotions, relieve stress, and find joy in challenging times. By tuning into the right songs, you can create a soundtrack that supports your mental well-being and keeps you grounded in your journey.

Music and Mood: What is your go-to song when you need a pick-me-up? How does it make you feel?

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Day Three

What is good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Reflecting on favorite memories is a meaningful way to nurture mental health, particularly for Black men who often carry the weight of societal pressures. These memories are more than just moments of joy—they are anchors that remind you of your resilience, love, and the good times that shape who you are. By revisiting these positive experiences, you can tap into a sense of peace and contentment, reinforcing your mental strength. Reflecting on these memories allows you to reconnect with your true self, providing comfort and perspective during challenging times. It is a powerful tool to keep your spirit uplifted.

Favorite Memories: Describe a moment when you felt genuinely happy and carefree.



Day Four

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Self-care rituals are essential for maintaining mental health, especially for Black men who often navigate complex challenges in daily life. These rituals are acts of self-preservation, offering moments of peace and renewal amidst the demands of the world. Whether it is a morning routine, an evening wind-down, or a weekend hobby, self-care rituals allow you to prioritize your well-being, recharge your energy, and center yourself. They are a form of resistance against burnout and stress, reminding you that taking care of yourself is not important—it's necessary. Embracing self-care rituals empowers you to show up as your best self, every day.

Self-Care Ritual: What is your favorite way to unwind after a long day?

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Day Five

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Dreams and ambitions are the driving forces that shape our lives, particularly for Black men who often face obstacles on their journey. These aspirations are more than just goals—they reflect your inner strength, resilience, and vision for a better future. Pursuing your dreams gives purpose to your daily life, motivating you to push past challenges and break through barriers. It is important to nurture these ambitions, as they not only propel you forward but also inspire others in your community. By staying connected to your dreams, you affirm your worth and continue the legacy of excellence that defines our culture.

Dreams and Ambitions: What is a dream you had as a child that still inspires you today?

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Day Six

What is good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Imagining your own superpowers is more than just a fun exercise—it is a way to tap into your unique strengths and potential. For Black men, envisioning these superhuman abilities can be a powerful reminder of the resilience, creativity, and determination you already possess.

Whether it is the power to overcome any obstacle, to uplift others with your words, or to bring about change in your community, these "superpowers" are reflections of the qualities that make you exceptional. Embracing this mindset allows you to recognize the extraordinary within yourself, empowering you to face challenges with confidence and purpose.

Superpower: If you could have any superpower, what would it be and why?



Day Seven

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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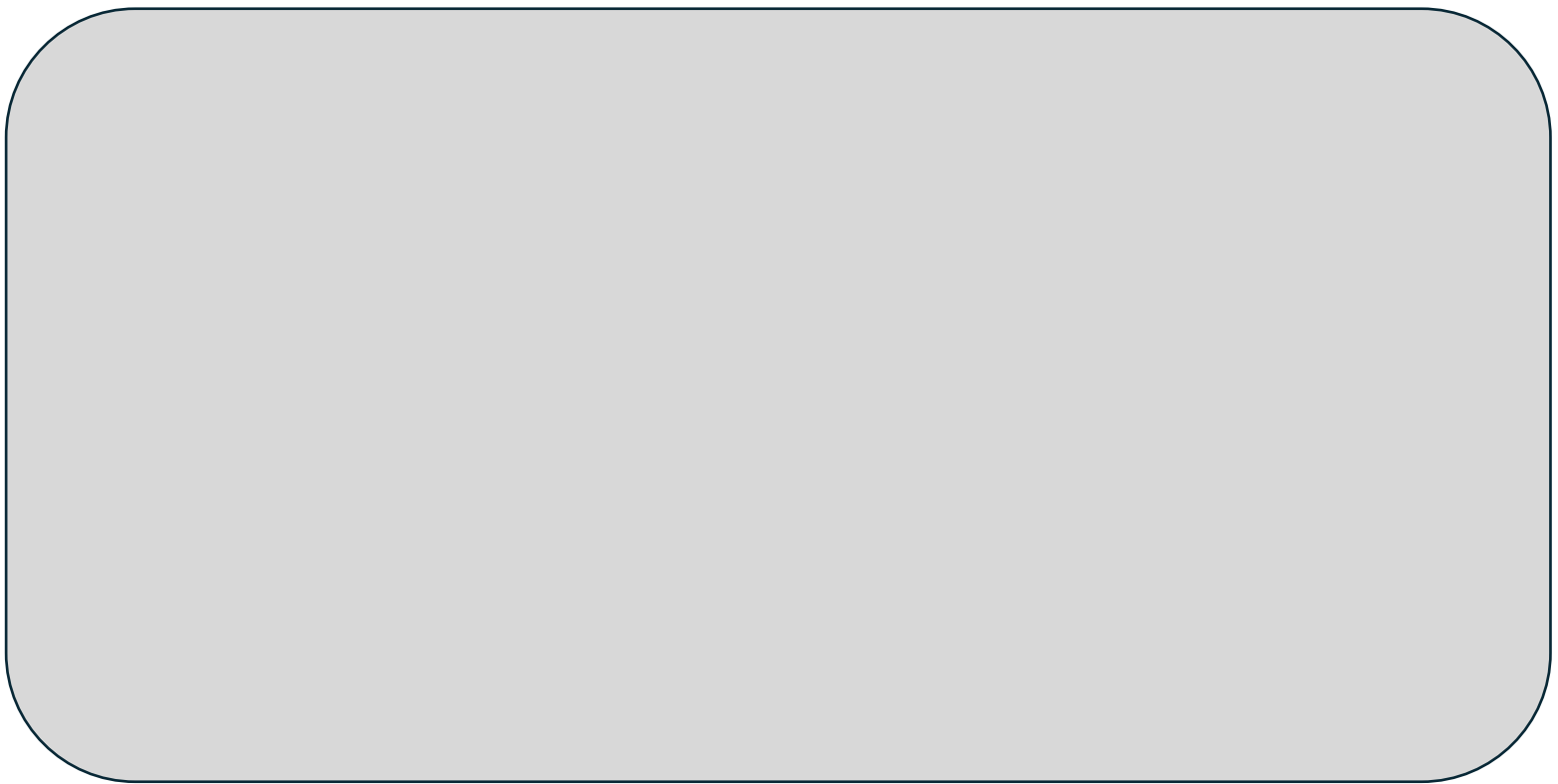
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Writing Prompt

Acts of kindness are powerful for nurturing mental health, especially for Black men who often face daily challenges. Engaging in acts of kindness, whether big or small, fosters a sense of connection and purpose. These actions not only uplift others but also reinforce your own sense of well-being and fulfillment. By making a positive impact on someone else's life, you create a ripple effect of compassion and resilience. Practicing kindness helps to build a supportive community and reminds you of the strength and goodness that exists within you, enhancing your overall mental and emotional health.

Acts of Kindness: Write about a time when you did something kind for someone else. How did it make you feel?



Check- In

Congratulations on completing a week of reflection and growth! You have invested time in understanding and nurturing your mental well-being, and that is a powerful step forward. As you review your reflections from the past seven days, take a moment to appreciate the insights and progress you have made.

Motivational Thought: Remember, each day of self-reflection is a step toward greater self-awareness and empowerment. The journey you are on is one of strength, resilience, and transformation. Trust in the process and celebrate the progress, no matter how small it may seem.

Writing Prompt

Reflect on the themes or insights that emerged most strongly over the past week.

1. How have these reflections deepened your understanding of yourself?
2. What new patterns or revelations have you discovered about your emotional and your personal journey?

WEEK TWO



BLACK MAN HEAL

SAY HOW YOU FEEL, BROTHER!

Day One

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.

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Writing Prompt

Comfort food holds a special place in everyone's life, especially for Black men, serving as a bridge to cherished memories and cultural heritage. These foods often have the power to instantly uplift spirits, providing solace and a sense of security during challenging times. For Black men, whose emotional expression may sometimes feel restricted by societal norms, comfort food can be a soothing escape, offering not just nutritional satisfaction but emotional healing. Engaging with these traditional dishes can reinforce identity and continuity, fostering a connection to community and family that is both nourishing and reassuring.

Comfort Food: What is your favorite comfort food, and what memories do you associate with it?

Day Two

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt


Laughter is a powerful tool for mental health, particularly for Black men who navigate unique societal pressures. Engaging in moments of humor can offer immediate relief from stress, lighten burdens, and improve overall mood. Laughing out loud is not just about amusement; it is a form of emotional release that fosters resilience and perspective. It strengthens social bonds, enhances resilience, and can even have physical health benefits like lowering blood pressure and reducing stress hormones. Encouraging laughter in daily life is a vital practice, offering a joyful escape and reminding us of the lighter, brighter sides of life.

Laugh Out Loud: What is the funniest thing that has happened to you recently?



Day Three

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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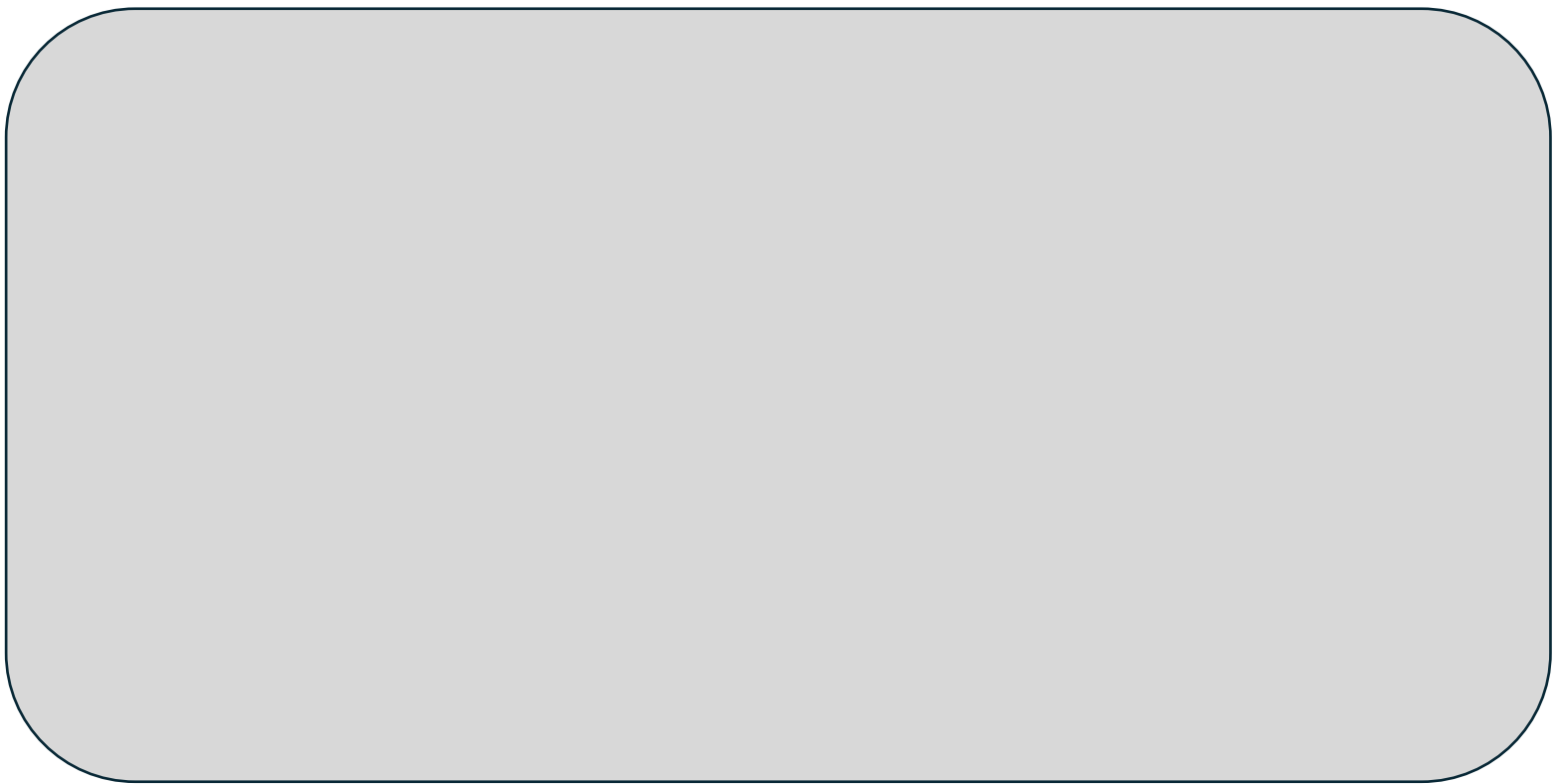
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Writing Prompt

The concept of a perfect weekend can be a significant source of rejuvenation for Black men, offering a much-needed break from the routine pressures of daily life. Whether it is spent indulging in hobbies, connecting with loved ones, or simply relaxing, a weekend tailored to personal joy and interests can significantly enhance mental well-being. It provides an opportunity to decompress, reflect, and engage in activities that bring joy and relaxation. For Black men, creating space for such personal time is not just leisure—it is an essential part of self-care, promoting mental resilience and restoring energy for the challenges ahead.

Perfect Weekend: Describe your perfect weekend from start to finish.



Day Four

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Daily affirmations are a powerful tool for nurturing self-esteem and fostering a positive mindset, particularly for Black men who often face societal challenges that can impact mental health. These positive statements, when repeated regularly, can transform thought patterns, reducing negativity and self-doubt while boosting confidence and resilience. For Black men, affirmations can serve as daily reminders of their worth, strength, and potential, counteracting the negative messages they may encounter. This practice encourages a focus on personal goals and values, helping to maintain a grounded and optimistic outlook on life.

Daily Affirmation: Write down an affirmation that resonates with you today.



Day Five

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Receiving a heartfelt compliment can be a significant boost to mental health, especially for Black men who may often confront stereotypes or underrepresentation. A genuine compliment acknowledges and validates individual qualities, reinforcing self-worth and confidence. For Black men, hearing affirmations about their strengths, whether in professional achievements, personal character, or daily interactions, can provide a profound sense of recognition and belonging. This external validation can help combat feelings of invisibility or marginalization, reminding them of their valued contributions and unique attributes, which is essential for maintaining a positive self-image and mental resilience.

Best Compliment: What is the best compliment you have ever received?



Day Six

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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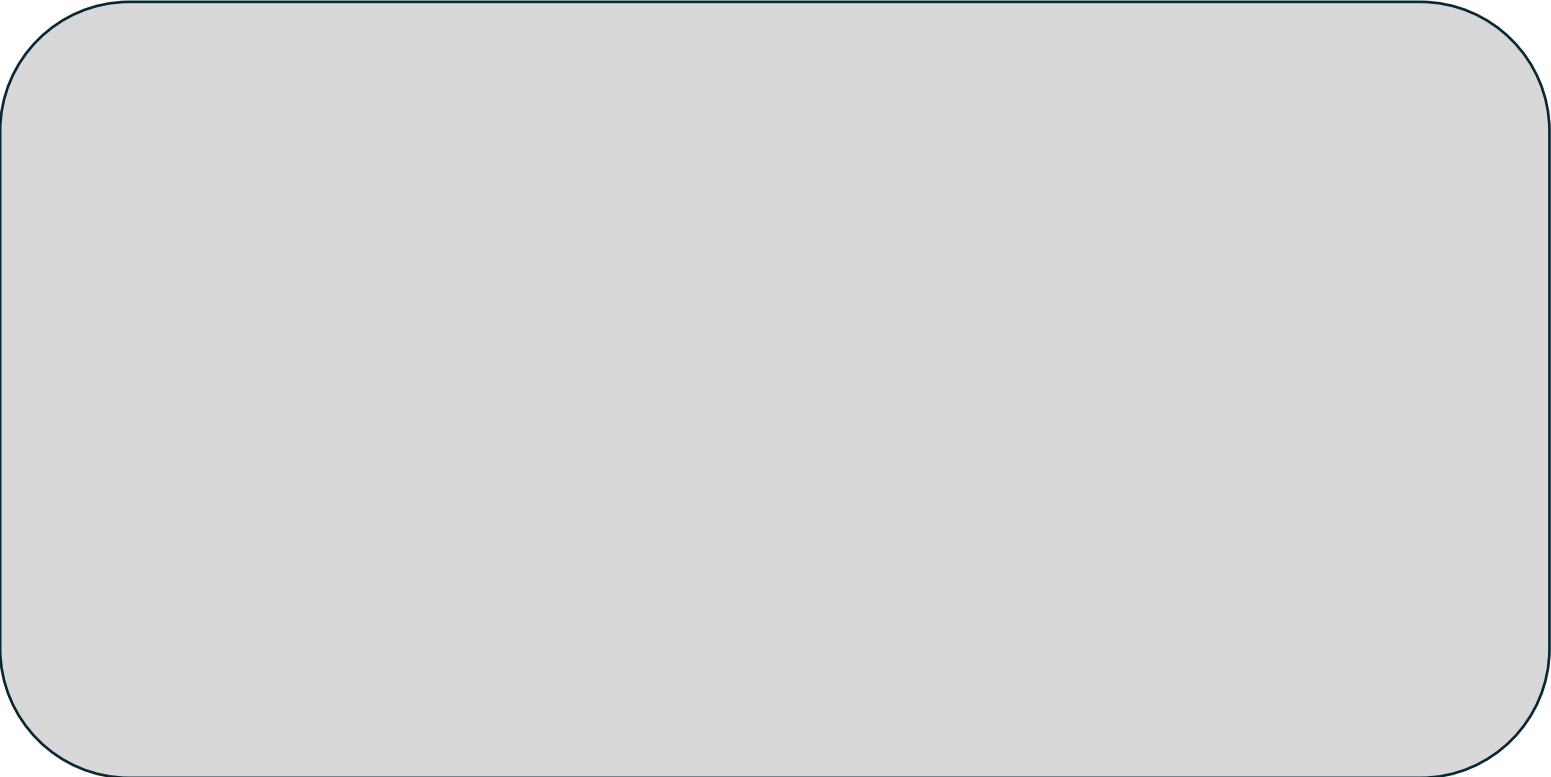
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Writing Prompt

Reflecting on proud moments is deeply beneficial for mental health, particularly for Black men who may often navigate environments that overlook their achievements. These moments of pride—whether they result from personal milestones, overcoming obstacles, or contributing positively to the community—serve as powerful affirmations of one’s capabilities and worth. For Black men, acknowledging these achievements is not just about celebrating success; it is about reinforcing self-esteem and resilience in the face of adversity. By cherishing and recognizing their proud moments, they reaffirm their identity and the positive impact they make, fostering a stronger, more positive outlook on life.

Proud Moment: Reflect on a recent moment that made you proud of yourself.



Day Seven

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Engaging in a favorite hobby is not just a pastime; it is a vital component of mental health care, especially for Black men. Hobbies provide a creative outlet and a break from the stressors of daily life, allowing for expression and exploration in a relaxed setting. For Black men, these activities can be particularly therapeutic, offering a space to reconnect with personal joys and interests that might be overshadowed by societal pressures or responsibilities. Whether it is sports, music, art, or any other pursuit, hobbies promote mindfulness, reduce stress, and enhance overall well-being by providing joy and a sense of accomplishment.

Favorite Hobby: What's your favorite hobby, and how does it help you relax?



Check- In

You have successfully completed another week of deep reflection, focusing this time on your childhood, and crafting a letter to your younger self. This journey back in time is more than nostalgia; it is an essential exploration of the roots that have shaped you.

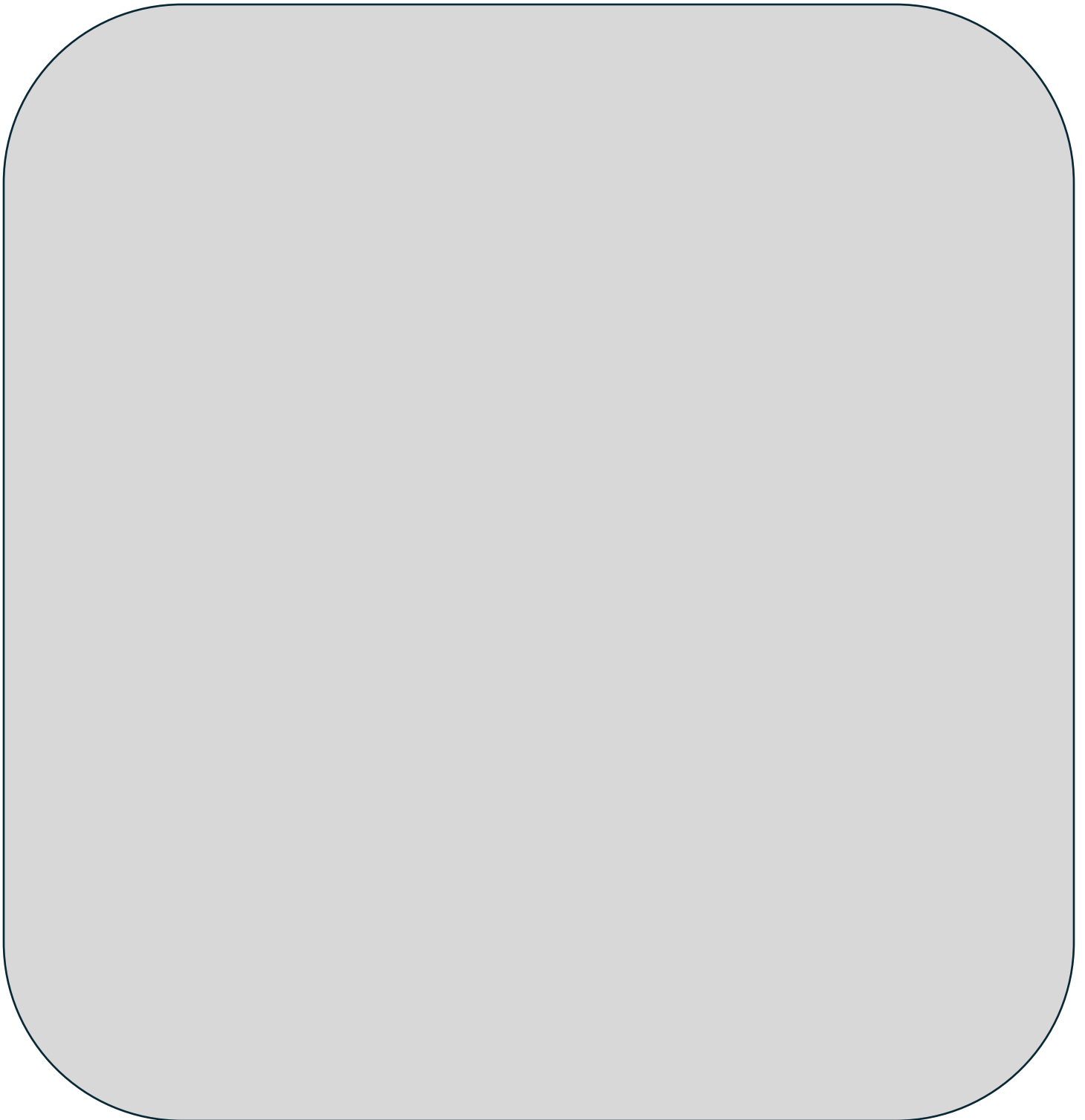
Revisiting your childhood through these reflections and letters can illuminate how past experiences influence your current behaviors and feelings. This process helps in understanding and healing old wounds, allowing you to address present challenges with greater awareness and compassion. By connecting with your younger self, you acknowledge the journey you have taken and the resilience you have built along the way.

Motivational Thought: You have the power to redefine your story. Each reflection on your past is like a thread in the tapestry of your life, helping you weave a stronger, more resilient self. Remember, the challenges you faced as a child have helped shape the courageous and capable man you are today. Embrace your history, learn from it, and let it propel you forward with wisdom and strength. Your past does not define you—it prepares you.



Writing Prompt

Reflect on the insights gained from looking back at your childhood and the emotions stirred by writing a letter to your younger self.

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WEEK THREE



BLACK MAN HEAL

SAY HOW YOU FEEL, BROTHER!

Day One

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Creating a bucket list is more than just plotting adventures; it is a vital practice for mental well-being, especially for Black men. By setting personal goals and dreams, you establish a roadmap for fulfillment and self-discovery, turning aspirations into actionable plans. This list serves as a reminder of the possibilities that lie beyond everyday responsibilities and challenges, offering motivation and a sense of purpose. For Black men, a bucket list can also be a form of empowerment, a declaration of intent to seize every opportunity and experience life fully, despite societal barriers. It is about crafting a life filled with growth, joy, and achievement.

Bucket List: What is something on your bucket list that you are excited to achieve?



Day Two

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Connecting with nature is a powerful form of therapy, especially for Black men who often navigate high-stress environments. Immersing yourself in the tranquility of the natural world can provide a profound sense of peace and grounding. Whether it is the soothing sound of a flowing river, the calming sight of green landscapes, or the refreshing feel of a gentle breeze, nature offers a unique space for relaxation and reflection. This connection can help alleviate stress, enhance mood, and provide a momentary escape from the pressures of daily life. Engaging with nature is not just leisure; it is a vital practice for mental restoration and well-being.

Nature's Therapy: Describe a time you felt at peace in nature.



Day Three

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Joyful traditions within families are essential touchstones for mental health, particularly for Black men. These traditions, whether they are holiday gatherings, Sunday dinners, or annual family reunions, serve as anchors of stability and joy. They offer a sense of belonging and connection that is vital in today's fast-paced world. For Black men, these traditions are not only a chance to bond with loved ones but also a way to reinforce cultural heritage and pass on values and histories to the next generation. Embracing these joyful customs can provide comfort, strengthen family bonds, and remind you of the support system you have, fostering a sense of security and well-being.

Joyful Traditions: What is a family tradition that brings you joy?

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Day Four

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

A favorite quote can act as a guiding principle, offering wisdom and insight during challenging times, especially for Black men who often navigate complex societal landscapes. Whether it is a line that inspires resilience, encourages perseverance, or calls for justice, a powerful quote resonates because it echoes personal values and experiences. For Black men, a meaningful quote can provide motivation, comfort, and a sense of solidarity. It serves as a reminder of their strength and potential, reinforcing their ability to overcome adversity and achieve greatness. Embracing these words can transform them into personal mantras, shaping attitudes and actions in profound ways.

Favorite Quote: What is your favorite quote, and why does it resonate with you?



Day Five

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Creating an ideal space for relaxation is crucial for mental health, especially for Black men, who may need a sanctuary from the external pressures of everyday life. This space, whether it is a cozy corner of a room, a peaceful outdoor setting, or a creatively curated personal area, serves as a retreat where one can unwind, reflect, and recharge.

Elements like soft lighting, comfortable seating, and personal touches that reflect individual tastes can enhance the tranquility of this space. For Black men, having a dedicated spot to relax not only provides a physical break but also a mental one, allowing for moments of solitude and peace where they can truly connect with themselves and nurture their mental well-being.

Relaxing Space: Describe your ideal space for relaxation. What makes it so peaceful?



Day Six

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Unexpected joy is a delightful surprise that can significantly uplift one's spirits, particularly for Black men navigating the complexities of daily life. These moments, whether a spontaneous act of kindness, an unexpected success, or a chance encounter, bring lightness and happiness that can shift perspectives and brighten moods. For Black men, such surprises can serve as reminders of the unpredictability and beauty of life, encouraging a more optimistic outlook. These instances of unexpected joy not only provide a temporary escape from routine stresses but also reinforce the value of embracing the present and finding happiness in the small, unforeseen moments of life.

Unexpected Joy: Write about a time when something unexpected brought you joy.

Day Seven

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.

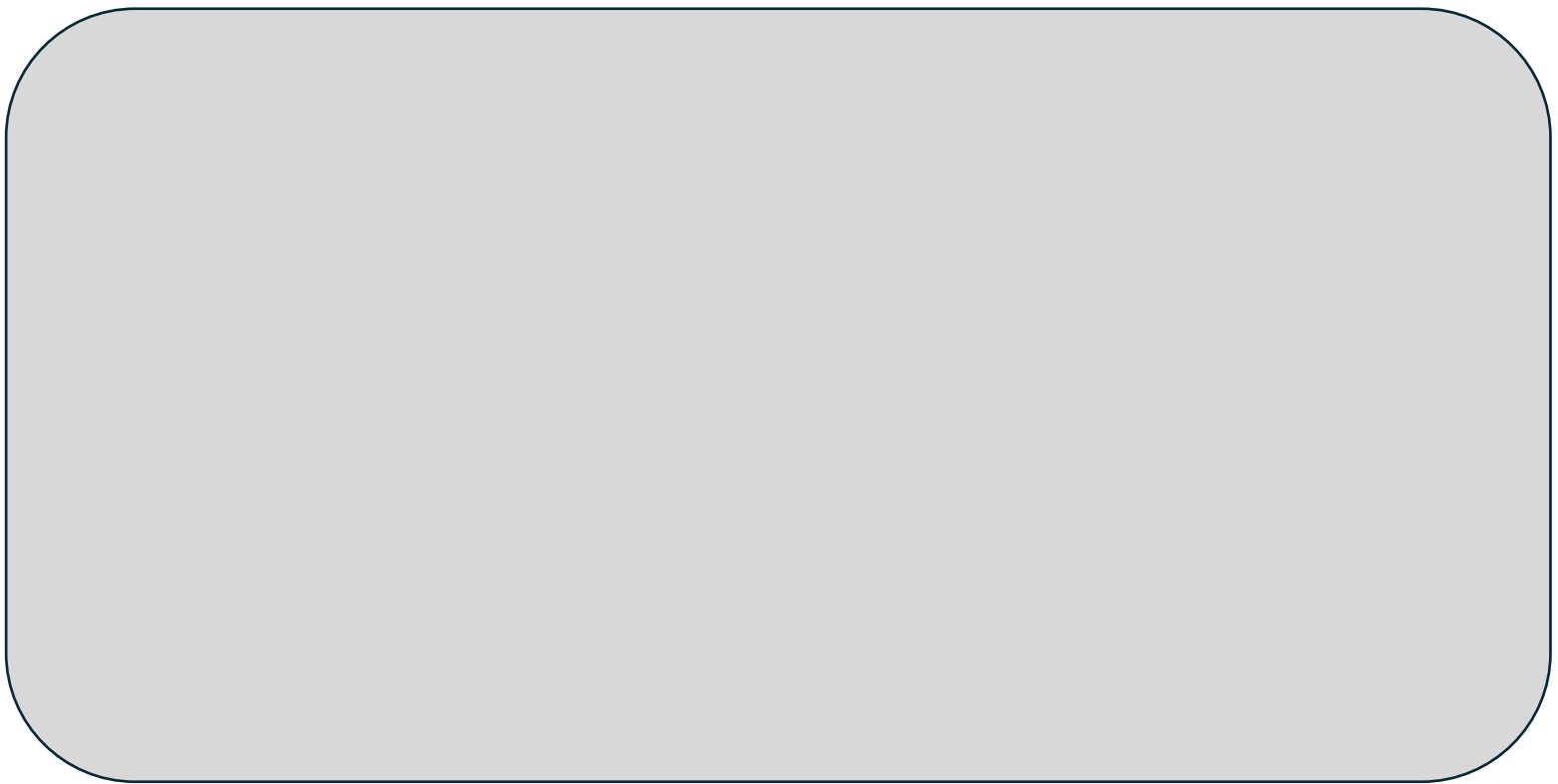
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Writing Prompt

The qualities we appreciate in a best friend—loyalty, understanding, support, and humor—are more than just traits; they are essential components of a strong, supportive relationship, especially for Black men. A best friend who embodies these qualities provides a reliable and comforting presence, someone who stands by you through challenges and celebrates your successes. For Black men, this bond is invaluable as it offers a safe space for emotional expression and mutual support, often acting as a buffer against the stresses of everyday life. Such friendships enrich mental well-being, fostering resilience, and offering consistent affirmation and companionship.

Best Friend: What qualities do you appreciate most in your best friend?



Check- In

Congratulations on completing another week of thoughtful reflection! This week, you have taken the time each day to explore various aspects of your life and emotions through writing. Now, let's channel that reflection into creative expression.

Why Creative Expression Matters: Creativity is not just an outlet; it is a powerful tool for self-discovery and emotional release. For Black men, engaging in creative activities like writing a poem, composing a rap, or drawing can be especially therapeutic. These forms of expression allow you to explore and articulate your feelings in ways that words alone sometimes cannot capture. They offer a unique path to understanding your inner world and conveying your experiences in a deeply personal and impactful way.

Motivational Thought: Creativity does not wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.



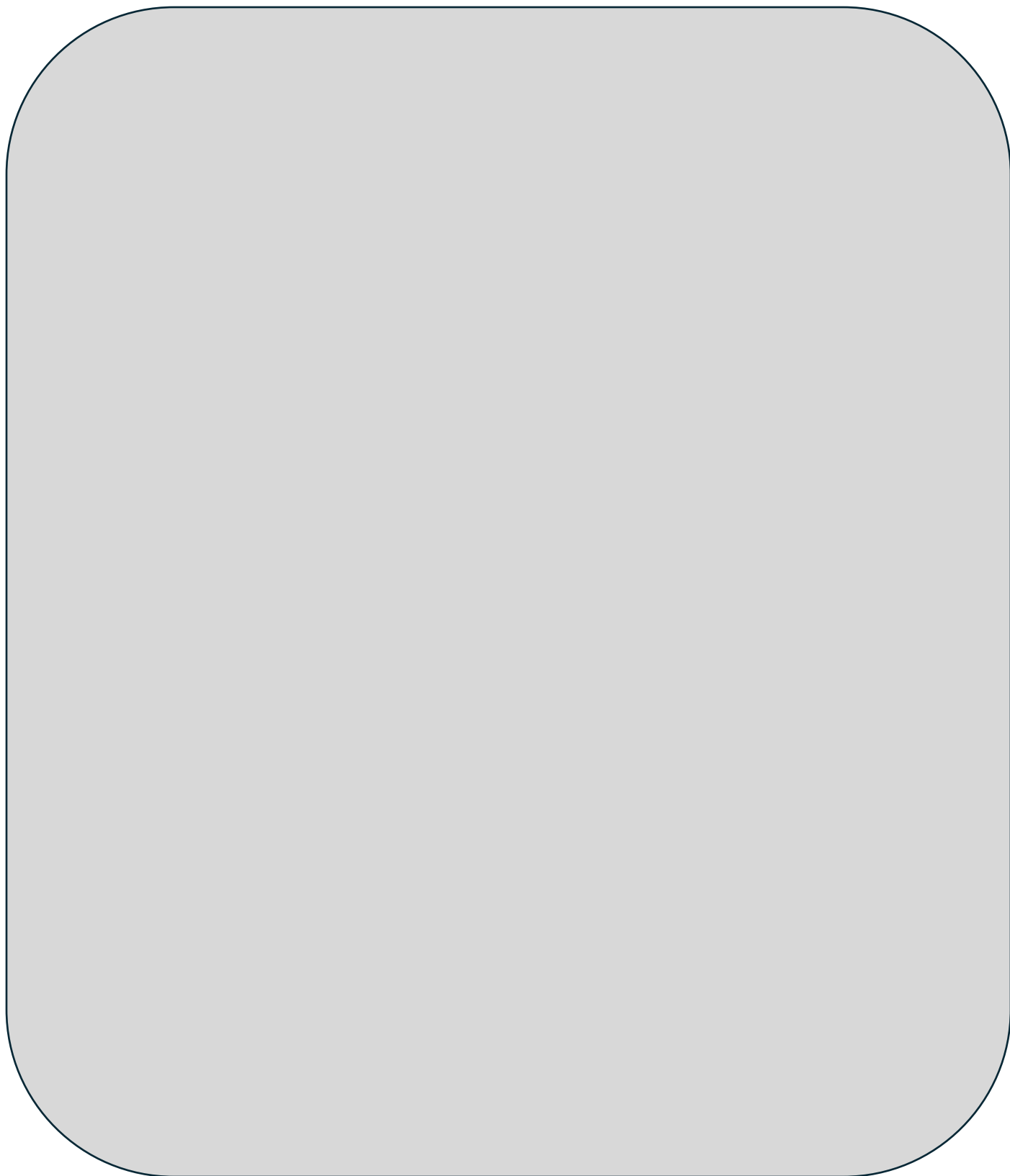
Writing Prompt

Choose a form of creative expression that resonates with you—whether it is writing a poem, crafting a rap, or drawing something that reflects your current mood or a recent experience. Let your creativity flow without judgment, focusing on the process rather than the outcome. This is your space to express yourself freely and authentically.

**BLACK
MENTAL
HEALTH
MATTERS**

SAY HOW YOU FEEL, BROTHER

Express Yourself!



WEEK FOUR




BLACK MAN HEAL

SAY HOW YOU FEEL, BROTHER!

Day One

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.

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Writing Prompt

Simple pleasures are essential to maintaining mental health, particularly for Black men who often face complex societal challenges. These moments—whether savoring a morning coffee, feeling the warmth of the sun, or enjoying a quiet evening—serve as reminders of life’s inherent beauty and simplicity. Engaging in simple pleasures allows for a pause from daily stresses, offering a chance to breathe and find joy in the ordinary. For Black men, these small delights are acts of self-care that can significantly uplift spirits, reduce stress, and enhance overall well-being. They remind us that happiness often resides in the smallest details of life.

Simple Pleasures: What is a simple pleasure that you enjoy but often overlook?

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Day Two

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Having a creative outlet is crucial for mental well-being, especially for Black men who navigate a world where their expressions and identities are often underrepresented or misunderstood. Engaging in creative activities—whether it is painting, writing, dancing, or making music—provides a vital space for self-expression and exploration. These activities allow you to connect deeply with your emotions and thoughts, offering a sense of freedom and escape. For Black men, a creative outlet is not just a hobby; it is a lifeline to authenticity, enabling you to feel most alive and true to yourself. This form of expression is a powerful tool for personal growth and emotional resilience.

Creative Outlet: What creative activity makes you feel most alive?

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Day Three

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

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Writing Prompt

Positive reflection is a key aspect of mental health, particularly for Black men who may often face significant external pressures. Recognizing and acknowledging a recent positive change in your life—whether it is adopting a healthier lifestyle, learning a new skill, or improving a relationship—can significantly enhance your sense of self-worth and accomplishment. This practice of focusing on personal growth and achievements not only boosts confidence but also motivates continued progress. For Black men, celebrating these victories, big or small, is crucial as it reinforces a positive narrative about their lives, helping to combat negativity and build a resilient, optimistic outlook.

Positive Reflection: What is one positive change you have made in your life recently?



Day Four

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.

2.

3.

Writing Prompt

Laughter truly is a form of medicine, offering extensive benefits for mental and physical health, especially for Black men who may often encounter stressors that affect their well-being. Engaging in laughter can immediately relieve stress, lower anxiety, and improve mood by releasing endorphins, the body's natural feel-good chemicals. For Black men, finding moments to laugh—whether through comedy, social interactions, or joyful experiences—can serve as a vital coping mechanism, providing a break from the seriousness of daily life and fostering resilience. Embracing laughter not only enhances relationships and social bonds but also helps maintain a healthy perspective on life's challenges.

Laughter Medicine: Who or what always makes you laugh, no matter what?

Day Five

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.

2.

3.


Writing Prompt

Revisiting childhood joys can play a crucial role in mental health, especially for Black men who navigate many complex layers of societal expectations. Reflecting on a favorite childhood activity, whether it was playing a sport, building with blocks, drawing, or exploring nature, reconnects you with a sense of unfiltered joy and simplicity. For many, these activities offer a nostalgic escape, providing comfort and a reminder of a time when pleasure was found in simple pursuits. Continuing these activities into adulthood can serve as a powerful form of self-care, helping to reduce stress, rekindle creativity, and maintain a connection to a more carefree, joyful self.

Childhood Joy: What was your favorite activity as a child, and do you still enjoy it today?

Day Six

What's good? How are you feeling' today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.

2.

3.

Writing Prompt

Having a personal motto or mantra is a powerful tool for grounding and guiding oneself, especially for Black men who often face unique challenges. A personal motto encapsulates core values and intentions, serving as a constant reminder of what you stand for and aspire to achieve. It acts as a beacon during difficult times, offering direction and motivation when faced with adversity. For Black men, a motto can affirm identity and strength, reinforcing resilience and focus. Whether it's a phrase about perseverance, integrity, or love, this personal creed helps navigate life's difficulties, ensuring actions and decisions align with deeply held beliefs.

Personal Motto: Do you have a personal motto or mantra? How does it guide you?



Day Seven

What's good? How are you feeling today? In the box below describe how you are feeling today.



Reflect

What were three things that made you feel like that today?

1.

2.

3.

Writing Prompt

The best vacation often becomes a cherished memory, offering much more than a simple escape from daily routines. For Black men, a truly memorable vacation can provide a profound sense of relaxation, adventure, and connection, whether it is exploring new cultures, reconnecting with nature, or indulging in luxury and tranquility. These experiences are special because they allow for self-discovery, rejuvenation, and the creation of lasting memories with loved ones. For many Black men, the rarity of such undistracted, peaceful moments makes these vacations invaluable. They serve as a reminder of the joys of life beyond everyday responsibilities and stress, reinforcing the importance of taking time to nurture the soul.

Best Vacation: Describe the best vacation you have ever taken. What made it so special?



Check- In

Congratulations on completing another enriching week of daily reflections! Your commitment to exploring various aspects of your life through these prompts is a vital step toward greater self-awareness and emotional growth.

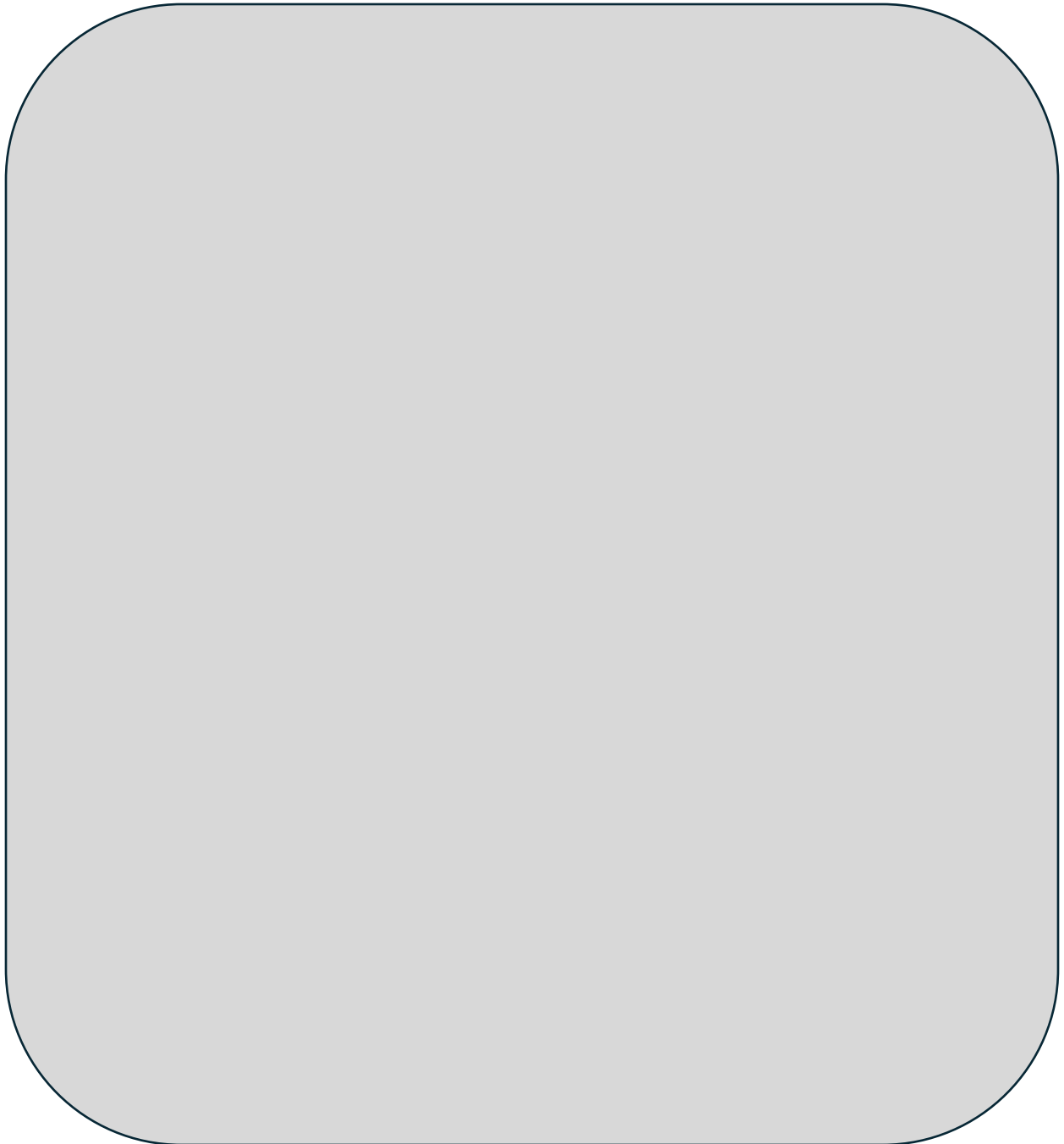
As you move into another week of reflection, remember that each entry is more than just words on a page—it is a mirror reflecting your journey, challenges, and triumphs. Embrace the process with openness and curiosity, knowing that each step forward is shaping a more resilient and insightful you.

Motivational Thought: "Every day of reflection adds a layer to the foundation of your inner strength. Keep building, keep growing. Your journey of self-discovery is unfolding beautifully, one reflection at a time."



Writing Prompt

Choose one entry from the past week that particularly resonated with you or left you with lingering thoughts. Expand on it—dive deeper into why it struck you, how it relates to your larger life experiences, or what it reveals about your desires and fears. This focused reflection can provide profound insights and foster even greater emotional clarity.

A large, empty, light gray rounded rectangle with a dark blue border, intended for writing.

Congratulations on Completing Your Mental Health Journey!

You have reached the end of this workbook, but remember, the journey towards better mental health and personal growth does not have an endpoint. It is an ongoing process that requires continuous effort and attention. As a Black man, recognizing the importance of your mental health is vital. It is not only about coping with the pressures of daily life but also about thriving in your personal and professional relationships.

Reflect on Your Journey:

Throughout this workbook, you have explored various aspects of your mental health, from daily gratitude to deep reflections on past experiences. We hope these prompts have helped you consider different dimensions of your emotional and psychological well-being and encouraged a habit of introspective thinking.

The Power of Mindfulness:

Take time to appreciate the world around you—nature, relationships, achievements, and even simple daily interactions. Mindfulness can significantly enhance your mental health by keeping you rooted in the present and appreciative of life's many blessings.

Never Hesitate to Seek Help:

Remember, it is not only okay to ask for help—it is a sign of strength. Mental health is a crucial aspect of your overall well-being, and seeking support when needed is essential. Whether it is talking to a loved one, consulting a professional, or joining a support group, reaching out is a proactive step toward maintaining your mental health.

Looking Forward:

As you close this workbook, consider how you can continue to incorporate what you have learned into your daily life. Keep using the tools and strategies that have been most effective for you, and always stay open to discovering new ways to support your mental health.

You Are Not Alone:

You are part of a community, and your mental health matters—not just to you, but to everyone around you. Continue to build supportive relationships, engage with your community, and share your journey with others who might benefit from your insights.

Congratulations again on completing this workbook! Your dedication to exploring and improving your mental health is commendable. Keep moving forward with courage, curiosity, and commitment to your well-being. Here is to continuing the journey, growing stronger, and living a fulfilled life.

Stay healthy, stay strong, and remember—you have the power to shape your own mental health journey.

**BLACK
MENTAL
HEALTH
MATTERS**

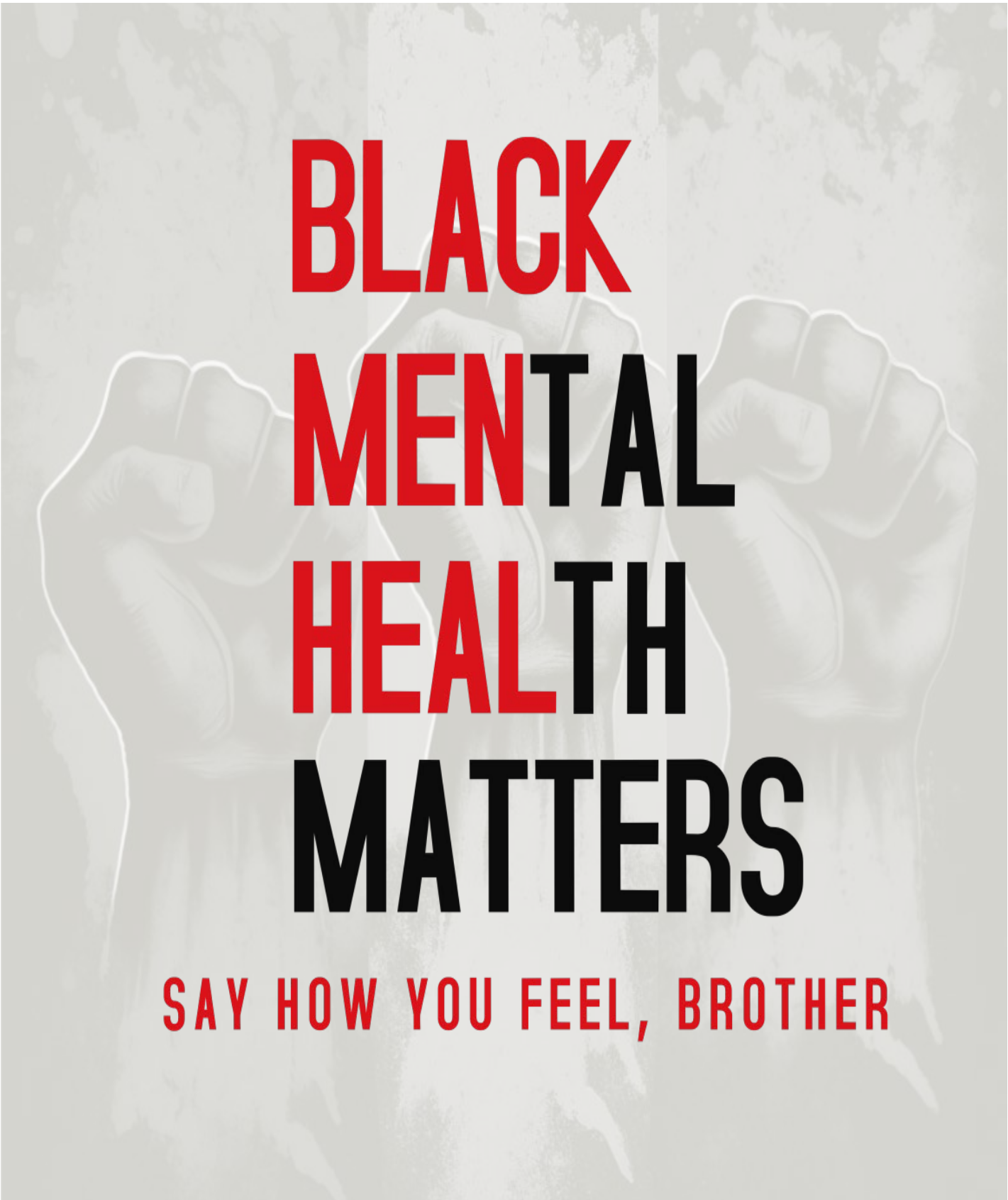
SAY HOW YOU FEEL, BROTHER

Mindfulness Activities

Here are 28 different mindful activities designed to focus on promoting mindfulness, relaxation, and emotional well-being.

1. **Deep Breathing:** Sit comfortably. Breathe deeply through your nose for 4 seconds, hold for 7 seconds, and exhale slowly through your mouth for 8 seconds. Repeat five times.
2. **Mindful Eating:** Choose a small piece of food, like fruit. Eat it slowly, noticing the texture, taste, and sensations.
3. **Gratitude Reflection:** Write down three things you are grateful for today. Focus on why each makes you feel thankful.
4. **Nature Walk:** Take a 15-minute walk outside. Pay attention to the sights, sounds, and smells around you.
5. **Progressive Muscle Relaxation:** Tense each muscle group in your body for five seconds, then relax for 30 seconds. Start from your toes and move upwards.
6. **Daily Affirmation:** Stand in front of a mirror, make eye contact with yourself, and say a positive affirmation out loud.
7. **Mindful Listening:** Spend 5 minutes listening to a piece of music or natural sounds without doing anything else. Focus solely on the sound.
8. **Body Scan:** Lie down comfortably. Mentally scan your body from head to toe, noticing any areas of tension or discomfort.
9. **Five Senses Exercise:** Name one thing you can see, hear, touch, smell, and taste right now.
10. **Photo Reflection:** Look at a photo from a happy time. Reflect on how you felt at that moment.
11. **Coloring:** Spend 10 minutes coloring in a coloring book. Focus on the colors and patterns.
12. **Cloud Watching:** Lie back and watch the clouds for a few minutes. Let your mind relax as you watch them drift by.
13. **Journaling:** Write about your day for 10 minutes without censoring your thoughts.

14. **Guided Imagery:** Close your eyes and imagine a peaceful place. Engage all your senses to make the scene vivid.
15. **Mindful Shower:** Take a shower and focus on the feel of the water and the scent of the soap.
16. **Compliment Someone:** Give a genuine compliment to someone. Notice how it makes both of you feel.
17. **Stargazing:** Spend a few minutes looking at the stars. Contemplate the vastness of the universe.
18. **Breath Focus:** Sit quietly and focus on your natural breathing pattern. Feel the breath entering and leaving your nostrils.
19. **Stretching:** Do a series of gentle stretches for 10 minutes. Pay attention to how your body feels.
20. **Laugh:** Watch a funny video clip or remember a funny incident. Enjoy the laughter.
21. **Forgiveness Reflection:** Think of someone you need to forgive and mentally send them goodwill.
22. **Dance Break:** Put on a favorite song and dance to it for the entire track.
23. **Savor a Drink:** Slowly sip a cup of tea or coffee. Focus on the aroma and the warmth.
24. **Write a Letter:** Write a letter to your future self. Mention your hopes and the person you want to become.
25. **Read Poetry:** Read a poem slowly. Reflect on its meaning and how it resonates with you.
26. **Watch Sunrise or Sunset:** Spend a few minutes watching the sunrise or sunset. Absorb the colors and calm.
27. **Create a Gratitude Jar:** Each day, write one thing you are grateful for on a piece of paper and put it in a jar.
28. **Candle Gazing:** Light a candle and watch the flame flicker for 5 minutes. Let your thoughts come and go.



BLACK MENTAL HEALTH MATTERS

SAY HOW YOU FEEL, BROTHER