

DECEMBER / JANUARY 2023

Noire

WOMEN'S WELLNESS



*NEW YEAR'S
RESOLUTIONS*

YONI STEAMING...
*WHAT IT IS AND
WHAT IT AIN'T!*

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PRIORITIZE YOUR SELF CARE

Access your Birthright!

By Leslie Salmon Jones

When a woman commits to self-care, she heals herself which, in turn, has a ripple effect to heal the world around her. ~ Leslie Salmon Jones

Do you ever feel life is pulling you in different directions? Chances are, like me, you have many things on your plate, including work and family obligations.

Sometimes a full plate can be a sign of abundance and it can be packed with a variety of choices; some that bring you joy, and others that will leave you depleted.

Learning how to discern those choices is a practice and an art.

Numerous studies have shown that self-care has been proven to increase happiness and well-being.

So, what is self-care? Self-care is putting yourself first, even for a few minutes a day. There are numerous benefits to help balance and ground you, especially when things become stressful or difficult.

Taking care of YOU first may seem to be a foreign concept even though I'm sure you've heard it repeatedly. Having worked in the field of self-care for nearly 30 years, I've witnessed countless women who have prioritized everyone and everything ahead of themselves for generations.

Fortunately, there's been a shift over the past decade that has put women's self-care somewhere near the top of the list – no longer at the very bottom.

Recently, more Black women are reclaiming rest, rejuvenation as a BIRTHRIGHT! However, we still have a long way to go, especially as Black women.

Whether your self-care practice means carving out time to meditate, exercise, pray, read, or taking care of your emotional, spiritual, and physical well-being, chances are you

need to create healthy boundaries by knowing when to say 'YES' to honor your inner Queen and knowing when to say 'NO' to things that aren't serving you.

Old habits can be hard to break, and for many of us, saying 'yes' too often can add to the years of ancestral trauma and burden of being overworked and depleted.

Trauma is a deep emotional wound which can impact the nervous system and can lead to shut down.

The impact of colonization and deep conditioning has led Black women to ignore internal signals to self-regulate, nourish, and restore. Instead, the survival mechanism has been to "PRESS ON" despite the pain and trauma, leading to exhaustion, burn out, unhappiness, feeling overwhelmed, which, in addition, a weakened immune system.

This mechanism to suppress one's feelings and instincts was vital to the survival of many Black women, which has and still does put us at high risk of illnesses such as diabetes, cardiovascular disease and has robbed us of our joy for generations.

With more awareness, we now know that those internal mechanisms of survival are no longer serving us individually and collectively.

Historically, many cultures of the diaspora had, and in some cultures still have, healing traditions and practices deeply rooted in the well-being and care of individuals and the community. It was only after years of oppression that many of these practices were lost.

Recent studies suggest that we can access our ancestral memories through our DNA. We can receive loads of genetic memories from our parents, grandparents, and further ancestors.

With that knowledge, you can reclaim your natural instincts to self-regulate and be better prepared for difficult experiences, such as

fear, stress, disease, or trauma. You can shift from a mindset of surviving to thriving!

Here are some simple practices to fine tune into your natural instincts and reclaim your BIRTHRIGHT:

1. Check-in with yourself, slow down and become aware of your breath (increase duration over time)
2. Set reminders to take a pause, do a body scan throughout the day. Notice how you are feeling and what sensations are arising.
3. Assess your stress! On a scale of 1-10 (10 being the highest) what level are you on?
4. Re-evaluate and re-prioritize your values. Put self-care on the top of the list and choose behaviors that align with your values
5. Give yourself permission to feel your emotions and explore healthy outlets to express them (journal, talk to a friend, seek therapy, dance, nap etc.)
6. Do something every day that brings you joy
7. Connect with nature
8. Set healthy boundaries around toxic people and environments

Learn to discern choices that nourish YOU. Slow down, take a deep breath and ask yourself the following 5 questions:

1. Does it resonate with your core beliefs and values?
2. Does the energy flow with ease?
3. Do you feel an overall excitement?
4. Does it take you beyond your comfort zone in a healthy way?
5. What is your body and gut telling you?

In conclusion, prioritizing self-care by saying "yes" to YOU and letting go of the things that are no longer serving you, is not only nourishing to you, but also honoring your Ancestors and healing the legacy of trauma- for yourself and future generations.

Enjoy the ride to your health, happiness and overall well-being and allow your inner magic to re-emerge and shine!



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