

# *Self-Healing Download*

**WORKING THROUGH COLLECTIVE TRAUMA + GRIEF**

A COLLECTION OF RESOURCES, WRITING EXERCISES, JOURNAL QS, + AFFIRMATIONS

BY YASMINE CHEYENNE

Collectively we're experiencing immense trauma and grief. As black people and POC we are trying to move through all that is taking place in our communities and the harsh reality, that we face every day of systemic oppression and racism, that isn't being seen, validated or most importantly - changed.

It's hard to heal when you aren't seen, understood, or heard.

It's important to find small ways to take care of yourself every day during times like these because it gives your body, mind, soul, and immune system the support it needs to survive. Trauma and grief are hard on the body. Having tools readily available to assist you as you process and learn how to remove the stagnation, release your pain, and move toxic energy can help you so much more.

To be in the fight, to advocate, to do anything – we have to be well. Self-care is not indulgent; it helps us thrive.

I created this resource to help support your healing work now and, in the weeks, to come.

This resource won't help you fix everything because healing, unfortunately, isn't about fixing things that hurt but it's about learning how to support ourselves through our pain and getting to a place where we can hold the discomfort and joy.

Also, it was created to give you bite-sized and quick ways to take care – because finding extra time to do anything while in grief is hard.

I hope that it helps you nourish yourself while dealing with the very tough parts of life.

Please feel free to share or reach out to me on Instagram [@yasminecheyenne](https://www.instagram.com/yasminecheyenne) or on my website [www.yasminecheyenne.com](http://www.yasminecheyenne.com)

## **PART 1 – PHYSICAL HEALING**

### **Health + Wellness:**

The tools in this section may seem simple, but it's the basics that always go out of the window when we're in fight or flight mode. Feel free to expand on what is shared below for your situation, this isn't comprehensive, but serves as a starting point for you.

I AM NOT A MEDICAL PROFESSIONAL, so these are shared for information purposes, please check with your doctor with any questions.

#### **1. Getting Sun**

Getting sun helps to stimulate the pineal gland in the brain, which resets your body for energy in the daytime and also helps our body be prepared to naturally produce the melatonin it'll need so you can sleep.

It also helps clear your energy from within, your aura all around you, and your chakras from the Crown down.

It can be really hard getting sun when you're tired and just trying to make it moment by moment, so what I like to do is take phone calls outside. Before you know it you've spent an hour outside and it is incredibly helpful hour that helps support your immune system and mood.

Alternatively, you can also set an alarm to go outside at the same time(s) every day.

#### **2. Drink water**

Drinking an adequate amount of water each day helps you flush toxins, and when we're dealing with grief and trauma, drinking water also helps support your immune system while it may be working without adequate levels of endorphins / serotonin – which are the feel-good hormones.

I always aim for 100 oz or more each day but play around with what feels good for your body.

I also love to add chlorophyll and/or electrolytes to my water for added support. Chlorophyll can help your body gently detox, may improve red blood cells, and help with healing the physical body (skin, organs, etc.). Electrolytes help you hydrate more efficiently.

If you need help with reminders, search for water reminder apps or set an alarm each hour on your phone to help you stay hydrated. I also love water bottles with the ounces printed on the bottle, so I know how much I've had to drink.

### **3. Eat Well**

Try to eat meals that nourish your body. What does “nourishing your body” even mean? For me, it means choosing foods that help you feel good after you eat them. These are foods that will fuel your body – so you can work, play, grieve, heal, and so on.

When you couple food choices that don't nourish your body with stress it weighs heavily on your system. Your body actually processes food (in your digestive system) more slowly when you're stressed, so eating foods that help support your system as a whole will help you get the nutrients you need to feel better.

Giving your body support while you're dealing with grief and trauma can look like:

Eating more vegetables, any that fit into your budget (they can be frozen and they don't have to be organic).

Eating complex carbs, or vegetable/fruit carbs that will fuel you (sweet potatoes, broccoli, asparagus, spinach, kale, whole grains, berries, etc.)

Eating sweets that fuel you (dark chocolate, cocoa, turmeric with your coffee or tea like the [Golde](#) brand)

Ultimately, eat whatever you can to keep yourself feeling good, food shouldn't be another place of stress (even though it really can be).

Remember this is not about dieting AT ALL!

This is a reminder to try and support your physical body, through food, while processing grief and trauma. This is an important part of healing work.

Two of my favorite places to go on the gram for food advice/convo/and help:

[Sophia Roe](#)  
[Food Heaven](#)

### **Taking screen breaks**

It's hard to take breaks from social media because we want to stay informed but giving yourself time away can positively affect your well-being. Paying attention to every post, comment, video, etc. takes a lot of time and energy and your time and energy aren't unlimited.

Use the Sugar Jar Exercise to see where a lot of your energy is going and see how you can redirect some of that energy toward taking care of you.

## **Herbs and Teas:**

There are a lot of herbs that can help support the immune system when dealing with trauma and collective grief. As a reminder, I AM NOT A MEDICAL PROFESSIONAL, so these are shared for information purposes, please check with your doctor with any questions.

My favorite herbs for grounding/healing:

Nettle Leaf – helps with inflammation + helps flush toxins

Hibiscus – helps lower blood pressure, powerful antioxidant support, can help cholesterol

Chamomile – calming, helps with sleep, relaxation,

Lemon Balm – stress relief, helps with anxiety, can help with nausea

Rose – heart opener (also great for heart chakra work)

Tulsi – helps reduce stress (my favorite for stress + grounding)

Red Raspberry Leaf – high in antioxidants, vitamins and minerals

I mix these together and make tea in a diffuser or I make herb infusions with them (herb infusions are when you steep the herbs for 2 hours or more making the concoction more potent).

This particular combination helps ground and fuel me and I feel the response in my energy quickly.

Feel free to get curious and play around with herbs that can help support you.

## **Here's some questions to ask yourself while trying new tools for healing your physical body:**

*Am I feeling better than I was?*

*What's changed?*

*What did I need that I was unaware of?*

*What am I still in need of?*

*Where am I feeling the changes in my body (if anywhere)?*

Please check with your doctor about which combinations will be safe for you.

---

[Amina Mundi Apothecary](#) is a WOC owned shop that offers healing herbs and tinctures that are created and curated with care. It's one of my favorites.

### **Herbs and Teas cont.:**

I also love [Golde Turmeric powder](#) which is great for inflammation, something that can increase in our bodies with lots of stress – I purchase it from [Blk + Grn](#).

I order herbs from [Mountain Rose Herbs](#). Feel free to split a big bag of herbs with a friend to split the cost as well.

CALM magnesium – helps with sleep, constipation

## **PART 2: CONNECTING WITH WRITING AS A SELF-HEALING TOOL**

### **Writing Exercises:**

The writing exercises that I've chosen to share here are ones that I hope you'll find easy to do whenever and wherever you are. You can pull out a pen and pad, print this out and write on the paper, use the notes section of your phone, or (my favorite) speak your answers aloud via the voice recorder on your phone.

Feel free to use these as often as you need, and daily if it helps support you. You may find that there are times where you're really drawn to writing and at other times it may not be the thing you're being called to do. And that's completely okay – writing isn't the only way to heal.

Allow this process to be one of flow rather than structure and you may be surprised where your healing journey may take you.

#### **1. Stream of conscience exercise:**

Allowing yourself to free flow write can be helpful in getting out emotions, fears, and gaining more clarity on what you need. I find stream of conscience writing, where you just write down any and everything that comes to mind, to be most helpful when trying to get the pain out. It serves as a release and can be really cleansing and transformative. It's also the most common way that people journal.

Feel free to use the journal questions or affirmations below to help you with topics for stream of conscience writing.

#### **2. Joy List**

Create a list of the things that bring you joy in the notes section of your phone or in a journal that you pick up often. It could be links to photos, songs, videos, anything. Add to the list as things happen that make you laugh or smile.

Use this list to help you create joy within yourself as often as you like.

Note: There's a misconception that joy will just appear in your life once "you've healed" and the truth is that we have to choose to bring joy into our lives while we're healing as there is no arrival point with healing. When dealing with trauma and grief we may have to choose our joy several times a day. Having a ready list customized to your needs can also help alleviate scrolling on social media and help you bring some of your energy back to you and where you need it.

I like to combine the joy list at the end of free flow writing (aka stream of conscience writing) or the Sugar Jar Exercise.

### 3. Sugar Jar Exercise

One day, I was recording a voice note to myself, which I often do as a form of self-care, and I started thinking about how it felt to have people not respect my boundaries.

I talked about feeling like I was a sugar jar in a kitchen, and the people in my life would come in and take cup fulls of sugar from my jar, leaving me feeling tired, exhausted, overwhelmed, used, unseen, not heard, and alone. Sometimes, my sugar would spill all over the counters or the floors – and it felt impossible to keep up with. As you know, when sugar spills, it goes everywhere.

What I teach, is the importance of putting lids on our jars and requiring others to ask permission before they come into our kitchens and definitely before they take any sugar. I also teach the importance of checking in with yourself about whether you feel you have any sugar to give. When we work really hard to fill our jars, and we're not used to having full jars, we sometimes believe we have to give our sugar away – that it's the *right* thing to do. And the goal is to learn how to give when you want to, because that is how we give from love not from obligation, fear, or scarcity.

Teaching people to respect our boundaries around our sugar or energy, is how we learn to return the favor and how we learn to have the time and space to give to ourselves, those we love, and the dreams we have. It's where we find the time to write the book we've been wanting to start. It's where we find the time to go back to school – or whatever your dream is.

I hope it helps you gain clarity around the ways we over give, over extend, and how the lack of boundaries in our relationships, jobs, and even with ourselves depletes us. And ultimately, I hope it gives you courage in knowing you're not alone and that you have the power to fill your jar, put the lid on – and only open it when you're ready and willing.

Please use the sugar jar challenge to unpack where your energy is going and how to redirect it where you are currently in need.

## **PART 3: USING SELF-CARE TO HEAL**

### **Self-care:**

Self-care is anything that helps you feel taken care of and supported. Self-care has gotten a reputation for being hard or expensive because of the ways it has been marketed by society. But the truth is that self-care can look many different ways and it's important for you to define what self-care looks like based on your circumstances and what you need.

I often get asked for examples of what self-care looks like, so I compiled a few examples below:

1. Limiting your phone calls, sweets, negative TV time, and anything that doesn't make you feel good before you rest.
2. Being intentional about the type of atmosphere you create within your private space at home.
3. Taking breaks from work so that you can take care of yourself. Mental health breaks are important to give us a chance to reset.
4. Asking for help from people you trust. Letting yourself receive help is healing. Learning that we can rely on others is healing.
5. Asking people for space to talk when you need connection.
6. Resting
7. Unfollowing anyone on any social media platform that doesn't align with your beliefs.
8. Use Therapy – If you're looking for a therapist and you're a black woman, use the resource [Therapy for Black Girls](#) to find a therapist. If you're unable to afford therapy and you're a black woman, reach out to [the Loveland Foundation](#) , an organization committed to helping black women receive access to therapy. Also, check out [Open Path Collective](#) for affordable therapy options for everyone.
9. Listen to books that help you feel supported and seen. I love to listen to podcast interviews or books read by Dr. Maya Angelou on audible. They bring me immense joy.

## **PART 4: HEALING THROUGH SELF-REFLECTION**

### **Journal Questions:**

1. How do you feel when you talk to the people you converse with on a daily basis? Do you feel full or drained?
2. What are you doing each day that's working for you? What are you doing each day that hasn't been working?
3. What are you grateful for in this moment?
4. If you were to write yourself a letter of gratitude, what would you like to say to you?
5. What have you learned about yourself while grieving?
6. What have you learned about your community while grieving?
7. How has taking care of yourself, or learning how to take care of yourself helped you? How has it not been helpful?
8. What (if anything) are you afraid to admit to yourself right now?
9. What has (and may continue to be) hard, even as you take care of yourself?
10. Which part(s) of taking care of yourself are really hard? Do you struggle with feeling like you're worthy enough to be taken care of? Do you struggle with feeling like taking care of yourself means you aren't doing enough?
11. How can you be there for yourself and celebrate the beautiful way(s) that you do show up for yourself, right now?

## **PART 5: GROUNDED MANIFESTATION AS A SELF-HEALING TOOL**

### **Affirmations:**

#### **Say it with me:::**

1. I am unlearning the things that kept me small.
2. I am in alignment with all that is good for me.
3. I trust that I am always being led in the right direction.
4. I deserve to rest. I deserve to laugh. I deserve to have joy.
5. I believe in my ability to grow.
6. My survival and ability to thrive doesn't depend on how well I can overwork myself.
7. I know that even in hard and painful times, I can still have access to my joy and peace.
8. I believe in my ability to thrive.

I often use negative self-talk as an opportunity to turn it around and create affirmations.

I don't always believe what I'm saying. It often takes time for me to get there.

I don't always see how I'm going to get to where I am going either.

But affirmations give me the framework to repeat, envision, and then take actionable steps on the things I want to bring into my life.

This is very different than the typical way manifestation is taught, which is usually "think it and then it will be." This isn't always the case, and it's especially not always the case for black people because of the disparities and inequalities within the world, and within Wellness as a whole.

Yes, when we can see what we want to achieve it is already real because our mind and our energy is powerful. However, for black people and POC we have so much to unlearn that stems from the ways in which society has seen us and therefore the feelings we may have inadvertently internalized about ourselves and our ability to grow.

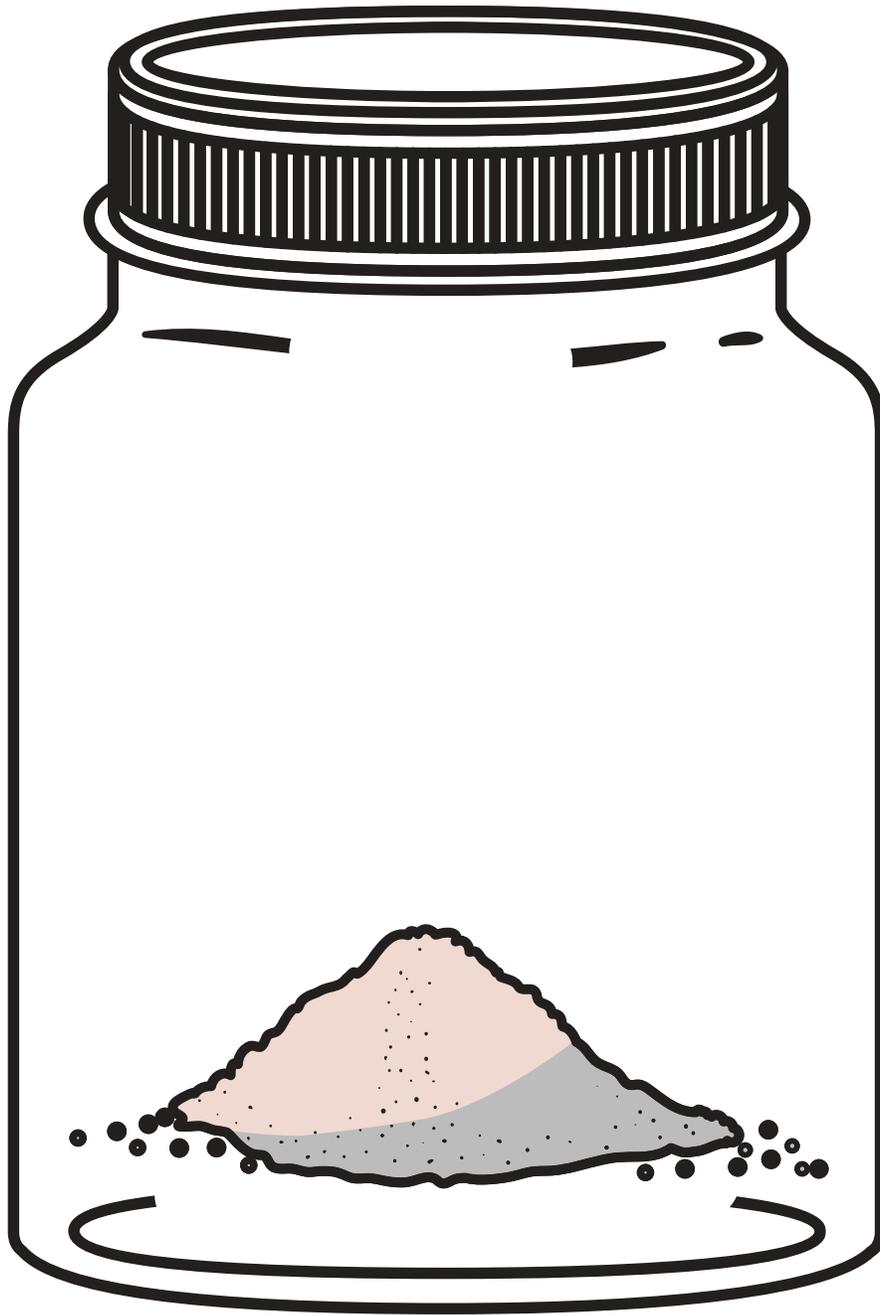
And I think it's important to say that because, when you're trying to manifest a particular kind of life in a world that doesn't see you, it's not the same process of manifestation as everyone else.

I hope that all of the resources here are a starting point toward your self-healing work. It's important to learn how to communicate (to yourself and others) what you need so that you can advocate for yourself and others. Although this resource is not comprehensive, and there are so many tools and ways to heal, I hope this has been a good start for you.

Take care,

Yasmine

# Sugar Jar Challenge



# Day 1

## What size is your Sugar Jar?

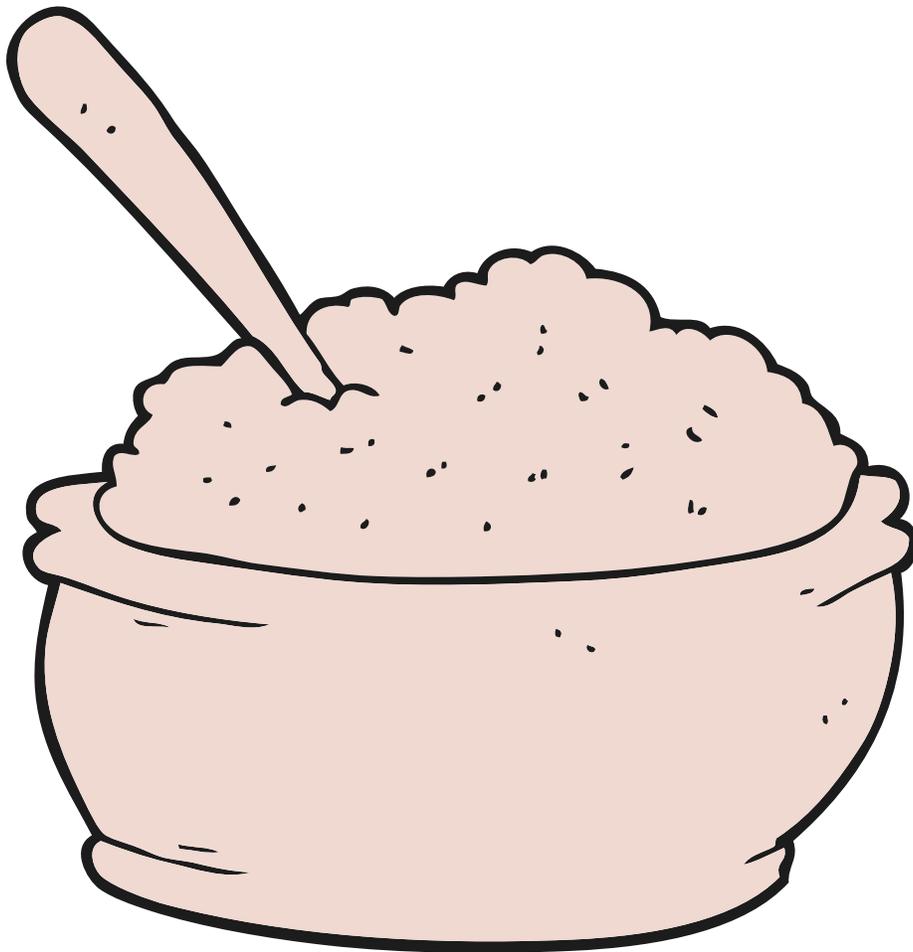
In other words, how much capacity do you currently have? Do you feel like you need more space? Are there places in your life taking up a lot of room at the moment? Do you feel comfortable with the capacity that you currently have?



# Day 2

## Where does your Sugar go?

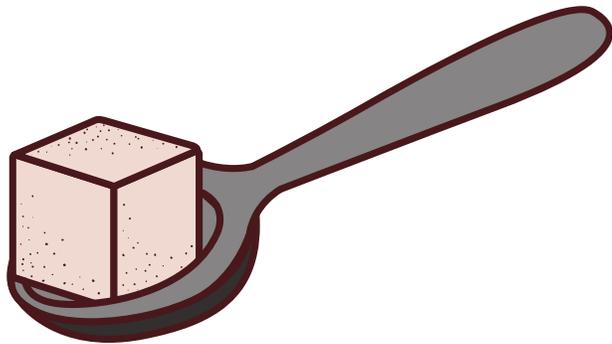
In what ways do you participate in the uneven exchanges? How can you shift your awareness away from giving when you don't have to being intentional about the ways you give + when you give?



# Day 3

## How much Sugar do you have to give?

Think about a normal day in your life. How often + in what circumstances do you often feel drained? How can you shift the amount of you that is available?



# Day 4

## In what circumstance is your Sugar not available?

Here, you can begin to think about the types of boundaries you'd like to put in place to protect your sugar from constantly being taken without your awareness. Are you not available for phone calls without your permission until 10am? Are Tuesday evenings off limits for anything but reading? Begin to think about what you'd like to have available for yourself.



# Day 5

## Fill Your Jar

Write inside of your jar all of the different ways that you fill your sugar jar (aka yourself) up. What brings you joy right now? What are you grateful for?

