

Self-Love Practices for Black Youth

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Self-love is an essential part of navigating the world as a Black person. It is important to know when to step back, take breaks, and distance yourself from unsafe and unhealthy spaces.

Take time for yourself

While being surrounded by positive people is a good practice, it is also important to prioritize yourself. Take the time you need to reflect, relax, and enjoy your own company.

“I’m gonna take a night to myself.”

Do the things you enjoy

Make time for the healthy activities you find pleasure in as often as time permits. Finding joy helps us stay connected to ourselves and reminds us of the good things in life when times are rough.

“It’s been a while since I ———.”

Trust your instincts

That bad feeling you get around certain people and in certain environments is not a coincidence. If particular friend groups or social circles make you uncomfortable, distance yourself. Your safety and well-being come first.

“I’m gonna have to pass.”



Unplug from media

“I need a break from this type of news.”

Black folks are regularly bombarded with tragedy and trauma on social media and the news. Switching off your devices for breaks or unfollowing accounts that share traumatic images is crucial in maintaining your well-being. You deserve time to rest, recharge and control what you see.



Prioritize yourself

We tend to put other people's feelings before our own, even when it hurts us (e.g., micro and macro aggressions). If someone says something hurtful, if you feel safe doing so, point it out and state why what they said was not okay.

“That was unacceptable because _____.”



Connect with loved ones

Make time for those you love and those who love you. Check-in with each other and talk about your feelings and thoughts if you need to. You deserve to be supported and cared for.

“Hey, how are you feeling today?”

“Hey, how are things going with you?”

“Hey, wanna talk later?”

Meet your needs

When things get difficult, we tend to forget to take care of our bodies. It's important to hydrate with plenty of water, find ways to be active, sleep and maintain our body care in order to preserve your physical and mental health.

“How much water have I had today?”

