

Showing Up for Yourself: Black Women Organizers Learning to Come Home to Themselves



Additional Props to Aid with Relaxation + Stillness:

- Aromatherapy Oil Diffuser Humidifier. Click [here](#).
- Eye Pillows. Click [here](#).
- Essential Oils. Click [here](#).

ALIGNMENT REMINDERS:

Whenever you're feeling out of alignment, remember the tools that you've created for yourself:

Write down your best physical practices that make you feel aligned

- _____
- _____
- _____
- _____

Write down your best emotional practices that make you feel aligned

- _____
- _____
- _____
- _____

Write down your best spiritual practices that make you feel aligned

- _____
- _____
- _____
- _____