

The
Steve
Fund

Cultivating Care

YOUR JOURNEY TO WELLNESS

Adapted from *Unapologetically Whole*,
a self-care journal for HBCU students created by
the Steve Fund in collaboration with the
United Negro College Fund.

stevefund.org



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How to Use

GETTING STARTED

Save a copy to your Google Drive (**File > Make a Copy**) to type directly into your personal digital journal. *Note: You must be signed into a Google account to make a copy, otherwise the option will be greyed out..*

Once the copy is on your personal Drive, you can customize the fonts for your responses, duplicate or delete pages, add your own content, and even password protect your digital journal. For the best experience, we recommend using the Google Chrome browser.

ZOOM IN OR OUT

Windows users: Press Control, Alt, and +/- at the same time.

Mac users: Press Command, Option, and +/- at the same time.

Introduction

Greetings from the Steve Fund!

We are super excited to share with you a resource to help you navigate school, college/university, the workplace, and your community as a young person of color.

Why? Every day, young people of color have encounters in which they feel unwelcome, due to microaggressions, discrimination, or outright racial profiling. Whether we choose to challenge the person who has disrespected us or decide to let it go, these situations can have a negative impact and make us feel “some type of way.”

The Steve Fund team is aware of these common occurrences and their potential impact as they pile up over time. We were compelled to develop a resource to help us ground ourselves and engage in some strategies for self-care and self-love. This journal is designed to help us achieve and maintain positive energy and affirm ourselves in our humanity, just as we are. Using the journal will provide tips on what to do if we feel stuck on a personal, relationship, or community level and how we can get through and beyond the day to day stressors that are so common in our lives.

The journal will be our go-to for the Racial Recovery Plan that includes a Racial Wellness Toolbox, Daily Maintenance prompts, a Triggers and Response Plan, and spaces for Early Warning Signs and Response, Severe Racial Trauma and Response, and Crisis Planning. Additional features of the journal include inspiring quotes, a Gratitude Calendar for regular reflection, A Community Asset Mapping grid, and encouraging guidance on the practice of listening to and loving ourselves. A treasure of links to a wide variety of culturally centered resources will not only help us but will allow us to share the wealth of mental health with our families, friends, fellow students, and co-workers!

We, at the Steve Fund, encourage everyone on their journey to wellness and wholeness. We hope this tool will be a useful companion for years to come!

Peace, health, and well-being,

THE STEVE FUND TEAM



THESE ARE THE WAYS THAT
I TAKE CARE OF MYSELF:

*I make
things happen*





Guide for STUDENT LEADERSHIP

There are many ways to make an impact on a variety of levels for yourself, in your community, and nationally. Here are some ways that you can make use of your leadership skills.

Personal Level:

REFLECT

Reflect on your values, strengths, and identities including where you can contribute to the mental health conversation.

DEVELOP

Develop coping strategies early. It is hard to think of ways to cope when you are in distress or crisis so think about what you need to care for yourself.

CONNECT

Connect with others. Having social support is a great way to reduce your sense of isolation and it helps to bolster your mental health.

ASK FOR HELP

Ask for help when you need it. Seeking help is a sign of strength, not weakness, so do not wait, get help from someone you trust.

DEVELOP

Develop a balanced schedule. Try to create some structure around when you eat, sleep, spend time with others, rest, and engage in your work. Having balance can help you manage competing demands and in setting boundaries.

INCORPORATE

Incorporate “Wellbeing Checks” into your daily routine for example, writing in a journal, praying, practicing mindfulness and self-compassion or going on a walk.

EMPHASIZE

Emphasize your strengths. Remember that there is so much more to who you are than your achievements, or the help you give to others. Think about ways to practice affirmations that serve as a reminder of your efforts, your growth, and harnessing your joy.

Relationship Level:



HAVE A CONVERSATION

Have a conversation with a family member, friend or loved one about mental health and stigma. This can create an understanding that discussing mental health concerns can be a part of daily life.

ORGANIZE

Organize an event on campus that addresses mental health and stigma. Bringing people together to identify issues on campus and provide sources of support for each other around mental health can be a great way to bring change to your campus.

PRIORITIZE

Prioritize key systems of support and community care. Reflect on who are the people on campus who you can work with to make the mental health changes you wish to make on your campus; this can include administrators in student life, athletics, sorority and fraternity life and more.

ENCOURAGE OTHERS

Encourage others to practice self-care by engaging in activities that bring joy, rest, and rejuvenation.

CULTIVATE TRUST

Cultivate trust by listening generously and modeling vulnerability. Building a community of care around mental health concerns takes vulnerability; it can be powerful to share your experiences in a safe environment while giving others room to share their experience.



"UNAPOLOGETICALLY WHOLE"
MEANS TO ME...

Community Level:

JOIN OR VOLUNTEER

Join or volunteer for a national mental health advocacy group such as NAMI, Mental Health America, Black Emotional and Mental Health Collective, and/or the Black Mental Health Alliance.

ENGAGE

Engage in activism and community meetings to lend your voice to a mental health cause you are invested in.



WHAT NEW TOOLS WILL I add to my self-care?

For my:

(circle all that apply)

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I am on
my WAY TO
building my
LEGACY.



TODAY I'M HONORING
MY SPIRIT BY...



Notes

Racism Recovery Plan

The Racism Recovery Plan is a step-by-step guide that you can tailor and then implement when coping with racial trauma. The guide helps identify stressful racism events, related symptoms you may experience after such events, and coping strategies you can use to care for yourself during these events.

This toolkit has been created by Boston College - Institute for the Study and Promotion of Race and Culture.

RACIAL WELLNESS TOOLBOX

How do I feel responding to racism in a healthy manner?

Jernigan, M. M., Green, C. E., Perez-Gualdron, Liu, M. M., Henze, K. T., Chen, C....Helms, J. E. (2015). #racialtraumaisreal. Institute for the Study and Promotion of Race and Culture, Chestnut Hill, MA. Retrieved from: www.bc.edu/content/dam/files/schools/LynchSchool_sites/isprc/pdf/racialtraumaisrealManuscript.pdf

Daily Maintenance:

What do I need to do on a daily basis to help keep my racial identity and mental health supported and grounded?



TRIGGERS & RESPONSE PLAN

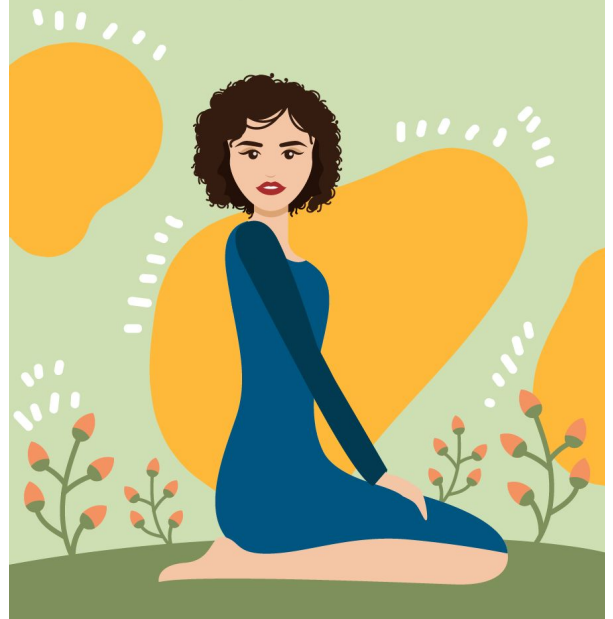
My Racism Triggers:

My Response Plan:

How will I respond to these triggers?

*"and when we speak we are afraid
our words will not be heard nor
welcomed but when we are silent
we are still afraid. So it is better to
speak remembering we were never
meant to survive."*

Audre Lorde,
Litany for Survival



EARLY WARNING SIGNS & RESPONSE

Warning signs that I'm struggling:

How I will respond:

SEVERE RACIAL TRAUMA & RESPONSE

Severe racial trauma signs:

How I will respond:



Being seen and heard
IS ESSENTIAL TO HEALING.

CRISIS PLANNING

Signs of Crisis:

Crisis Plan:

How I'll take care after the crisis:





Gratitude Challenge

Take a few minutes to reflect on 2-3 things you're grateful for each day for one month.

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If I was living my best mental health life, I would...

I am honoring my boundaries and capacity by...



I am paying attention to what my body is telling me by...



Community Asset Mapping

These are the resources and supports in my community that I can count on:

[illegible]

*I am no longer accepting
the things I can not change.
I am changing the things
I can not accept.*

DR. ANGELA DAVIS



Resources

APPS

Liberate

www.liberatemeditation.com

Headspace

www.headspace.com

Calm Meditation

www.calm.com

Moodfit

www.getmoodfit.com

MoodMission

www.moodmission.com

Shine Meditation

www.theshineapp.com

Mira Therapeutics (PTSD)

www.miratx.app

TELEHEALTH SERVICES

Talkspace

www.talkspace.com

Betterhelp

www.betterhelp.com

Boris Lawrence Henson Foundation

www.borislhensonfoundation.org

*Caring for myself is not
self-indulgence, it is
self-preservation, and that is
an act of political warfare.*

Audre Lorde



TOOLS

The Steve Fund Crisis Text Line

Text STEVE to 741741 to connect with
a trained crisis counselor 24/7

Get Out Of Your Mind and Into Your Life Workbook

www.tinyurl.com/3zy97j3d

CBT Made Simple Workbook

www.tinyurl.com/2p8cdfc6

Live Mindfulness Seminars & Resources

www.palousemindfulness.com/covid19/index.html

Mental Health Resource Center (JED)

www.jedfoundation.org/mental-health-resource-center

Holistic Toolkit for Coping with Racial Trauma

www.tinyurl.com/bd3u3d5d

Therapy for Black Girls Podcast

www.therapyforblackgirls.com/podcast

SpeakOnIt Podcast Season 1, The Steve Fund

www.stevelfund.org/speakonit-podcast-11

OTHER RESOURCES

Active Minds

www.activeminds.org

Community Conversations, The Steve Fund

www.stevelfund.org/community-conversations

Student Stories, The Steve Fund

www.stevelfund.org/student-stories

MENTAL HEALTH PROVIDERS

Therapy for Black Girls

www.therapyforblackgirls.com

Melanin & Mental Health

www.melaninandmentalhealth.com

Inclusive Therapists, Counselors, Mental Health Care Near You

www.inclusivetherapists.com

TherapyDen: Find Local Therapists, Psychologists and Counselors

www.therapyden.com

Hurdle

www.hurdle.health

Ayana Therapy

www.ayanatherapy.com

Latinx Therapy

www.latinxtherapy.com

Therapy for Black Men

www.therapyforblackmen.org

National Queer and Trans Therapists of Color Network

www.nqttcn.com