

# Coping & Wellness: Pleasant Activities



*The Mecca of Black Wellness*



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Please refer to this list of healthy activities that you can use to replace unhealthy behaviors. We want you to get active, increase your positive interactions and experiences, and to ultimately start feeling better!

1. Yoga
2. Meditation
3. Prayer
4. Take a walk/jog around your neighborhood
5. Visit a local park
6. Read your favorite book in a new location
7. Visit your local bookstore to pick out a new book
8. Listen to uplifting or inspiring music
9. Create new music
10. Take time to write to in your journal, write a story, or write a poem
11. Create spoken word
12. Take a relaxing bath
13. Hug
14. Kiss
15. Create art
16. Visit a friend
17. Call a friend
18. Visit family
19. Play a game outside with your child/children
20. Go see a movie
21. Visit a local coffee shop and sit for a warm cup of coffee or tea
22. Visit a museum
23. Plan a meal with a friend
24. Go on a date
25. Visit a new place and be open to talking to strangers
26. Garden
27. Travel—explore your local area or plan a travel getaway
28. Cook your favorite meal
29. Bake
30. Go to a restaurant
31. Laugh
32. Go fishing/hunting
33. Go on a scenic drive
34. Hike
35. Volunteer at a local shelter, animal shelter, or your favorite cause
36. Dance! Even if you're not a dancer, sign up for a class at a dance studio in your area
37. Zumba
38. Pick up a new hobby!
39. Attend a church service
40. Talk to your pastor or spiritual advisor
41. Dress up in clothes that help you to feel your best (that perfect little black dress, a tailored suit)
42. Get a haircut
43. Buy a new outfit
44. Wear your favorite sneakers
45. Schedule an appointment with your favorite makeup artist or do your makeup yourself
46. Get a new hairstyle (cut, color, style)
47. Plan a game night with your friends/family
48. Rearrange a room in your home, create an inviting and comforting space
49. Burn your favorite candle or oil
50. Try a new adventure (skydiving)
51. Take a walk around a winery
52. Complete a puzzle
53. Complete a difficult task. Something that challenges and pushes you out of your comfort zone

## FOR MORE INFORMATION

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)



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### Resources During Crisis or Distress

#### The National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Visit, <https://suicidepreventionlifeline.org/> or dial 1-888-628-9454 to speak to someone.

#### Psychology Today

[www.PsychologyToday.com](http://www.PsychologyToday.com)

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers who provide mental health services in the US and internationally.

#### Therapy for Black Girls

[www.TherapyForBlackGirls.com](http://www.TherapyForBlackGirls.com)

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

#### Zoc Doc

[www.ZocDoc.com](http://www.ZocDoc.com)

With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.

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