

FINDING YOUR SWEET SPOT™

10 SELF-CARE STRATEGIES FOR PEOPLE OF COLOR

Your sweet spot is the place where you feel joy, peace, affirmation, love, empowerment, and self-acceptance. It is a place of quiet that allows you to reflect, to discover your voice, to strategize, and to heal. Discovering and connecting to your sweet spot is the key to personal growth and emotional well-being.



SONG

Music is a universal language that conveys emotion and needs no translation.

Think of a song that has the power to shift your mood.



SPIRITUALITY

Faith and belief in a higher power has helped us through difficult times.

What is a spiritual practice that uplifts you?



SOLIDARITY

Connecting with people who affirm you is a powerful antidote to depression and anxiety.

Send a thank-you note to 1 person who affirms you.



SWEAT

The best exercise routine is one that is convenient and consistent.

What is movement activity that you love?



SPEAK UP!

Advocating for a social cause that is meaningful to you will give you a sense of purpose.

What is a social issue that you care about?



SELF REFLECTION

Reflecting on how you feel, think, and act is needed on the journey of self-discovery.

When is the last time you made space for self-reflection?



SCENERY

Your surroundings, both indoor or outdoor spaces, have the power to improve your mood. .

Take a photo of your favorite place and keep it where you will see it every day.



SHARE YOUR STORY

Telling your story is a vulnerable process, but it frees you from silence and shame.

Share a story that highlights your struggle?



SELF-TALK

Using words of affirmation and focusing on your strengths builds self-love.

What are 3 positive statements that describe you?



SUCCESS FOCUSED

When we focus on success, we invite more success into our life.

Share 2 successes you have had today.