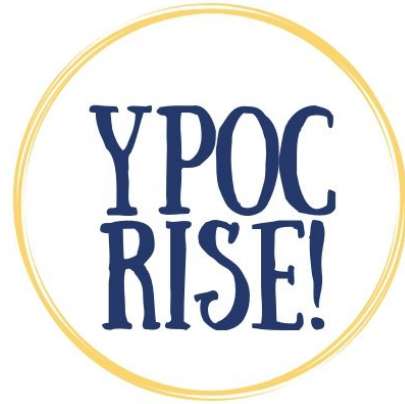

Episode 04: Reflecting Upon Habits for Well Being

Once place to start in managing our well-being is to check in on our current habits. Take stock of your current life and identify the areas that are causing you racial stress and then create space to determine where you can control the areas to minimize its impact on you.



Whether you are watching the YPOC Rise videos alone or in community, you can use the following resources for further reading and learning. Have resources we should add? Let us know and email us at info@interactioninc.org.

Further Reading & Citations

Work Life Balance:

6 Tips for a Better Work Life Balance

<https://bit.ly/2pgFXAh>

School-Life Balance

<https://bit.ly/2tqdHvV>

5 Ways to Maintain Balance Between Work, School, and Life

<https://bit.ly/2MFoOd8>

Self-Care:

How To Practice Self-Care When You're The Only Person Of Color In The Office

<https://bit.ly/2Pvaarp>

8 MENTAL HEALTH AND SELF-CARE RESOURCES FOR QUEER & TRANS POC

<https://bit.ly/2MPpwbX>

Self-Care for People of Color After Psychological Trauma

<https://bit.ly/2w5l5S3>

Filling our Cups: 4 Ways People of Color can Foster Mental Health and Practice Restorative Healing

<https://bit.ly/2w58soQ>

5 Easy Morning Rituals That can Reduce Stress and Overwhelm

<https://bit.ly/2wXcDRU>

Eating Well:

Importance of Good Nutrition

<https://bit.ly/2mmKfFI>

44 Healthy Foods Under a Dollar

<https://bit.ly/2xicVoF>

Why is it Important to Eat Vegetables

<https://bit.ly/2dKi6ao>

Sleeping Well:

10 Reasons Why Good Sleep is Important

<https://bit.ly/2wdZTrK>

Healthy Sleep Habits

<https://bit.ly/1OONGx1>

Healthy Sleep Tips

<https://bit.ly/2xgGmY5>