RECIPES FOR LIGHT
When the blues might be bringing you down

A compilation of ideas, remedies, affirmations and insights to uplift a sister from sisters who have been there and done that.

BLACK WOMEN FOR WELLNESS
www.bwwla.org
Black Women for Wellness is a grassroots community based non-profit organization. Our mission centers with empowering African American and Black women & girls.

Each December our Sisters @ Eight program offers insights into surviving the year.

From deaths that seem to arrive both expected and unexpected, to unrealistic family expectations & fantasies, to over-spending to keep pace with consumerism and “the joneses”, to the cultural demands of social events and parties –

We have complied these remedies and tips for the melancholy or blues that can complicate our lives throughout the year.

We hope our remedies, suggestions and tips help alleviate stress while building peace. We also welcome your personal survival tips, feedback on what works and your stories on being a triumphant Black woman. Email them to info@bwwla.com.
Books
Reading is a complex cognitive process of decoding symbols in order to construct or derive meaning (reading comprehension). It is a means of language acquisition, of communication, and of sharing information and ideas. Reading novels improve brain function, and also may help reduce your anxiety.

**Romance**
Shirley Hallstock
*White Diamonds*

**Science Fiction**
Octavia Butler
*The Parable of the Sower*

**Black History**
Isabel Wilkerson
*The Warmth of Other Suns*

**Self Help**
Debrena Gandy
*Sacred Pampering Principles*

**Romance & Black History**
Beverly Jenkins
*Vivid*
Aromatherapy

Aromatherapy is a form of alternative medicine that uses plant materials, known as essential oils, and other aromatic compounds for the purpose of altering a person's mood, cognitive function, or health. Certain oils or other plant materials like Vanilla, Rose and Lavendar are mixed and either inhaled, diffused into the air (just like an air freshner), added to your bath, or applied as skin care.

Recipes for Happiness

**Blend #1**
3 drops Bergamot
1 drop Ylang Ylang
1 drop Grapefruit

**Blend #2**
2 drops Sandalwood
1 drop Rose
2 drops Bergamot

**Blend #3**
2 drops Lemon
2 drops Grapefruit
1 drop Rose
Color Therapy

Colors surround us and have an impact. They absorb and release light and energy. Color therapy applies light and color in the form of tools, visualization, or verbal suggestion to balance energy in the areas of our bodies that are lacking vibrance – be it physical, emotional, spiritual, or mental.

Red
High energy, stimulating, passionate, & vigorous

Blue
Tranquil & peaceful

Yellow
Sunny, cheerful, & stress relieving

Green
Restful & quiet

Violet
Strength & wisdom

White
Self-reflection & meditation
Physical Activity

Physical activity is any bodily activity that enhances or maintains physical fitness and overall health and wellness. Frequent and regular physical exercise boosts the immune system and helps prevent heart disease, cardiovascular disease, Type 2 diabetes, and obesity. It may also help prevent depression, promote or maintain positive self-esteem, and improve mental health.

Aerobic exercise
Physical activity that uses large muscle groups and causes your body to use more oxygen than it normally would while resting. Examples include cycling, swimming, brisk walking, skipping rope, rowing, hiking, and playing tennis.

Anaerobic exercise
Strength or resistance training to firm, strengthen, and tone your muscles, as well as improve bone strength, balance, and coordination. Examples include pushups, lunges, and bicep curls using dumbbells.

Flexibility exercise
Stretches and lengthens your muscles. Exercises such as stretching help to improve joint flexibility and keep muscles limber. These exercises improves the range of motion which can reduce the chance of injury.
Music
Neuroscientists have discovered that listening to music heightens positive emotion through the reward centers of our brain, stimulating hits of dopamine that can make us feel good or even elated. Music may also reduce anxiety, improves immune functioning, aid memory and encourages physical activity.

R&B
Alexandria
Kehlani

Hip Hop
Jean Grae
Tink

Jazz
Nina Simone
Esperanza Spalding

Electronic
Abra
FKA Twigs
Massage

Massage involves working and acting on the body with pressure using hands, fingers, elbows, knees, forearm, feet, or a massage device. Massage can be an effective treatment for reducing stress, pain and muscle tension, in addition to anxiety and digestive disorders.

Swedish massage
Swedish massage uses a combination of long, sweeping strokes, muscle kneading and applying deep pressure to specific points on the body.

Hot stone massage
During hot stone massage, your body is weighed down with hot, smooth stones, and the masseuse also uses the stones to massage your body. The heat primarily helps release the tension in your back and shoulders.

Chair massage
Chair massages have you sit face forward in a chair so the therapist can massage mostly your neck, shoulders, and back. Depending on the massage therapist, a chair massage can really get the tension out of your upper body.
Food

Foods rich in vitamins, minerals, and fatty acids are not only healthy, but can also increase happiness, lessen symptoms of depression, and reduce anxiety. A healthy cognitive system is essential to regulating mood, and certain nutrients have a profound impact on maintaining normal brain function.

**Calcium**
The most abundant mineral in the body, calcium plays an important role in maintaining strong bones and healthy blood vessels, and in reducing the risk of Type 2 diabetes. Low levels of calcium may play a role in PMS-related depression in particular. Sources include Collard Greens, Yogurt, and Kale.

**Chromium**
Chromium plays an important role in increasing the brain's level of serotonin, norepinephrine, and melatonin, which help the brain regulate emotion and mood. Chromium is an effective treatment for depression. Sources include Broccoli, Grape Juice, and Potatoes.

**Folate (B9 or Folic Acid)**
Folate helps the body create new cells and supports serotonin regulation. Folate and B12 are often paired together to treat depression. By itself, Folate has the added benefit of boosting the efficiency of antidepressants. Sources include Spinach, Black-Eyed Peas, and Avocado.
Meditation

Meditation is a practice where an individual trains the mind or induces a mode of consciousness. Studies suggest that meditation can reduce anxiety, increase intelligence, prevent illness and help develop compassion, love, patience, generosity and forgiveness.

Standing meditation
Relieves lower back pain and promotes a sense of internal stability. Begin with a short period of time—5-10 minutes. Stand in a comfortable, straight posture with the feet pointing forward, about shoulder width apart. Do a quick full-body “scan,” releasing tension and bringing awareness to every part of the body.

Walking meditation
Move slowly and continuously while staying aware of the body and mind. For this form of meditation, use good posture (just like seated meditation), take deep breaths, and experience the motions of the body.

Dance meditation
Let go of the ego and surrender to the rhythms and ecstasies of movement. Yelling, jumping, and grooving to the beat are encouraged to release stress, bring a smile to your face and help you get in touch with primal instincts.