

Self-Care Guide

Created by Shariah S. Salahaladyn (Former Student of Dr. Carey-Butler)



Self Care Tips: During these Troubling Times





**You are under no
obligation to explain
your feelings or**

SOCIAL MEDIA INTERACTION



Not every post, article, or tweet requires your attention and response. Constantly viewing appalling footage can be overwhelming

It is important to seek support
and comfort from others that
you can trust.



Your feelings are **VALID**. Please take time to acknowledge them. **ANGER, SADNESS, FEAR..** No matter what All **JUSTIFIED!**





times we are facing-
it is important to
feed your soul and
body with things that
typically bring you
joy. While it may be
difficult to feel joy at
this time, especially
in a world that
doesn't value or
appreciate **Black
Lives**-please don't
stop taking care of
yourself. **We (I) want
you here forever -**



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