Self-Care Guide

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Self Care Tips: During these Troubling Times
You are under no obligation to explain your feelings or...
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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