

Self-Care for the BIPOC Community



4 Ways to Partake in Radical Self-Care for BIPOC Community Members

Self-care has become a popular topic to discuss and phrase to utilize in many spaces and places in contemporary American society. In reality, it is also an essential tool for mental and physical endurance. Oftentimes, intentionally attending to the mental, physical and emotional needs of oneself can in itself serve as a radical declaration that our bodies and minds are made on purpose and with purpose, and do not exist solely for use and consumption. This is particularly true for individuals in the BIPOC community who are routinely met with a narrative that is counter to this. Here are some specific ways that individuals in this community can begin or continue on a journey toward caring for themselves:

1. **Relishing in your culture and community**—by engaging in places and spaces that are physically safe, familiar, and culturally congruent—is a wonderful way to take care of yourself. Some examples of this might include:
 - Staying at home with family and partaking in your favorite traditions
 - Consuming some of your favorite, most comforting media created primarily for and by people of your background
2. **Disengaging from conversations** that leave you feeling unsafe, unwelcome and/or unfulfilled. Give yourself permission not to be obliged to converse about certain topics if you do not foresee the conversation to be safe, trusted, and/or mutually beneficial. Give others space and explicit permission to pursue their own education. Release yourself from the burden of educating those around you.
3. **Unapologetically resting.** Rest is productive. Rest is resistance. Full stop.
4. **Seeking support if and when you need it.** Lyra, your mental health benefit, is available for those who are interested in starting care. The Lyra provider network is made up of expert, compassionate providers of many backgrounds, lived experiences, and identities. [Sign up](#) to get matched with a provider who's a great fit for you.



Hi! I'm Dr. Holman

I'm a counseling psychologist and Workforce Mental Health Program Manager at Lyra. I'm passionate about empowering and educating individuals in BIPOC communities to utilize and benefit from mental health services both at work and at home.