













AFRICAN WOMEN'S DEVELOPMENT FUND

Flourish

Well-being journal

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Seeds

About AWDF

The African Women's Development Fund (AWDF) strives for Africa to become a continent where gender justice is fully achieved for all African women, girls and gender-diverse people, and dignity and freedom are a reality for all Africans. In its first 22 years, AWDF disbursed nearly USD 68 million to women's rights and feminist organisations, primarily throughout Africa (and in selected Middle Eastern countries through one of our projects). AWDF has supported work that led to changes in law and policy, social norms, narrative, and movement-strengthening for gender justice. Building on its strong track record, AWDF's ten-year strategic framework (2023-2033) seeks to guide its efforts to advance gender equality and gender justice for girls, women and gender-diverse people across Africa. At its core, the strategy's focus is on resourcing, nurturing and strengthening those who are best placed to achieve transformative change: African women's rights and feminist groups, organisations and movements.

The African Women's Development Fund (AWDF) is a grantmaking foundation that supports local, national and regional women's organisations working towards the empowerment of African women and the promotion and realisation of their rights. The organisation supports both established and small, locally based women's organisations. AWDF also provides specialised funding to facilitate learning and networking opportunities and to celebrate the contributions and achievements of many un-sung African heroines.

About the flourish retreat

The Flourish Retreat aims to nurture the parts of the African feminist movement that we know are burnt out and in need of radical care and political attention. In sum: space to heal, space to reflect, the feeling of being recognised for a life of activism – are all critical components of building and sustaining hope. The vision is to provide, sow, water and keep replanting the seeds for sustaining Africa feminist activism- so that we still have robust, self-reflective, leader-full, engaging and dynamic African feminist movements a century from now!

The long-term vision is to support an environment in which African feminism can flourish.

Why this journal?

The decision to create a digital, downloadable journal came from the intention of making this resource available for as many people as possible. We acknowledge that we all have different circumstances which may pose limitations to the pursuit of our well-being. And we believe that taking care of our well-being – mental, emotional, physical, spiritual, occupational, social, intellectual, environmental and even financial, is a basic human right – a social justice endeavour.

We have created this journal to offer a variety of ideas and recommendations to meet you where you are. That said, we appreciate that there are limitations to the accessibility of this journal and we continue to work on widening its reach. Look out for versions of the journal in different languages and formats.

Acknowledgements

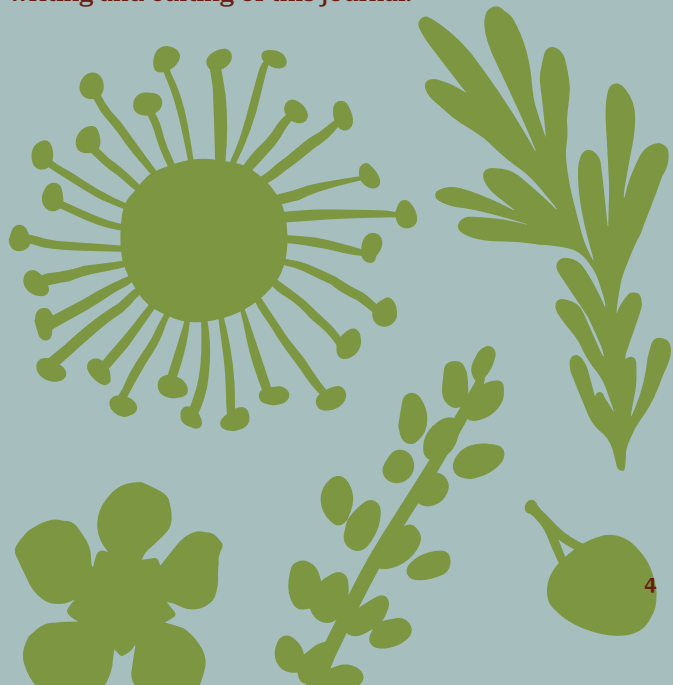
We would like to acknowledge our collective ancestors, devis, spirits and guides who give us life and wisdom; the earth that gives us nourishment; everything and everyone who supports us in our well-being and life journeys.

We would also like to acknowledge:

Laurence Sessou, Nathalie Fanja Haaby and Ndeye Khaira Thiam for their contribution to the 2023 Flourish retreat and to the ideation of this journal.

Lulu Kitololo and the Lulu Kitololo Studio team for the creative concept, writing and design of this journal.

Fadzai Muparutsa and Chaïmae Ribani from the AWDF team who contributed to the conceptualisation, writing and editing of this journal.



Journaling

We want to highlight a foundational healing practice that will be used as a tool throughout this journal – journaling. Journaling involves writing down your thoughts and feelings. It can help you get clear about, understand and work through things you experience in life, as well as generate valuable insights to support yourself and community.

Throughout this journal you will be presented with prompts that will inspire you to reflect, connect with yourself and discover.

There is only one rule when it comes to journaling: don't censor yourself – write whatever comes to mind, without judgement.

Listening

An introduction

We invite you to slow down and listen, feel, reflect...

We believe that the infinite wisdom of your body, heart, soul and sense is always available to you and, throughout this journal, you will experience different ways to tap into that intelligence, whenever you need to.

This journal calls you to prioritise your well-being: to give care to yourself first and be open to receiving it from others.

This journal is also about taking responsibility for our collective well-being for, when we nurture ourselves and fill our cups, we are nourished and can afford ourselves opportunities to be abundant for others.





How to use this journal

This journal is organised into seven sections.

Being at home

You'll create a foundation that focuses on tending to or creating a sense of security and confidence – in your body and in the world.

Surrender

You'll connect to your emotions and then channel them using creativity.

Being intentional

You'll get clear about your purpose and create a clear vision for yourself. You will also look at mindfulness around food and nourishment, as a foundation to well-being.

Loving

You will start with your most important relationship – the one you have with yourself or would like to have with yourself. From there, you will expand to look at being connected and being in community as key pillars of your well-being. There will be several activities for connecting both with yourself and with others, including those who are no longer with us here on earth.

Connecting

You will: nurture your self-expression; rediscover the power of storytelling and how to lean in to sharing your own story; explore meditation as a tool for, among many other things, connecting to your inner wisdom.

Breathe

You'll look at the source of life itself: your breath. Often taken for granted, you'll get to delve into the benefits of breathwork and explore different approaches.

Fulfilment

You'll discover sound and smell as powerful contributions to your well-being, by exploring different healing practices you can easily incorporate into your personal rituals.



Being at home

“A tree cannot stand without roots.”

— African proverb

Being at home in nature

We've always had a deep connection with the earth. The earth nurtures us physically, as well as mentally and spiritually.

For many of us however, modern life has distanced and disconnected us from nature and the healing benefits it provides.

Thus, we are going to be intentional in order to strengthen our connection to what is ours, to where we belong.

How I like to connect to the earth

A specific place or type of place I would love to visit often

An activity in nature that I would love to engage in regularly

How often I can make these visits and activities happen
(e.g. daily, weekly, once a month)

This is what might get in the way of these commitments

This is how I will prepare for this potential barrier so I'm able to uphold my commitment to myself

Engaging your senses

The next time you're in nature – whether for one minute or 20 – pay attention to each of your senses.

Be present to what you see all around you – in front, behind, above and below.

Notice how many layers of sound you can hear and how they interplay together.

What aromas does your nose pick up? Can you identify what they are?

Are you tastebuds ignited? Is there perhaps even a memory of taste evoked by your surroundings?

Is there anything you can hold and touch and how does it feel against your fingertips and your skin? Take off your shoes and socks if it's safe to do so. Notice the temperature and texture of what you feel underneath your feet.

How does it feel to engage all the senses you can access at this moment?



Being at home in my body

Checking in with your body

How do you feel in your body right now? Are there any areas that feel tense?

Notice them and take a deep breath. As you breathe out, mentally send your breath to each of those areas, one-by-one.

Keep inhaling and exhaling mindfully like this, until you feel the tension disappear. Then pay attention to the next area and repeat.

What do I love most about my body?

What makes my body feel good?

What doesn't make my body feel good and in what circumstances do I experience this dis-ease?

How can I acknowledge and release what doesn't make my body feel good?

What type of movement in your body or energy field makes my body feel good? (E.g. a type of exercise or vibrational channelling, even floating!)

Being at home with myself

Grounding meditation

Lie down, sit or stand barefoot on the earth, feeling the connection and vibrational energy to the ground beneath you. Visualise roots extending from your body into the earth, anchoring you. Take your time, be curious and notice what you experience.

What contributes to me being grounded?
(That is feeling whole, confident and sure of myself)

What helps me be centred?
(Centred being the place of peace and balance I know I need to get back to, when I'm not feeling like myself)

In what situations am I my most confident self?
(Describe one of these situations in vivid detail. Where are you? What are you doing? Who else is there? Imagine you are on the outside looking at yourself – how would you describe yourself in that moment?)

How would the most encouraging person in my life describe me?

What are 3 things I appreciate about myself?

Power pose

When you anticipate a stressful situation, try standing in a high power pose for a few minutes. For example, stand with legs shoulder-width apart, arms on your waist and chest out.

It is suggested that doing this creates hormonal changes that influence your brain to be assertive, confident and comfortable.

Resource

Your body language may shape who you are

– Amy Cuddy, TED Talks



Being at home in the world



What contributes to me being grounded?
(That is feeling whole, confident and sure of myself)

What helps me be centred?
(Centred being the place of peace and balance I know I need to get back to, when I'm not feeling like myself)

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Prof. wangari maathai

Kenya

Renowned environmentalist and Nobel Peace Prize laureate who promoted the healing power of nature and advocated for sustainable living practices deeply rooted in African traditions.

Find out more.



My notes + resources

Further resources

52 Journal Prompts to Enhance Feelings of Safety and Security



Surrender

“To get lost is to learn the way.”

— african proverb

Surrender: to give in to (a powerful emotion or influence)

Surrender to pleasure

What is the first thing that comes to mind when I hear the word “pleasure”?

Are there any barriers (physical or mental, emotional, environmental, social, financial) to enjoying the things that bring me pleasure and if yes, what are they?

What would life be like if I freely created and enjoyed pleasure?

Create your pleasure list

(This can include places, people, activities, objects etc. It can include simple, everyday things or momentous occasions)

How can I incorporate one item from my list into each day or week of my life?

Which item will I enjoy tomorrow?

Surrender to your emotions

What is the dominant emotion I feel right now?
(Describe it in vivid detail. Where do I feel it in my body? How would I describe the feeling?)

If I welcome the emotion, as opposed to resist it, and just observe it, as if from the outside, and then take slow, deep breaths, what happens

If the emotion is negative, how can I let it out creatively?
(We are all unique and will be drawn to different things. For some it may be writing, drawing, knitting or cooking; for others it might be dancing, playing music, reciting poetry etc.)

Creativity is for everyone

The next time you're in nature – whether for one Creativity forces you to be present to what you're doing in that moment which can be a great way to relax and relieve stress.

Developing a regular creative practice is something everybody can do! Regardless of whether you consider yourself artistic or not.

Here are some benefits of being creative:

- Your creative pursuit is something that can exist solely for your own pleasure.
- Expressing yourself creatively is a great way to explore your emotions and to release the weight they might have.
- Creativity is a great way to gain a deeper knowledge of yourself, build confidence and find/develop your voice, i.e. how you show up in the world.

Creativity is so wide. Cooking; home decor; writing; gardening; art journaling; drawing; colouring; dancing; and even putting outfits together or dressing up and taking photos – these are all expressions of creativity!

We are all fundamentally creative beings.

Surrender to your creativity

How do I already express creativity in my daily life?
(Think broadly: it could be the way you dress, the meals you make, the way you decorate your house, the way you parent your children etc.)

What are some creative pursuits or activities I want to explore/try out?

How can I intentionally incorporate creativity into my daily routine? What could that look like?
(What creative act would nourish me? How much time would I spend on it? What would I need?)

We are all fundamentally creative beings.

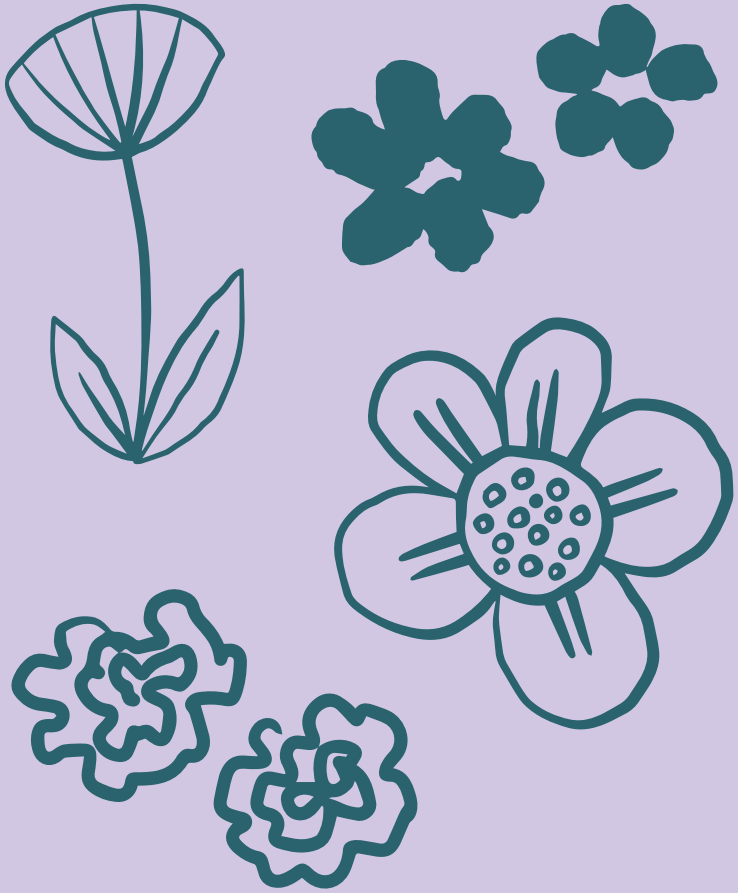
Each of us is unique and will be drawn to different things.

For some it may be writing, drawing, knitting or cooking; for others it might be dancing, playing music, reciting poetry etc.



Creative activity:
how to draw a flower

There are quite possibly an infinite number of ways to draw a flower. Here are 3, can you come up with 4 more?





Art journaling

An art journal is a book that can contain words, drawings and collage (e.g. pieces cut-out from newspapers or magazines and pasted in). Think of it as a scrapbook that you can keep to express your emotions and ideas in visual form.

Resources

What is an art journal?

How to start an art journal

Photo of an art journal spread from Unsplash: Shifa Sarguru

Toni Giselle Stuart

South Africa

A poet, performer and facilitator who writes poems and stories that help us heal our inherited and ancestral traumas, and access our ancestral wisdoms and gifts, so we can remember who and what we truly are.

Find out more.



My notes + resources



Being intentional

“A vision cannot be killed, it can only be neglected.””

— African proverb

Being intentional about your purpose

Purpose: the reason for which something is done or created or for which something exists

Getting clear about your purpose gives direction to everything you do. It can support you in making decisions about things to say “yes” or “no” to, inspiring you to spend your time, energy and other resources on what you want for your life.

The following are a few prompts to get you thinking about and clarifying your purpose for yourself. You may have already done something similar in the past and it’s always interesting to revisit the exercise to see if anything has shifted or to confirm that you’re on course.

What in life matters most to me?

What consistently brings me joy?

What comes effortlessly to me?

Time stops when I'm engaged in this activity

This is what I'm passionate about transforming in my life (and maybe even in the world)

This is my purpose
(You can use your responses to the previous 5 questions to craft your purpose as a short phrase or sentence that lights you up and inspires you to take action)

Digging into purpose

Here are some additional resources to discover your purpose:

- Watch Simon Sinek's famous TED Talk
- Create a mind map or other visual representation of your interests, passions, skills and values. See what patterns and connections emerge.
- Consider what you want to be known and remembered for.
- Consider what you would do if you had no limitations.
- Follow your curiosity: experiment with new hobbies; take on volunteering; and talk to people in different fields to learn more about what they do. See what resonates with you.
- Practice meditation and mindfulness to connect with your values and true desires.
- Seek guidance from others. Talk to your mentors and others you look up to, spiritual counsellors, and you can even consider working with a life coach or career counsellor, if that is available to you.

Being intentional about your vision

Vision: the ability to think about or plan the future with imagination or wisdom

Visioning is a source of inspiration and motivation and it begins with being really clear about what it is you desire. When you combine this with getting clear about what it will take to achieve or create what you desire, you have a powerful tool for moving forward towards your dreams.



There are different ways to give form to your vision

Visualisation

The process of picturing in your mind the things that you want to achieve/have/experience in the future, as if it were true today. Engage all the senses you can – what does it look like, smell like, feel like, taste like, sound like at that desired end-point? As well as envisioning that end-point, you can also envision each step required to achieve the desired outcome.

Vision board

Also referred to as a "dream board", it is a collage of images, pictures and affirmations of your dreams and desires.

Vision statement

Organisations will often have vision statements and here we are referring to a vision statement you create for yourself and your life. It is written from the future (e.g. 3 years from now), in the present tense and from the perspective that everything you wanted all worked out (e.g. "It is December 31st, 2050 and I am happy that ...") .

Whichever approach you choose, following are some prompts to help you kick-start your visioning.

Resources

New to Visualization? Here are 5 Steps To Get You Started

Unlock Your Potential: How to Craft a Powerful Personal Vision Statement

How to Make a Vision Board: 12 Steps (with Pictures)

Pick a specific date in the future

Standing at this point in time, describe yourself (how you look, how you feel)

Describe where you are

Describe who's around you

Describe what you're doing/what's happening around you

Describe what you've accomplished

Describe what you're grateful for



Being intentional about your nourishment

Nourishment: the food necessary for growth, health, and good condition

The food we eat has an impact on not just our physical health but our mental and emotional well-being as well. In our modern societies, most of us have lost touch with the hints and signs our bodies give us. Thus, rather than feeding ourselves what is necessary to support optimal brain and body function, as well as emotional balance, we choose nutrient-poor foods. Sometimes it's because of convenience, emotional attachments, marketing propaganda and sometimes, simply from not knowing any better.

Here, we invite you to pause and take notice...

What significance does food have for me?

What is my earliest fond memory involving food?
(How old was I? Where was I? What was going on? What foods were present? What emotions does this memory evoke in me?)

Do I have any negative memories about or involving food?
(What exactly happened – just the straight facts and not how I felt about it)

When I eat the following foods, I feel heavy, sluggish and drained

I eat these kinds of foods because

When I eat these foods I feel good, resilient and satisfied

How can I incorporate more of these kinds of foods in my diet?



Laurence Sessou
Benin

A child of the earth devoted to the spiritual, physical and emotional well-being of both women and children. A trained massage therapist and aromatherapist with over 17 years of clinical experience with roots from the Republic of Benin.

In her 4-month long Azoouiwa Program she supports women as they step out of the shadows, awaken to their true selves, expand their capacity to hold space for other individuals and their communities, and heal life-long conditionings about womanhood. Without apology.

Find out more.



My notes + resources



Loving

“Love is like a baby: it needs to be treated tenderly.”

— African proverb

Loving yourself

What I love most about myself

What makes me feel good

How can I cultivate more of what makes me feel good?

Difficult/dark moments in my life which shaped me into who I am today

Loving touch

Touch is powerful and a basic human need. It releases hormones that make you feel good and hormones that help with stress reduction. Touch can boost your immune system, lower blood pressure, calm your nervous system and help alleviate depression and anxiety.

Touch is a universal language and there are many ways to speak it!

Loving ways to touch yourself

- Giving yourself a massage, from head to toe, with oil
- Hugging yourself
- Grooming (e.g. shaving your legs, washing/combing/plaiting/twisting your hair)
- Masturbation

Loving ways to touch others *(with explicit consent, of course)*

- Holding hands
- Hugs
- Kisses
- Rubs and massages – shoulders, back, feet etc.
- Braiding somebody's hair
- Giving manicures and pedicures
- Dancing with a friend, colleague, sibling, partner – someone we have fun and feel safe with.
- Sex

Loving your community

With whom do I feel the most seen, heard, or understood?

What has been made possible, for me and my life, thanks to community, that I would never have been able to accomplish or experience on my own?

What do they do that creates that experience for me?

How do I/can I contribute to my community?

Who or which groups constitute my community?

How do I/can I acknowledge and appreciate people in my community?

Why is community important to me?

Loving your ancestors

What comes to mind when I think of my ancestors?

Are there any particular ancestors I feel drawn to? Who and why?

What I want to learn from my ancestors

What I'd like to acknowledge my ancestors for

What I wish to communicate to my ancestors

Creating an ancestor altar

By "altar" we are referring to a private area where you receive spiritual, mental and emotional comfort. It can be a way to establish a relationship with your ancestors who can be your guides and healers.

Here are some items you can gather together to make an altar:

- A cloth that has meaning for you
- Photos of family members who you want to be connected to
- Candles
- A glass of water
- Food offerings
- Written intentions
- Other items representing the four elements (e.g. crystals, flowers, incense, feathers etc.)

There's no formula – follow your intuition!

Resource

How to create an ancestor altar

Gogo Ekhaya Esima
South Africa

Sangoma (traditional healer) and spiritual teacher who advocates for the revival of indigenous African healing practices, including divination, herbal medicine, and ancestral veneration.

Find out more.



Resources

What is Abhyanga? A Beginner's Guide to Ayurvedic Self-Massage

EFT Tapping

My notes + resources



Connecting

“Birds sing not because they have answers but because they have songs.”

— African proverb

Connecting with your self-expression

Having the freedom and confidence to express ourselves fully has a positive impact on our mental health and well-being. Speaking our beliefs, our cooking, how we dress and style our hair, what we spend our time on and even who we associate with, are all part of our unique self-expression.

Often, we suppress our self-expression in order to fit in with our family and society because of our human need to belong and survive. We end up doing things based on other people's expectations, rather than inspired by our own truths and values. The result can be us feeling lost, frustrated, fearful and unworthy.

What I like

What I don't like

I feel most connected to myself when...

In these situations I hold back from being my authentic self and expressing myself

Why does this happen?

What passions and dreams have I been neglecting, hiding or not taking action on?

Embodying my truth

How I'd describe myself now	How I want to be

How I can transform how I describe myself now into how I want to be

Connecting with stories

Stories are powerful! Our voices help to connect us, to strengthen bonds, to heal through release, to preserve memories and histories, to teach, to inspire and to ignite into action.

Your story = your power

Sharing your own story can sometimes feel daunting or uncomfortable. Sometimes, we may think we have nothing valuable to share!

Each of us is unique and our experiences have the power to make a difference for somebody else. Sharing your story makes that contribution possible.

Remember: you get to choose what to share, how much of it to share, to whom and when.

Which/whose story has made a difference for me, in my life and why?

Which moments in my life have most influenced the person I am today and how?

Who can I share my story with in a way that makes a difference in their lives?

Connecting with yourself

Meditation involves training your attention and awareness. Along with physical and mental health benefits such as reducing stress, controlling anxiety, lengthening attention span, improving sleep, controlling pain and decreasing blood pressure, meditation also helps to enhance your self-awareness and enables you to better deal with and process negative emotions such as fear, anger and grief.

These practices or activities help me to connect with myself

This is how I will intentionally connect with myself, every single day

Different types of meditation

There are so many different ways to practice meditation! Here are just a few to explore

Body-centered meditation

Scanning your body and focusing on the physical sensations you
feel throughout.

Mantra meditation

Focusing on a specific word, phrase or sound and repeating, either aloud or in your head.

Mindfulness meditation

Staying aware of what's happening in the present moment, as opposed to letting your thoughts wonder and worrying about things in the past or future.

Moving meditation

This can involve walking and focusing on everything that's happening around you as you move, or performing specific body movements while paying attention to your breathing (e.g. yoga, laying down, floating in water, dancing).

Resources

How to Meditate

Types of meditation

Nana Darkoa Sekyiamah

Ghana

Acclaimed author of *The Sex Lives of African Women*, award-winning blogger, and co-founder of Adventures from the Bedrooms of African Women. Nana continues to play a significant role in well-being and sexual education

Find out more.



My notes + resources



Breathe

“Life is your ability to breathe out every time you breathe in.”

— African proverb

Breathe in (inhale – things I want to keep)

Breathwork is the name given to mindful, controlled breathing and there are many ways to practice it. Its benefits include noticing and releasing difficult emotions and traumas, reducing stress and anxiety, elevating your mood and reducing inflammation in your body.



When did I trust my intuition and it led to a positive outcome?

What signs or feelings guided me?

When did I ignore my intuition and it led to a negative outcome?

What warning signs did I ignore?

I want...

I need ...

I am ready for ...

Examples of breathwork techniques

Deep abdominal (diaphragmatic) breathing

1. Lie on your back on a flat surface or sit comfortably
2. Place one hand on your upper chest and the other just below the rib cage so you can feel your diaphragm move
3. Breath in slowly through your nose and feel your stomach rise with your hand
4. Tighten your stomach muscles, causing your stomach and hand
   to lower

If you need support with this exercise, find a comfortable position and request assistance from a loved one if necessary.

Resources

What Is Breathwork?

Black Girls Breathing

Breathe out (exhale – things I want to let go of)

What's one thing I can eliminate today that will make my day better?
(e.g. sugar, alcohol, social media etc.)

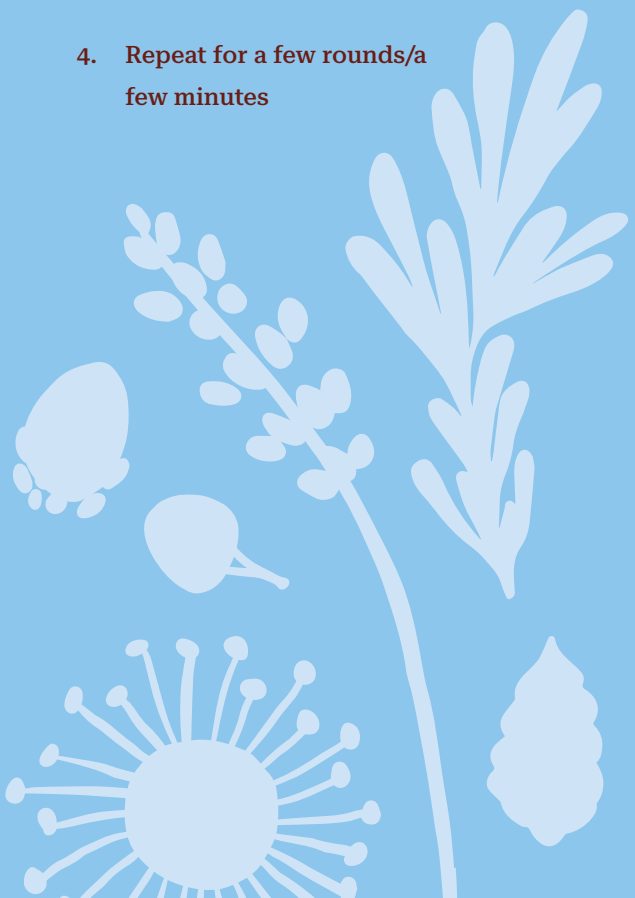
What am I finding hard to let go of?
(This could include negative thoughts, past experiences, regrets, guilt, shame grudges and resentment even relationships)

How are these thoughts/experiences/guilt/shame/regrets/resentments etc. impacting my life?

Examples of breathwork techniques

4-7-8 breath

1. Inhale through your nose for four seconds
2. Hold the breath for seven seconds
3. Exhale through the nose for 8 seconds
4. Repeat for a few rounds/a few minutes



What would life be like if I released these things?

What are my practices for releasing and letting go:
(e.g. crying; writing a goodbye letter to a specific negative thought or experience, regret, guilt or shame; etc.)

Examples of breathwork techniques

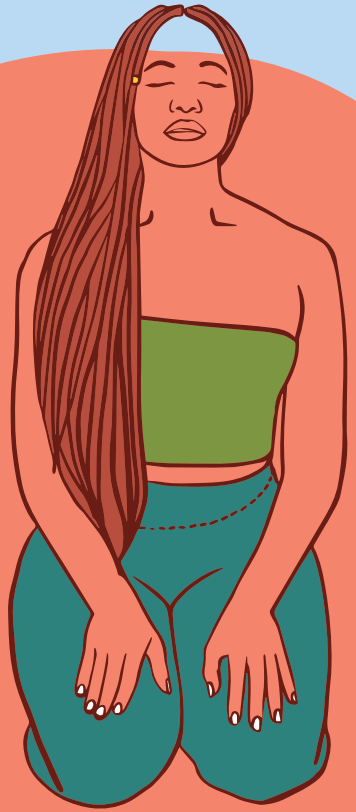
Alternate nostril breathing

1. Start with your right thumb applying pressure to your right nostril
2. Breathe in using only your left nostril
3. Hold your breath as you switch sides and then repeat
4. Continue for a few rounds/ few minutes

Jasmine Marie
USA

Founder of blackgirlsbreathing, Jasmine is a speaker, breathwork practitioner, and the founder of black girls breathing®. Her work is innovating the wellness, healthcare and research industry by making mental health services accessible to Black women while filling in the gaps of data and research available on this underserved and underrepresented demographic. Marie plans to impact 1 Million Black women and girls with her work by 2025.

Find out more.



My notes + resources

Further resources

15 Journal Prompts for Letting Go and Finding Inner Peace

20 Journal Prompts to Strengthen Your Intuition



Fulfilment

“Before healing others, heal yourself”.”

— Gambian proverb

Fulfilment through sound and vibrations

Healing through sound is an ancient wellness practice and modern studies confirm that sound can heal. Sound healing can enhance mood, improve sleep, reduce pain, relieve stress and anxiety.

Different ways to engage with sound

- Listening to music
- Feeling the vibrations of drums, baselines
- Singing
- Chanting
- Sound baths
- Drumming
- Dancing

Resource

How to use sound to heal yourself

Which sounds trigger positive emotions in me?

What are those emotions?

What experiences do I associate with those sounds?

This is how I like to engage with sound

This is how I will incorporate sound into my daily/weekly life?

Fulfilment through smell

Aromatherapy is the practice of using aromatic essential oils – derived from flowers, herbs or trees – to enhance emotional, mental, physical and spiritual well-being. Benefits may include: easing digestion, improved sleep quality, mood enhancement, pain management, stress and anxiety reduction and more.

Which smells trigger positive memories from the past?

What feelings do I associate with those memories?

Incorporating essential oils into your life

Some ideas:

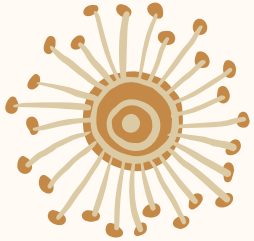
- Use essential oils during your healing practices such as meditation and yoga
- Add essential oils to your bath or to your soaps, lotions and even cleaning products
- Put a few drops of essential oil into a bowl of warm water, on your pillow or into a humidifier
- Create a room spray by mixing 10-15 drops of essential oil to half a bottle of distilled water
- Wear essential oils as a fragrance
- Make a point to smell the flowers and plants around you when you spend time outdoors

On the following page are some of the essential oils cultivated on our continent.

Resource

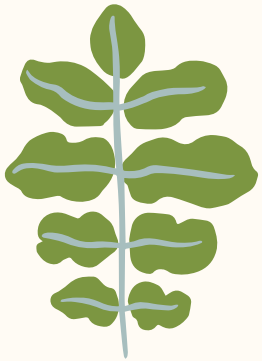
Aromatherapy Uses and Benefits

Essential oils + their properties



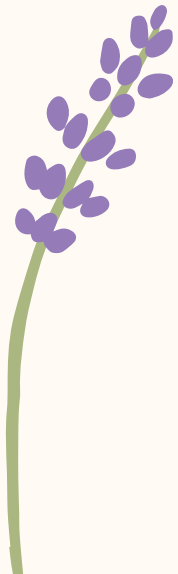
Eucalyptus

Eucalyptus supports a healthy respiratory system; acts as a decongestant and relieves chest infections; soothes tired and sore muscles and treats joint pain; and relieves inflammation.



Frankincense

Frankincense acts as an expectorant to clear the nasal passageway, promote the relief of congestion, and encourage easy breathing. It also has sedative properties and enhances mood, reduces stress and anxiety and improves concentration and memory.



Lavender

Lavender is associated with reducing anxiety and depression; soothing headaches and migraines; improving sleep quality; treating skin ailments like acne, eczema, fungal infections and wounds and; healing minor burns and insect bites, thanks to its antiseptic and anti-inflammatory properties.



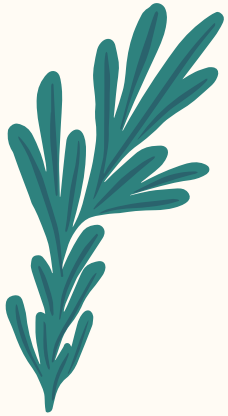
Leleshwa

Leleshwa is anti-fungal, anti-inflammatory, anti-microbial, anti-septic, mucolytic, and can be used as a natural insect repellent and for purifying.



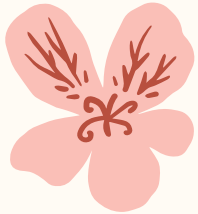
Myrrh

Myrrh offers relief from colds, congestion, coughs, bronchitis, and phlegm. It can also be used to improve your mood, promote the feeling of being grounded and the feeling of spiritual awakening.



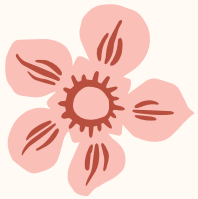
Rosemary

Rosemary has significant antimicrobial, anti-inflammatory, anti-oxidant, anti-apoptotic, anti-tumorigenic, antinociceptive, and neuroprotective properties. It also has a positive effect on mood, learning, memory, sleep, pain management and reduction of anxiety.



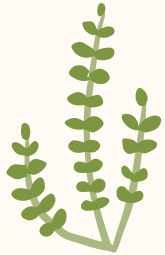
Sweet Geranium

Sweet Geranium relieves anxiety, depression, and insomnia, and is also useful for balancing hormones and improving the complexion.



Tea Tree

Tea Tree has antibacterial, anti-inflammatory, antiviral and antifungal properties. It can be used to treat acne, athlete's foot, contact dermatitis and head lice.



Wild Basil

Wild Basil is anti-inflammatory, antioxidant, antibiotic, antiviral, anti-depressant, and diuretic.

Nancy and Susie Kinyanjui

Kenya

Sisters and the founders of Provisions in Nairobi. They offer artisan products sourced and created in Kenya, including a growing library of essential oils. With a focus on family and building community, they believe that the best products are home grown.

Find out more.



My notes + resources









Integrating

Integrating my practices

This journal has presented a wide variety of resources, ideas and recommendations. If you have not already done so, we recommend designing personalised rituals that work for your needs and your lifestyle. We believe that taking a moment now, to create a structure for yourself, will empower you to consistently tend to your well-being. Here are some prompts to help you create your personal plan:

My one *non-negotiable* practice

When I have space and time, I will also incorporate the following practices into my day

The practice I commit to doing/experiencing at least once weekly is

The practice I commit to doing/experiencing at least once a month is

Integrating support

Doing healing and well-being work in community is powerful! There are many ways to lean on others to support your own well-being journey, as well as contribute to theirs.

This could look like a friend you check in with, via a quick text message, to report how you gave time to your well-being. Alternatively, you could create a group with like-minded people and work towards your shared well-being objectives together.

Whatever it looks like, creating an accountability structure that works for you, can make all the difference.

What style of accountability works best for me?

Who can I engage/impress upon to partner with me for accountability and why that person?



Integrating grace

As with nature, we experience different seasons throughout the year and even the month. Our lives are constantly evolving and there are impactful events that can happen with no warning.

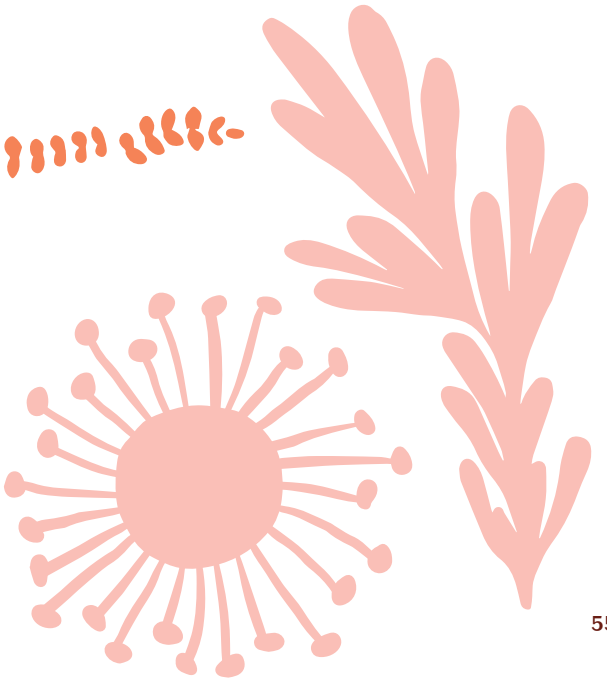
Give yourself permission to modify your structures and rituals accordingly. This is about what *genuinely* feels good for you and not about what somebody else has said you should do.

While there is power in consistency, don't beat yourself up when you don't fulfil your intentions. Instead, look at what was missing and be mindful to account for it the next time.

An affirmation for when I'm making myself feel guilty for being inconsistent

Integrating gratitude

We are grateful to you for sharing in this well-being journey with yourself and us. Share this resource with those you are in community with as a guiding and supporting companion.





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