

# wellness toolkit



# SOLICIT

THINGS YOU DIDN'T WANT TO  
KNOW BUT I'M GOING TO TELL  
YOU ANYWAY

MY RELATIONSHIP TO ACTIVISM CHANGED AFTER  
2020.

I WAS EXHAUSTED AND SPENT MUCH OF 2020 AND  
2021 TEACHING PEOPLE WHO ONLY HAD AN  
INTEREST IN PERFORMATIVE ALLYSHIP.

LIKE MANY BLACK PEOPLE IN PWI'S AND  
CORPORATE SPACES I FELL INTO THE TRAP OF  
DOING UNPAID RACIAL, GENDERED, AND SOCIO  
ECONOMIC LABOR OF TEACHING AND PLANNING AND  
PROGRAMMING AND CREATING INTERNAL POLICY  
CHANGE RECOMENDATIONS.

AND REALIZING THAT MOST OF IT WAS FOR SHOW.

AND IT MADE IT CLEAR TO ME THAT MY PERSONAL  
RELATIONSHIP TO ACTIVISIM HAD TO CHANGE  
BECAUSE BEING EXHAUSTED WASN'T SUSTAINABLE.

IT WASN'T SUSTAINABLE MENTALLY AND IT  
DEFINITELY WASN'T SUSTAINABLE PHYSICALLY.

BUT I DIDN'T WANT TO GIVE UP ON MAKING A  
DIFFERENCE ENTIRELY EVEN IF IT WAS SMALL.

SO I FIGURED OUT WHAT WORKS FOR ME

THAT'S WHAT THIS GUIDE IS FOR.

YOU SHOULD MAKE YOUR OWN,  
WHEN YOU HAVE A CHANCE.

# WELLNESS TOOLKIT

[UNSOLICITED]

*me*

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WHO

*2023*

YEAR

*11/12*

-----  
EDITION

*Ayo Keys*

-----  
SIGNATURE

*12.12.23*

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DATE

LIKE MANY OF THE THINGS I SHARE, THIS IS SOMETHING  
YOU DIDN'Y WANT TO KNOW BUT I'M GOING TO TELL YOU  
ANYWAY. LIKE EVERYTHING I'VE SHARED THIS IS SOMETHING  
I LIKE THAT WORKS FOR ME.

I HOPE THAT IT LEADS YOU IN THE DIRECTION TO FIND  
WHAT YOU LIKE AND WHAT WORKS FOR YOU.

**THE FEAR**

**QUESTION**

**PERSPECTIVE**

**ANSWER**

**THE FEAR**

## WELLNESS SHORTCUT

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**THE FEAR  
ALL NEWS  
CONTAINS BIAS**

**QUESTION**

there is so much noise.  
i feel overwhelmed.  
i don't know what or who to trust for  
information.

**PERSPECTIVE**

**WHEN RECEIVING NEWS WE MUST  
ALWAYS QUESTION THE SOURCE &  
OUR BIASES. THE BRAIN MAKES SHORT  
CUTS & COMPARTMENTALIZES TO  
HELP US SURVIVE BUT WE HAVE TO  
HOLD OURSELVES AND OTHERS  
RESPONSIBLE FOR THE INFORMATION  
WE CONSUME AND THE INFORMATION  
WE SHARE.**

**ANSWER**

consider the source.  
check to see if they site sources.  
check to see if the sources are credible.  
acknowledge that first person quotes carry  
bias.  
acknowledge your own biases.  
seek information from more than one source.  
use reverse image or quote searches for  
things that seem confusing or unclear.

**THE FEAR  
ALL NEWS  
CONTAINS BIAS**

WELLNESS SHORTCUT

**PICK 3 SOURCES TO FREQUENT WHEN  
YOU HAVE A QUESTION OR NEED  
ANSWERS**

the new york times

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SOURCE 1 (RESPONSIVE & REVENUE DRIVEN)

al jazeera

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SOURCE 2 (INTERNATIONAL POV)

pbs newhour

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SOURCE 3 (PUBLICLY FUNDED)

**THE FEAR  
ANYTHING THAT  
QUESTIONS WHAT  
I KNOW TO BE  
TRUE IS FALSE**

**QUESTION**

what am i supposed to do with all this new information?

how am i supposed to integrate new information into my life?

**PERSPECTIVE**

**IT'S OK TO BE OVERWHELMED. WE ARE CONSUMING MORE INFORMATION ON A DAILY BASIS THAN PEOPLE HAVE IN PREVIOUS DECADES, CENTURIES & LIFETIMES. GIVE YOURSELF AND OTHERS THE SPACE AND GRACE TO PROCESS NEW INFORMATION.**

**ANSWER**

write it down.

take a 5 min walk.

put the screen down.

share what you've learned and discuss it with others.

is this information that needs to be processed immediately, today, or tomorrow.

once you've processed it what will or can you do with the information.

**THE FEAR  
IF THIS IS  
TRUE/UNTRUE THEN  
WHAT CAN I BELIEVE**



WELLNESS SHORTCUT  
TO HELP YOU PROCESS NEW  
INFORMATION SORT IT BY WHEN YOU  
CAN/NEED TO RESPOND TO IT

a phone call / an email

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IMMEDIATE (24 HRS / I CAN USE/TAKE ACTION ON THIS TODAY)

supporting a charity/foundation

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INTERIM (WITHIN THE NEXT WEEK / I CAN USE/TAKE ACTION ON  
THIS WITH THE HELP OF OTHERS)

a protest or march

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LONG TERM (WITHIN THE MONTH / THIS ACTION REQUIRES THE  
PLANNING OR ACTIONS OF MY SELF OR OTHERS)

having difficult conversations

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LIFE LONG (THIS WILL CHANGE HOW I MOVE THROUGH LIFE AND  
REQUIRES LONG TERM COMMITMENT FROM MYSELF OR OTHERS)

**THE FEAR  
IF I KEEP LOOKING I'LL  
BECOME ANGRY**

**QUESTION**

i feel emotionally overwhelmed but i can't  
look away.  
certain images make me feel triggered,  
fearful and or paralyzed.

**PERSPECTIVE**

**EMOTION IS NATURAL. FEELING  
NOTHING ISN'T HEALTHY. YOU CAN  
CREATE BOUNDARIES FOR YOURSELF  
TO PROTECT YOUR MENTAL &  
EMOTIONAL HEALTH WHILE YOU TAKE  
IN NEW INFORMATION.**

**ANSWER**

give yourself a time limit,  
5 mins of images  
10 mins of videos  
15 mins of reading  
20 minutes of news broadcasts  
block certain words or phrases in your  
browsers or notifications  
mute or unfollow accounts or people that do  
not help you process information

**THE FEAR  
IF I STOP LOOKING I'LL  
BE OUT OF THE LOOP**

WELLNESS SHORTCUT

CREATE LIMITS

images / videos / reading / news broadcasts

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TIME LIMITS (5 / 10 / 15 / 20 MINS)

tictok / instagram / news apps

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SCREEN TIME (30 MINS / 30 MINS / 30 MINS)

cnn

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BLOCK (WORDS & PHRASES)

cnn / fox news

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MUTE & UNFOLLOW (ACCOUNTS / PEOPLE)

**THE FEAR  
I WILL BE CONSUMED  
BY MY FEELINGS**

**QUESTION**

i feel stuck.  
i feel angry.  
i feel overwhelmed.  
i'feel pain.

**PERSPECTIVE**

**IDENTIFYING THOUGHTS AND FEELINGS  
CAN HELP YOU RELEASE THEM. THINK  
OF THEM LIKE CLOUDS PASSING BY.  
NOT EVERY THOUGHT OR FEELING IS  
RELEVANT OR ACTIONABLE. BUT IF WE  
DON'T IDENTIFY THEM AT ALL, WE'LL  
NEVER KNOW WHAT TO DO WITH THEM.**

**THE GOAL OF PROPAGANDA IS TO MAKE  
YOU FEEL OVERWHELMED & NUMB. TO  
NOT QUESTION AND TO ACCEPT.**

**ANSWER**

is this a thought or a feeling?  
is this thought or feeling relevant?  
is this thought or feeling paralyzing?  
is this thought or feeling actionable?  
can i return to this thought or feeling  
later?  
is this thought or feeling physical or  
emotional?  
is this thought or feeling feeling fixed or  
changing?  
is this thought or feeling light or heavy?

**THE FEAR  
I WILL BECOME NUMB  
TO MY FEELINGS**

WELLNESS SHORTCUT

**ONCE YOU'VE IDENTIFIED THE  
THOUGHT OR FEELING, DECIDE HOW  
TO MANAGE IT**

a long walk while listening to an album

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PHYSICAL ACTIVITY (RELEASE ANGER, FRUSTRATION)

solve a crossword puzzle

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MENTAL ACTIVITY (RELEASE PANIC, HELPLESSNESS)

collage

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CREATIVE ACTIVITY (RELEASE SADNESS, DISSAPPOINTMENT)

lying down on a cool tile floor for 20 mins

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REST ACTIVITY (RELEASE TENSION, FEAR )

## WELLNESS SHORTCUT

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I'VE SHOWED YOU MINE, NOW SHOW ME YOURS

