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High Functioning Black Girls

A Black Girl's Guide to:

Intentional Fall Wellness



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Seasoned, Glowing & Still Growing

Because Your Black Girl glow starts from the inside!



Take your Vitamins daily!



Try sweet potatoes. They have skin-loving beta-carotene.



Cranberries Boost Immunity. Try them in your trail mix or on a salad!

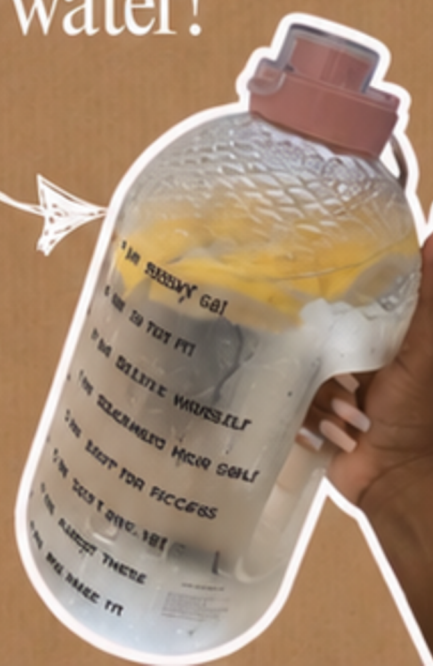


Incorporate collard greens into your diet. They are rich in iron and support bones and heart health.

Try beets as a dinner side. They boost blood flow, enhance energy.



Drink more water!





Apples support gut health and provide vitamin C to nourish melanin-rich skin. Get creative with fall recipies!

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The Chill-Weather Clean Girl Reset

Hygiene Shifts for Chilly Weather





Cooler days are coming. Refresh your skincare routine with gentle, hydrating products that protect.









Cooler days are coming. Build a good bath routine with moisturizing, skin-loving soap.





Switch to Cozy, Seasonal Scents – Vanilla, pumpkin, amber, or sandalwood candles can help signal relaxation.

Nourish your hair by scalp oiling, rich butters, and protective styles.





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The Cozy Cure

Because even high-functioning baddies need a blanket and a breather.



Comfort is Culture! Watch your favorite comfort show

Make a Cozy Mood Playlist for a Relaxing Day





Reading is rest. Let the world wait

Grab a soft blanket & pour your thoughts. Start a gratitude journal



Self-care isn't selfish! Go do that skin care mask.



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Mood Booster Tips

Easy habits to brighten your mood.

Open Your Curtains First Thing – Natural light in the morning boosts serotonin!



Get a Sunlamp or Salt Lamp – Helps regulate your circadian thythm and ease seasonal depression.





Weighted Blanket Power Nap – 15-20 minutes under a weighted blanket can mimic deep pressure therapy.



Upgrade Your Shower Game – Use eucalyptus or peppermint shower steamers to instantly elevate your mood.

Declutter One Zone a Week – Clear off your nightstand or bathroom counter to reduce mental overwhelm.

