

# *Rise Sister Rise*



*I've Got Your Back, Sister!*  
*Self-Care Book*  
*For Black Girls by Black Girls*

**Summer Camp 2020**  
**Camp “Got Your Back”**  
**Funded by the ADAMH Board of Franklin County**

Rise Sister Rise hosted a Virtual Summer Camp beginning July 27 and ending August 13, 2020. The Camp lasted for three weeks. Activities were scheduled for three days a week and for three hours each day. It was designed for girls, ages 13-19 years old.

**“Camp Got Your Back”** is a strength-producing, resiliency-based series of activities and presentations designed to equip girls with tools and strategies for reducing and managing stress, isolation, and promoting emotional self-care. The workshops and activities were virtually presented. Each girl received a backpack of materials and resources for each of the daily activities.

Rise Sister Rise received funding from the ADAMH Board of Franklin County to conduct a Virtual Summer Camp. The presentations were conducted by women and men who are experts in their fields of stress reduction, self-care and resiliency. The activities have been designed to be educational and fun!

- The camp is for girls who like expressing their opinions.
  - These activities are for girls who want to talk about their dreams, feelings and what they want to do with their lives.
- The Summer Camp is for girls who want to explore ways of taking better care of themselves even if they haven’t started yet to figure it out.
  - This is a summer experience for girls to express their thoughts and feelings. This is for girls who are willing to do the work to get them where they want to go. A resiliency experience for girls who don’t mind doing the work.



## **What Makes A Resilient Girl?**

Resiliency is the ability to bounce back. It's when you acknowledge that something has been taken from you, set you a little or a lot off course, shaken you up, even scared you but somehow and with help you find a way to get back up; to bounce back.

Our Rise Sister Rise work is to help build resilient girls. To offer care, support, direction and voice. We show appreciation of the authentic voice of girls and value them for speaking their truth.

When our girls are encouraged, helped along the way, and supported by the adults around them it empowers them to successfully meet life's challenges with a sense of self-determination, confidence to handle what comes before them, hope in the future and a feeling of well-being. This makes our girls resilient.

This book of poems, love letters and essays are wonderful examples of the resiliency of our Black girls who are learning the importance of real self-care and self-love. Amen!

Sister Fran Frazier, Founder  
Rise Sister Rise/Black Girl Rising, Inc.

## **Camp “Got Your Back” Participants**

Kelli Shivers  
Natina Jenkins  
Anaiya Jenkins  
Yamaya Jones  
Sole’ Hampton  
Lillian Corpening-Morgan  
Jace Kanney  
Kaiah Hicks  
Tendai Mandebvu  
Tatenda Chirume  
Hanaan Abdullahi  
Toniyah Taylor  
Dezalynn Barlow  
Daisha Rose  
Ma’sonique Saunders  
Jariah Mitchell  
Princess Green  
Madison Griffin  
Gabrielle Walker  
Kafiya Muhammed  
Savannah Williams  
Marissa French  
Aubrey Tatum  
Brianna Felder  
Arianna Dear  
Dominique Robinson  
Aliya Horton, Camp Moderator



## **Self-Care**

By: Kaiah Hicks

I use self-care.

I use it for my mood.

So that people won't say I have a tude."

"Thump, Thump."

Is the sound I hear.

When I listen to music bump.

Music is like a friend to me.

1-2-3- and you've got a beat.

This is one of my self-care techniques.

I am beautiful.

I am strong.

That is why,

I use a song.

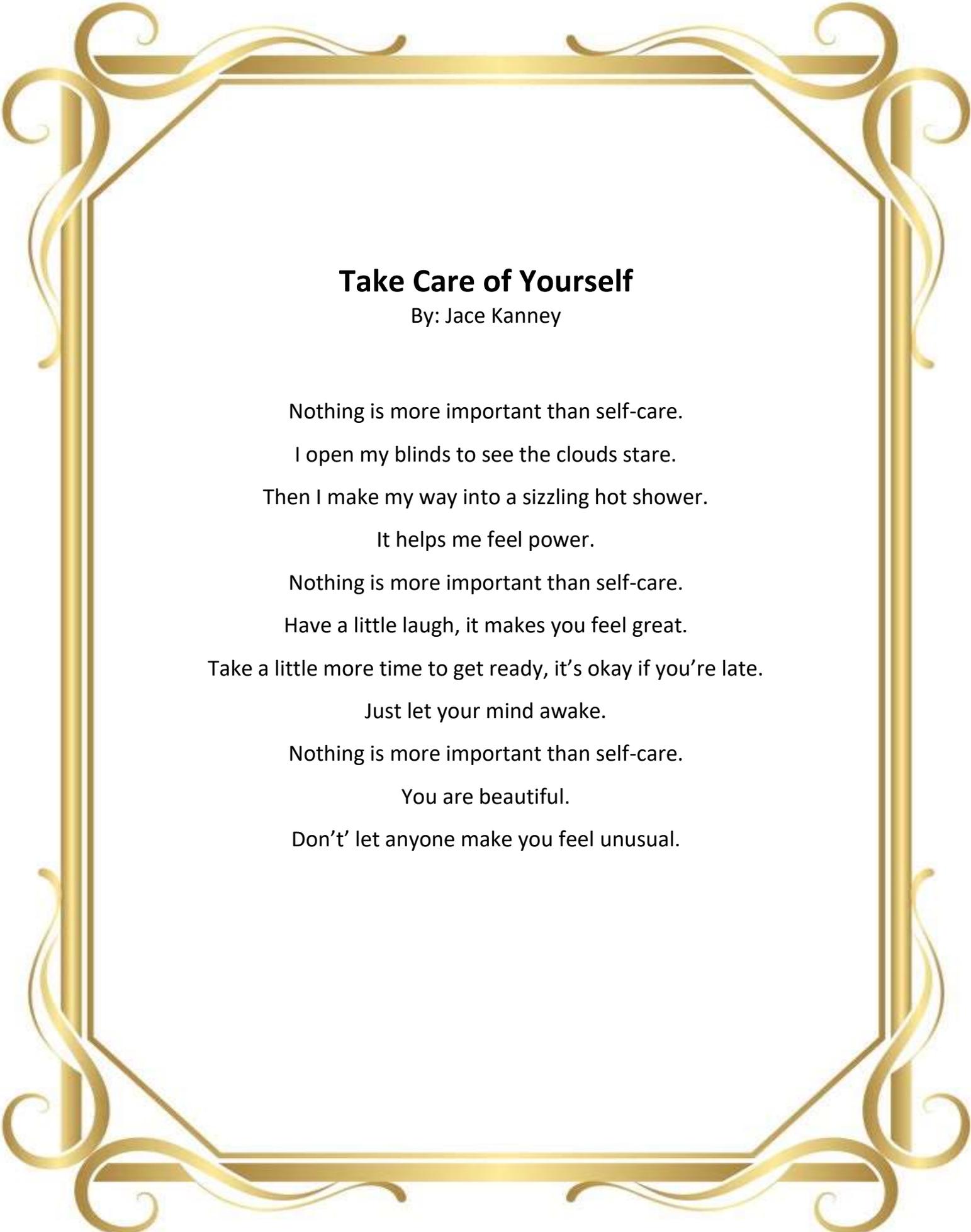
For my self-care.



## **Self-Care**

By: Yamaya Jones

I sing for as long as my breath can hold  
I'm in my mind in a place untold  
I take a picture and boom my world unfolds  
For this one time I am not alone  
My paintings say my thoughts  
And my music hears my heart  
For only this occasion  
My world does not fall apart  
One thing I need to say  
Is now I know everything will be ok



## **Take Care of Yourself**

By: Jace Kanney

Nothing is more important than self-care.

I open my blinds to see the clouds stare.

Then I make my way into a sizzling hot shower.

It helps me feel power.

Nothing is more important than self-care.

Have a little laugh, it makes you feel great.

Take a little more time to get ready, it's okay if you're late.

Just let your mind awake.

Nothing is more important than self-care.

You are beautiful.

Don't let anyone make you feel unusual.



## **Self-Care**

By: Tatenda Chirume

My bed hugs me as I fall in bed.  
As I wander off into a dream.  
While the moon and bugs quietly sing.  
Soon I'll be buried in sleep.

As my body shuts down,  
And this world slows down.

Time STOPS!  
Everything stops.

Goodnight.



## **Self-Love**

By: Toneyah Taylor

I smile, as I see my reflection.

Forget these tired down, drawn out perceptions.

Of what I'm supposed to be.

Finding the love in me because I believe I am magic.

I know I am magic. My heart glows not for show though.

My beauty is amplified by my power. Not for show though.

Best believe for' sho', I am magic.



## **Self-Love**

By: Anaiya Jenkins

My face is dry.

I got hit in the face with pie.

I may need to go hide.

Or put on a mask and leave dirty skin in the past.

# Self-Love

By: Sole' Hampton

Every day like clockwork, someone tells me I'm pretty  
Every day like clockwork, I take a deep breath, smile and say thank you  
Yet no matter how many people tell me I'm pretty, I'm still really insecure.

It's not that I don't think I'm pretty. I'm pretty, sure I'm pretty.  
But I've come to realize that people come and go, nobody stays forever.

I don't understand why

I'm not pretty enough to make them stay.

Every day I look at my reflection in the mirror getting ready, thinking to myself, today  
will be the day I'm pretty enough to make them stay.

Eyebrows, on fleek

Highlighter, Poppin, sits perfectly on top my chocolate skin

Foundation, perfect

Lip gloss, perfect

Earrings, in, outfit snaps

I go to school I get rated my 8 or 9 yearning for that 10.

Then some random girl or some random boy I don't know, it may be someone that I  
know, tells me I'm pretty. I take a deep breath, smile and say thank you.

That same day someone who once told me I'm pretty leaves me. We became friends.  
We talked every day, all day. They leave me. Ghost me actually, they act like I don't  
exist.

Like there was no friendship like there was no history.

I go home questioning, wondering what I did wrong, wondering what I could do better  
I look in the mirror

Maybe my eyebrows weren't arched enough

Maybe my highlighter wasn't it

Maybe my foundation wasn't it, maybe

Maybe next time I try a different lip gloss

Maybe I should wear different earrings, maybe my outfit didn't really snap.

Just maybe if I was a 10

Back to the drawing board

We'll start over and fix all the mistakes

I'm not pretty enough to make them stay

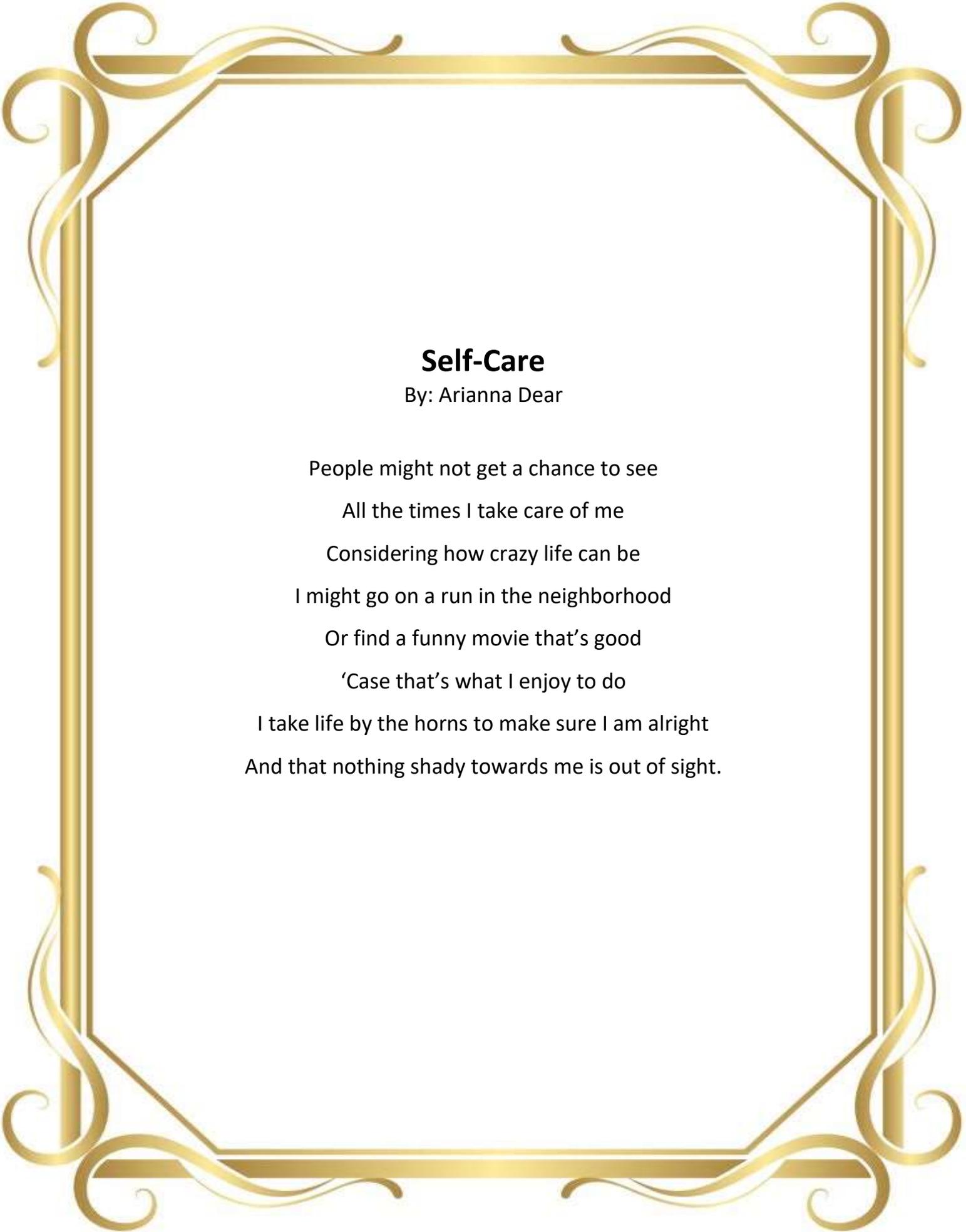
I'm not the 10 they need

I'm not the Instagram baddie

I'm not the 10 I need

Maybe one day I will be

Maybe



## **Self-Care**

By: Arianna Dear

People might not get a chance to see  
All the times I take care of me  
Considering how crazy life can be  
I might go on a run in the neighborhood  
Or find a funny movie that's good  
'Case that's what I enjoy to do  
I take life by the horns to make sure I am alright  
And that nothing shady towards me is out of sight.

## **Self-Care**

By: Gabrielle Walker

Hey black girl!

Your hair so fly, it reaches for the sky.

WHOOSH the wind fixes your crown.

Hey black girl!

Your skin is perfect and you care for it, I'm sure of it.

It absorbs the sun and blown brown.

Hey black girl!

Your music so diverse you, can barely focus on a verse.

Always thinking of the next song.

Hey black girl!

The things you make, the sweets you bake nourish the community's soul.

They dance in our bellies even if eating them is wrong.

## **Self-Care**

By: Briana Felder

BOOM!! Feelings flow piano keys go, go, go.

To the beat, stomping my feet...with this energy you can't compete.

Music, sounds, my energy shakes the ground with my profound feelings of  
happiness.

Was I sad? Yes, but I'm still the best.

The sadness was a test and I saw it through,  
Though I'm not with my crew, I can find something.

Self-care from me to you.

Like a bird I fly, I soar in the sky.

Others tell me "don't go too high" the sky's the limit,

But I can't stay timid so I go higher, higher, higher.

I'm on fire, I am my own desire, I will inspire, and become the me I was always  
meant to me.

## **Self-Care**

By: Daisha Rose

I grease my hair because I care  
I like to eat but I exercise to lose all  
The extra meat  
I wash my face to take the pimples away

I take care of myself because  
I am a queen but sometimes people  
Think I am mean  
I eat things that are green  
I love my body and I keep it clean



## **Hard Times**

By: Princess Green

Hard times, hard times

But I don't mind

Dropping a dime

If it's for me and I spend time

In the dancing sunshine

Hard times, hard times

Try treating yourself without trying

# Summer Days

By: Ma'sonique Saunders

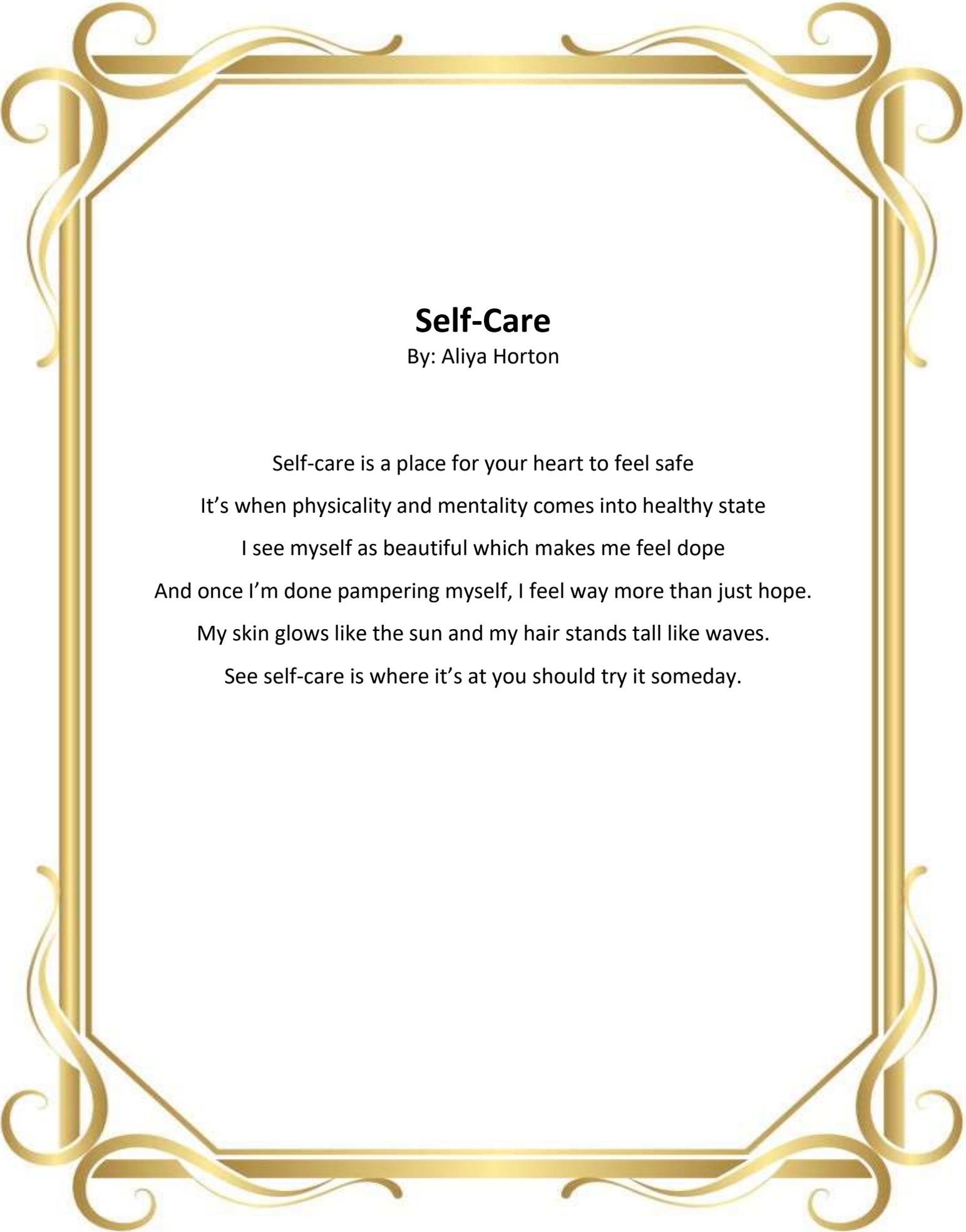
You can  
Still have  
Fun days on  
Sundays I  
Still look  
Good on  
My bum days  
Sometimes I  
Like to  
Think and  
Let my  
Mind flow  
With the  
Beat my  
Heart is  
Pouring and  
It's really  
Deep.



## **Self-Care**

By: Jariah Hargrove-Mitchell

I love to eat but also love to sleep  
And I love fresh shoes on my feet  
I try not to eat swine because it  
Don't belong in me, I'm worth a lot  
Of gold that's why I was born in the  
Cold sometimes I have to take a seat  
So I can let go of this load.



## **Self-Care**

By: Aliya Horton

Self-care is a place for your heart to feel safe  
It's when physicality and mentality comes into healthy state  
I see myself as beautiful which makes me feel dope  
And once I'm done pampering myself, I feel way more than just hope.  
My skin glows like the sun and my hair stands tall like waves.  
See self-care is where it's at you should try it someday.

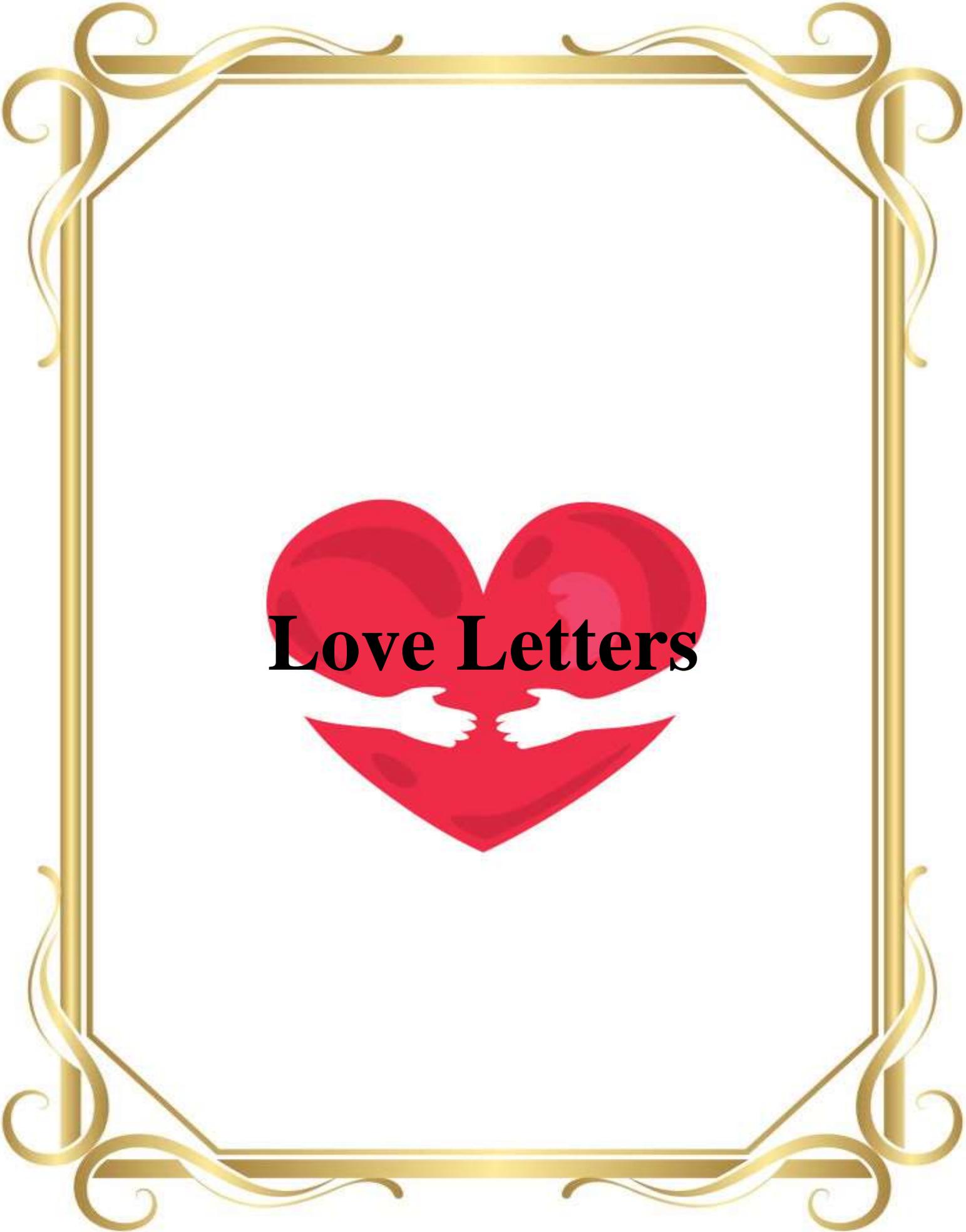


## **Self-Care**

By: Marissa French

Music is the power that brings me calmness and joy  
God's smile on me tells me I am loved more and more.  
Drawing is my happy place that keeps me in a good space  
Self-care activities always put a smile on my face.

Melanin colored skin, black natural hair  
This brown girl is uniquely blessed and rare.



**Love Letters**

## Love Letter to Self

By: Kaiah Hicks

Dear Beautiful,

Hey there, I just wanted to let you know that you are beautiful, smart, brave, strong, and you can do anything you put your mind to. Do not let anyone tell you that you are not good enough. And definitely, do not let anyone judge you quickly or have any type of opinion towards you because of your skin color. Your hair is just as unique and fashionable as any model on a magazine. You have your own style, and you own it! Remember to always love yourself. You are beautiful on the inside and out.

I love you,

Kaiah 



## **Love Letter to Self**

By: Yamaya Jones

Dear Yamaya,

I love you. You are important. You are special. You are a work in progress. Love yourself even if no one else loves you. You are amazing! Just know your future may be a struggle, but at the end of the day, you will get through it.

I love you,

Yamaya



## **Love Letter to Self**

By: Jace Kanney

Dear Jace,

You are amazing. You are an impact to this world and you are worth it. Be the best version of yourself always. Don't let others control your attitude and the way you feel. Be positive and resilient. Stay true and stay you, you are BEAUTIFUL.

Love,

Jace



## **Love Letter to Self**

By: Tatenda Chirume

Dear Tatenda,

I'm in love with you. I love your hair, your skin, and your features. I'm happy you're taking more care of yourself. I'm proud of you for rising above the difficult times in your life. Your growth is amazing, you're amazing! Every attribute about you bad or good, I love it all! I LOVE YOU!

Sincerely,

Tatenda Chirume



## **Love Letter to Self**

By: Lillian Corpening Morgan

Dear Lillian,

I want you to know that you don't have to be anyone else's idea of perfect except your own. You do not have to be what everyone else wants you to be. You get to be whatever and whoever you want. I want you to understand that you do not have to give into peer pressure. It's okay to be who you want and if they were really your friends, at the end of the day, they will accept you for who you are. Take time to figure out who you are. Don't rush anything. The process will happen organically. Live life happily and learn to find joy in everything.



## **Love Letter to Self**

By: Anaiya Jenkins

Dear Anaiya,

You are a strong, considerate and loving person. Do what makes you happy and keep changing the world day by day. Most importantly, have fun.



## **Love Letter to Self**

By: Sole' Hampton

Dear Sole':

It is okay to put yourself first. Your happiness is just as important as anybody else's. To keep yourself mentally well, you gotta keep it calm, cool and collective. You're beautiful and you rock.



## **Love Letter to Self**

By: Arianna Dear

Dear Arianna,

Always be yourself because you're AMAZING the way you are.  
Try to be more positive and give people a chance. Continue to be  
strong and hardworking because it always pays off.

Love,

Arianna



## **Love Letter to Self**

By: Gabrielle Walker

Dear Gabrielle,

No matter how many things you go through, I will always be there for you. Even when no one else is there. I love your personality, our skin, your hair, and your jokes. I know some of this sounds corny, but you're corny and I love that too. You may have the most common sense in some friend groups and feel like you need to keep them together, but you aren't meant to fix them but to assist them. Put yourself first. Take care of yourself physically, mentally, and emotionally. You are you for a reason.

Gabrielle Walker



## **Love Letter to Self**

By: Brianna Felder

Dear Bri,

You've been through so much, and are always so stressed. I wish I could take that all away, but sooner or later the hard work you've been doing will pay off. Also, don't beat yourself up on the small things, and remember that you are human. You can show emotions. You can make mistakes. You can be YOU. I love you.



## **Love Letter to Self**

By: Daisha Rose

Dear Daisha,

Be positive. Use your head instead of your emotions. Don't let people get to you. Be the best person you can be and you can do anything you want in life. Can't nobody slow you down but yourself. Can't nobody have your back like you can. You have a purpose in life. You are worth something. You are smart, kind and important. You can accomplish anything in life. Never give up.



## **Love Letter to Self**

By: Princess Green

Dear Princess,

Love yourself always. Never give up on yourself. Always have faith and know you can do whatever you put your mind to. Continue to have an open mind and be open to new experiences. Enhance your beauty and enjoy your youth. Only focus on things you can control and continue to be great.



## **Love Letter to Self**

By: Ma'sonique Saunders

Dear Ma'sonique,

I want to let you know that you are a beautiful, smart and amazing person. I also want to let you know that I am proud of you for accomplishing the goals people doubted you would. You are also an outstanding person. Just keep growing into the amazing person you are becoming and remember, no one can get in your way if you don't let them.



## **Love Letter to Self**

By: Jariah Hargrove-Mitchell

Dear Jariah,

Always be yourself and never change for anyone. Be there for yourself and love yourself consistently. Never give up on yourself and understand your worth. You are beautiful and intelligent. Share your light and continue to learn and prosper. Know your worth! One day you will grow up to be somebody and change the world. Never let anyone come in your way to making it to a different and wealthy level. Baby girl, you are going to make it!



## **Love Letter to Self**

By: Aliya Horton

Dear Aliya,

You are dope sis. You are black girl magic. You are a creator. You are surreal. You are ethereal. Your hair defies all laws of gravity. Your skin can absorb sun rays. You are powerful. You are the love that the world is waiting for. You are the reflection of your ancestors and the forefront for future generations. Greatness lives inside of you starting with the crown of your head to the bottom of your feet. Your blackness signifies the wealth that God gave you. You are love, therefore, you shall always show love.

Love,

Aliya Horton

## **Love Letter to Self**

By: Toneyah Taylor

Dear Toneyah,

You are all that I aspire to be, you are my role model when all else fails, and you are my smile when I frown. You are my “hype man” whenever I need a reminder of my black girl magic. You are a light in my world and in the world. You still find strength to occupy and elevate spaces that do not make room for you. I thank you for that and I love you with my entire being. I am so grateful to be growing and loving with you. You are beautiful and blossoming being and do not express regret for breaking barriers; ever, seriously. Everything you are was crafted with a divine purpose, so apologize for none of it.

With Love from you,

Toneyah



## **Love Letter to Self**

By: Savannah Williams

Dear Savannah,

Self-care is important because you need to keep a healthy relationship with yourself. It can manage stress. Somethings you can do is get plenty of sleep, healthy diet, and daily exercise.

Love,

Savannah

## **Love Letter to Self**

By: Kafiya Mohammed

Dear Kafiya,

Don't speed up the process cause eventually you will make it there and find your destination. Don't let anyone bring your positive and delightful energy down. I love your body, mind, spirit, heart, soul, and as a matter of fact, everything about you. You will make a change and continue to be great. Don't forget that you are marvelous and sufficient. Live life to the fullest because life is really short.

Kafiya



## **Love Letter to Self**

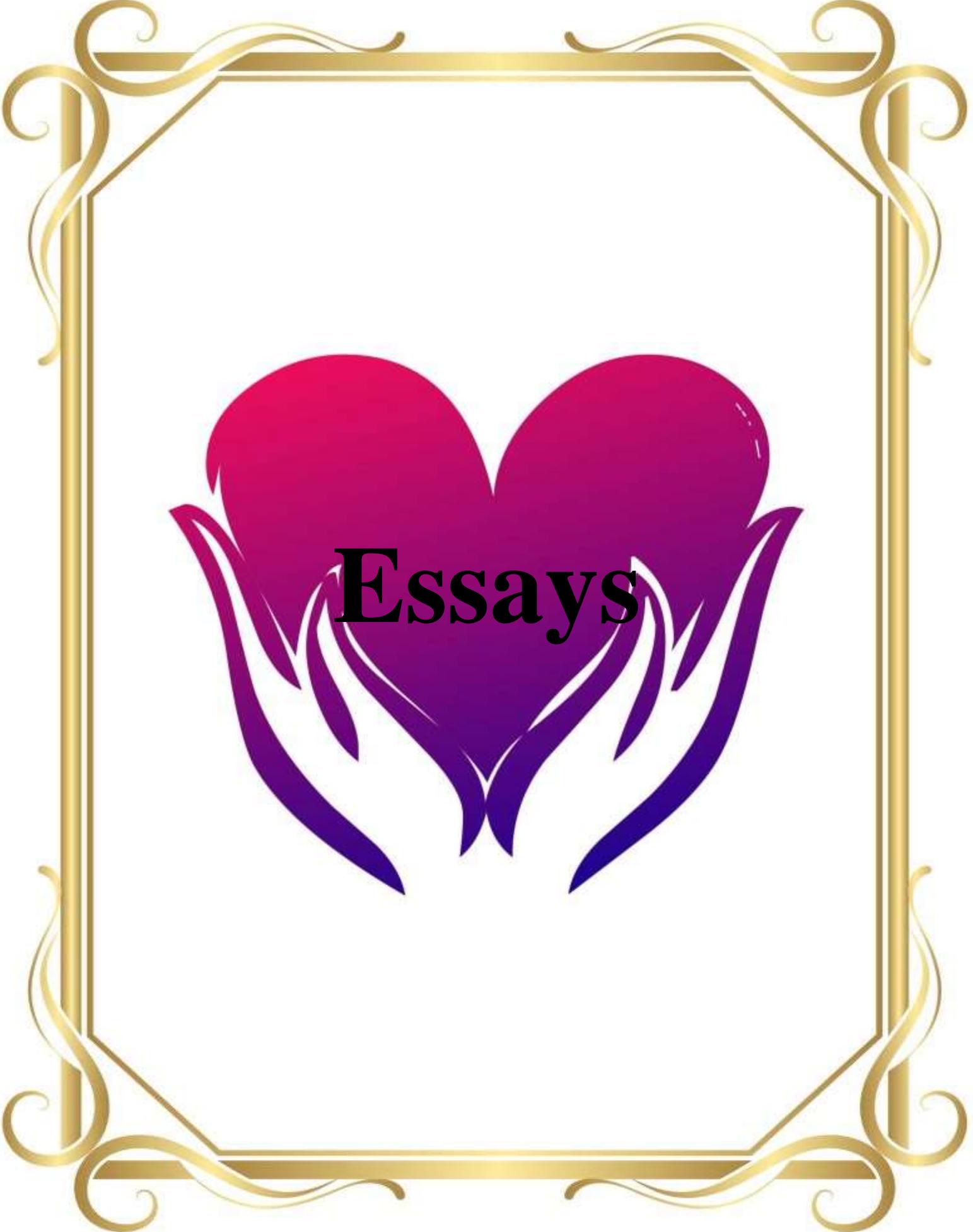
By: Marissa French

Dear Marissa,

I just want to say keep being. Don't let anyone bring you down. Keep being positive and showing your smile. Always love yourself and treat others how you would want to be treated. Remember, you are a beautiful black girl and don't let anyone tell you otherwise.

Love,

Marissa



# Essays

# My Take on Self-Care

By: Kaiah Hicks

There are many things you can do for yourself as self-care. There are plenty of things such as exercise, trying new foods, arts and crafts, etc. I also do things for my personal self-care, such as play sports, listen to music, arts and crafts, watch TV, and other things.

I play sports for self-care because when I play sports, I feel calm and focused. The sports that I participate in are track and field, and cheerleading. When I cheer, I feel motivated, and inspirational because of the fact that I am cheering for a team to help them win. I have been cheering since I was five years old, and have been passionate since then. I like track because when I run or train, I can tell if I have improved/gotten better over time, each race. The races that I participate in are the 100 meters, 200 meters, and the 400 meters. I have been running since I was around 14 years old. Both of these sports make me feel good about myself and personally, help me with self-care.

Also, I listen to music for self-care. I listen to different types of music such as R&B, Rap, and Gospel. The type of music that I listen to the most is R&B. When I listen to music, I listen to the lyrics to understand them and try to connect and relate to them. I listen to the different beats and I sit and chill. It is a very soothing thing to do. You can listen to different types of music depending on your mood. Listening to music is a big part of my life and I truly recommend it if you are feeling any type of way.

As I said, there are plenty of things to do for your self-care. In order for you to be able to find out what helps with your self-care, you have to experiment with different things, try things that make you happy, different foods, etc. Self-care is the best care!

## Self-Care

By: Jace Kanney

What is self-care? The dictionary defines self-care as the practice of taking action to preserve or improve one's own health. Despite the dictionary, the definition of self-care should be made by oneself. There are many different types of self-care. I do mine through exercising, painting, drinking water, and praying.

For my self-care, I like to exercise. I like to run, do ab workouts, leg workouts, and a lot of other exercises. After I work out, I feel energized and good about myself inside and out. Not to mention, working out has a lot of health benefits. For example, it lowers your risk of heart disease, manages your blood sugar, and can improve your mental health. Although working out is tiring, it feels great in the end.

Another activity I like to do for my self-care is paint. I love painting and listening to music. It really calms me when I am stressed or just need a break. It has been proven that painting boosts memory skills, improve fine motor skills, and stimulates an optimistic attitude. Painting can also help you express your emotions when you don't have the words to. Whilst I am not the best at painting, I've learned you don't always have to be the best at something to enjoy it.

Next, for self-care I love to drink water. It might seem like something so little, but it really does go a long way. Soda and juices have so many bad effects on your health. For instance, drinking a lot of soda/juice can lead to Type 2 diabetes, increase the risk of heart disease, and can lead to tooth decay. Water improves your heart health, is good for skin and hair, and decreases the risk of cancer. Drinking two liters of water a day could go such a long way for someone's health.

Finally, I like to pray. I think a connection with God is really important to my mental health. I feel calm, comforted, and grounded when I pray. Just spending a few minutes a day helps me have a better attitude. I really connect spiritually and it boosts my health. Even though everyone isn't religious, this is just one thing I like to do.

There are various different things people can do for self-care. The options are endless. I exercise, paint, drink water, and pray for my self-care. My definition of self-care is doing all the things while helping my mental and physical health. So, what is your definition of self-care?

# Camp Got Your Back

By: Tatenda Chirume

My experience at “Camp Got Your Back” was incredible! During these three weeks of camp, I learned more about myself in all aspects of health and different activities/forms of self-care. I enjoyed meeting all the girls and, even though virtual, the environment was beautiful and felt inviting. My favorite activities were: Stress Reduction: Yoga, Healthy Tea, Self-Care Assessments; and Healthy Living: Salad. Overall, I’ve learned so much and have improved my self-care.

Before camp, I thought the different activities I do daily weren’t self-care. It turns out they were. From my sleep schedule, eating habits, hygiene routine, and when I exercise, are all self-care. Everything we do for our well-being or enjoyment is self-care. A few of the biggest things I learned from this camp are loving my body, spirit, and mind. What “loving” means to me is wanting the best for myself and doing the things that need to be done to ensure I’m healthy. From camp, I’ve started to use the affirmations we’ve written every day, and notice they’ve made me feel better about myself. In the morning, also an activity from camp, I do basic yoga to wake up fully. The affirmations and yoga help me start my day. Since the tea presentation, I drink about 1-2 cups of tea every day, and now I have a deep appreciation for tea. I love the different types of tea, and its various benefits. I have also began using the essential oil and spray, from the aromatherapy presentation, for better sleep and to relieve stress. These are things I’ve learned and applied from camp to improve my self-care.

Considering anything can be a form of self-care, my definition of self-care is activities that a person enjoys and does that relieves stress or can recharge one spiritually, physically, mentally, and emotionally. Self-care can range from big to small activities or things we do ourselves and the things we do for others. The most important thing about self-care is that the things we do for ourselves can greatly impact how we help others.

My new and improved self-care plan is separated into two parts from what I do daily and what I do once in a while. For my daily activities in the morning, I’ll meditate and do some basic yoga. Then do my hygiene routine and also look in the mirror to read my affirmations to myself. After that, I’ll have some tea before breakfast. During the rest of the day, I’ll take breaks just to recharge and reorganize myself. At night, I’ll do my night hygiene routine and spray and oil for sleep. As for once in a while, I’ll take breaks off of social media and reorganize/thoroughly clean my space.

Thank you, ADAMH Board of Franklin County, the adult Sisters, RSR BGTT members, the girls at the camp, and the presenters for making all this possible! Thank you all for this wonderful experience!

## **I Choose Me: A Self-Love Essay**

By: Toniayah Taylor

After camp with Rise Sister Rise, I saw self-care in an entirely new light. I had previously always thought of self-care as getting your nails done, going to the salon, or even buying new clothes. But I did not realize that self-care is simply at the act of doing whatever makes you feel good. That self-care is whatever you may discover fitting if it contributes positively to your being and life journey. And within a few camp sessions, my perception, as well as my methods of self-care, was thoroughly renovated.

There is a quote by the celebrated Maya Angelou that says, “The real difficulty is to overcome how you think about yourself.” And one thing I uncovered during camp about self-care, is you must remove all expectations of yourself so you can live by with what makes you happy. Even if it means hugging yourself as tight as you can, to reinstate in one of the many possible routes that you love your body, which leads me to another learned method of self-care, affirmations. An affirmation is an act of affirming yourself, which can look remarkably diverse. I have had a previous practice of practicing affirmations, but I had not referred to it as a method of self-care until Camp Got Your Back. Another habit I did not realize was a method of self-care was journaling. Journaling is another thing I had experience with, but I never thought that me expressing my thoughts onto paper was self-care. But Camp Got Your Back showed me that it is the act of releasing your thoughts and your emotions that can, in many ways, be healing.

So, learning about the different methods of self-care allowed me to realize some of the styles I had unknowingly been utilizing to take care of myself. Such as, painting my nails, doing my hair, journaling, affirmations and being kind to myself. But it also allowed me to recognize the many ways I didn't realize were forms of self-care, which can be any of the following things: hugging yourself, cooking a healthy meal, talking to yourself in the mirror, making collages, listening to inspirational music, learning when to relax, giving a compliment to someone, acknowledging your love for your body as you apply lotion, reading, drinking tea, writing letters to yourself, and many more different things. All of these are incredible methods I learned while attending Camp Got Your Back, and they further inspired me to embrace my black girl magic. Considering our world today and often the lack of love within myself as a black girl, throughout the entire Camp Got Your Back, they encouraged and reminded me that self-love truly is the best love.

## **Self-Care**

By: Lillian Corpening-Morgan

Self-care has become so much more important in my life over the past year. I've really benefited from making it apart of my day to day schedule. I am someone who deals with anxiety and depression on a daily basis, so having moments of self-care each day helps me find a way to feel centered and calm. My favorite activities to do for self-care is painting, drawing, writing, and reading. I love engaging in the arts and I find it necessary to do a little bit of something every day. Exploring new mediums gives a fun outlet to look forward to. I believe that it is very essential to everyone to show themselves some love.

Engaging in acts of self-care is very important to keeping a healthy relationship with ourselves. When we start to forget to do things for ourselves, our own mental health starts to suffer. When we practice self-care and make it a daily part of our lives, we become even more centered and in tune with what our body, mind, and soul needs. I sometimes struggle with my severe anxiety, but when I do a calming self-care act like drinking tea or taking a walk with my dog, I find that my stress often reduces. However, self-care isn't always the easiest thing to practice. Some might figure that they might have too stressful of a life that they simply don't have enough time in their day to take away for themselves. I think that starting small is the key. If you take five or 10 minutes a day, instead of being on your phone, and doing some yoga or journaling, it will easily start to become a habit. When you have healthy habits that become a centralized part of your life, you then have a healthy mindset that can get you through the most difficult situations.

## Self-Care

By: Anaiya Jenkins

Hello, my name is Anaiya Jenkins and self-care for me is usually shown in two or three levels. In the first level, I do things for myself such as face masks, lip scrubs, shopping, showering, eating healthy, and doing exercise. The second level is helping others through spiritual self-care, which kind of ties into karma and good deeds in Hinduism and Buddhism. The things that I will do is volunteer work, sewing for other people, given donations to those in need, and random acts of good deeds. The last is peaceful self-care such as sleeping, reading, laying in the sun, listening to music, or cleaning.

The things that I learned from camp about self-care was self-defense, good yoga poses, tea making and mixing, as well as learning how to make affirmations. Self-defense was for you to know how to take care of yourself in difficult situations. Tea making helps reduce the risk of heart disease and blood clots. It's also very calming when drunk hot. Another self-care thing I learned was how to make a healthy and good tasting salad.

Self-care is a way to enrich yourself and others around you while having a good time. From now on, I will do self-care more often such as every day for a specific amount of time. I will focus myself to do yoga when I'm angry instead of hitting something or crying. I am going to try to eat healthy foods on a regular even when I'm not doing sports or dance. Eating healthy is hard for me to do because I am a picky eater. I do not really like to eat a lot of meat or vegetables and at a time like this with COVID, it is important to actually be healthy and not just look like it. I will also make time to go on more walks. Walking on trails or on hikes gives me time to think about life and relax. Reading is also like the same thing, but the one on paper and not as an app because looking at electronics for so long can damage your eyes, so I am going to read more books for entertainment purposes.

# My Journey to Self-Care and What It Is

By: Sole' Hampton

This essay is supposed to be about what self-care is to me. But to answer that question honestly and fully, I have to tell you my story. I have to tell you my journey about how I came to take care of myself. I did things that were out of my character and I completely lost myself. I did things that I thought were good for me, but in all reality, they were hurting me.

Eventually things got so bad I tried to commit suicide. I took quite a few bottles of painkillers along with the pills, I slit my left wrist. I laid in my bed that night thinking I was going to die. The next morning, I woke up realizing my plan didn't work. So I wrote my parents a letter telling them what I did or what I attempted to do. I gave the letter to my mother and father and that night, my dad took me to the hospital.

At the hospital, they pumped me full of different fluids to get the drugs out of my system. The doctors told me three different things that night. The first thing they said was that it was a miracle I was alive. The second thing was that I had damaged my liver due to how many pills I took. The third thing was that the fluid they gave me usually took 12 hours to flush the system. It took four days to flush my system. It took a total of nine days for my liver to heal. While in the hospital, I had four therapists and two psychiatrists. They let me go after being in the hospital for nine days. Two weeks later, I was right back in the hospital.

After being in the hospital for a second time, I was then put into intense therapy. Five days a week from 9 to 2. I wasn't allowed to go to school or see my friends. After being in intense therapy for about three months, I was finally mentally safe. Therapy was a bumpy road though, but it was worth it.

At this point in the story, you may be wondering what this has to do with self-care. Well that's simple. Through hospitalization, therapy and being put on medication, I finally found myself. I found things and people that were really good for me.

So what is my self-care? My self-care is making sure that I take my medication. When I take it, it helps to keep me mentally safe. I also like to hang out with my friends. They keep me happy and help me when there is a problem. I also take part in things such as "camp Got Your Back" (CGYB). CGYB has taught me new self-care tips and has been inspirational in so many different ways. I was taught about how tea can help you and all the different benefits that tea has.

Also, taking part in CGYB I met so many different girls. Some of which can be lifelong friends. They have also become part of my self-care. Being able to see their faces and talk to them and learning new perspectives of life, it was all just so amazing.

## **Self-Care: Simple Ways to Lifting You Up**

By: Hanaan Abdullahi

During this summer, I participated in an online camp called, “Camp Got Your Back!” This camp emphasized the importance and impact self-care activities have on the mental health of young black girls in our communities. Self-care can be defined as healthy habits one does to take care of their mind, body and soul. Before attending this summer camp, I never truly reflected on how much time I spend taking care of myself. I also never knew that doing simple things such as wearing your favorite color or saying positive affirmations to yourself in the mirror can be seen as self-care.

This camp shed light on how easy it is to incorporate self-care activities in our lives. Not only did this camp speak these simple activities into existence, but we also tried them out each day. After trying them out, we would then reflect on how these various self-care activities made us feel. I really enjoyed the aromatherapy, self-defense lessons, yoga, the book club meetings, and the tea drinking. At the end of this camp, I felt inspired to prioritize myself through building these activities into my daily routine. On top of those self-care lessons I previously mentioned, I will also try out photography, journal writing, and eating healthy foods such as salads. I learned that doing self-care is not selfish, it’s something you do to take care of yourself in order to be available to take care of others.

In addition, I learned that people feed off the energy you show up in, so when you are in a better mood, that easily puts others in a better mood too. By the end of this camp, I will spend more time doing self-care activities because I realize now how important it is to lifting my spirits up. Lastly, I found this summer camp special and empowering to me because it was a safe space for us black girls, by black girls, without judgement, to share our true feelings and voices which is so oftentimes discouraged within popular media and our society.

## **The Art of My Self-Care and Camp Got Your Back**

By: Kelli Shivers

I have always known what to do to help myself unwind and reflect. My self-care varies depending on the time and the situation. Camp Got Your Back expanded knowledge on things that can contribute to my various ways to take care to myself. Taking care of yourself is important because it helps you be more present around others and allows you take a break from the world around you and do something fun and stress relieving.

Some things that I did before hearing the information at Camp Got Your Back consisted of listening to music, running, watching anime, and word dumping. Listening to music was a way for me to tune out the world and vibe. When I am by myself, then I'll dance a bit. When I do this, I sometimes physically feel my stress pour out my body. Running is something I picked up in the 8<sup>th</sup> grade. I have always been an athletic person, but I found myself seeking out running by myself to help clear my mind. I usually run a couple of miles a day to help keep my body limber and let go of anything unnecessary or trivial. Watching anime is something that I have been doing for a while. It is great for a laugh or to just get invested in for a while because of how entertaining I find it. I also enjoy how there are different games to pick from so I can watch whatever I'm in the mood for. Finally, word dumping is how I write about things that are on my mind. It isn't exactly journaling; sometimes I write blurbs of random thoughts and come back to it later. I feel like it's good to have more than one thing to do for self-care for multiple situations or to do whatever you're in the mood for.

At Camp Got Your Back, I was able to hear about other people's way of taking care of themselves. Some people like to do some of the same things as me such as exercising and listening to music. Others talked about doing things such as painting, photography, makeup, getting a good night's rest, cooking healthy meals, sewing, and watching horror movies. Hearing from other people highlight how diverse people's versions of self-care are. While at the camp, we also learned things such as essential oils, yoga, self-defense, the benefits of tea, and healthy eating. We were given the tools do these, which was great because it allowed us to implement new self-care tools into our everyday lives.

The most important thing that I enjoyed was talking with the different girls. In a way, that is a form of self-care for me because I enjoy it so much. Interacting with people in a chill environment is relaxing to me and as I usually say it's a "vibe." I would go to camp again and I would love to do something in person after COVID-19 has calmed down. It was also important to accentuate self-care at a time such as this because it is more important than ever in such a stressful time.

## Self-Care Essay

By: Aliya Horton

Before “Camp Got Your Back,” I had a pretty good way to take care of my mind and keep my mind at peace, but I was not taking care of my body at all in any type of way. I was not making sure that I put healthy things into my body and I just didn’t care. For my mental health and self-care, I did do a lot of breathing and listened to music that was made to soothe the mind. But when I attended “Camp Got Your Back,” I was exposed to a plethora of great things that you can do every day to not only help your mind, but also help your body.

The first technique I will use for self-care is drinking tea and blending tea for the needs that my body needs for that moment. I did not know the beneficial effects that tea has for your body. The way different teas work is so interesting and cool, but the part about tea that stuck out to me the most was the way we should drink our tea and how it helps with the process. The second technique I will be using is the aromatherapy. During camp, I used it throughout the days and saw an improvement with my health. Over the weekend of camp, I got a cold and I looked at the sheet Sister Juana gave us and used the oils that she suggested, and in less than two days, I felt so much better and was completely healed. I was so amazed how fast it worked that I use aromatherapy every day now. The third technique I will be using is yoga. I heard about yoga and used to do it many years ago but over time, I forgot how it can calm your mind and be a form of meditation that can be done weekly. The last technique I will use is eating healthy. Even though that sounds like a given to eat healthy, it was hard for me to find food that I like and were good for me. But “Camp Got Your Back” helped with that and I plan on exploring new and different things to eat.

In conclusion, this camp helped me explore who I was by trying new things and also to not be afraid to take risks. This camp taught me the true meaning of self-care and how to use different techniques that will benefit both the mind and body. “Camp Got Your Back” really had my back.

## Sharing About Self-Care

By: Dominique Robinson

Maybe it's a long jog as the sun starts to go down. Coming home to grab your favorite snack right before you take a relaxing bath. Just to cuddle up in some comfy pajamas and watch a good movie. These are all examples of some great self-care! The definition of self-care for me is anything that is intentionally beneficial to your well-being. There are so many types of self-care! So many that people can do self-care without realizing it.

Physical self-care is one of the most common. Exercising, getting a consistent eight hours of sleep, staying hydrated, eating healthy, and good hygiene are all parts of physical self-care. This might be the one I practice the most. Staying active and watching what I put in my body helps me mentally. My mood in the morning can always differ based on my amount of sleep from the previous night as well. Once I realized how important hygiene was I became an even better person, inside and out! Just having that so fresh and so clean feeling can build you up on the inside. It will take all that good energy and project it out, making you an even more inviting person. This is why physical self-care is so familiar, it can be the first thing you see!

Speaking of the first thing you see, seeing your favorite people can be a form of self-care! It ranges from going to a party with your friends to hanging out at a family gathering. This is called social self-care. I've learned even more through my camp that this type of self-care can be tricky. I have to be careful with this one, especially since it's one of my favorites. Social self-care is no longer self-care when it becomes detrimental to your physical or mental state. Any kind of toxic relationship or social situation should be avoided. I'm so grateful for all my strong relationships and always do my best to value them.

Just like I check in with my friends and family, you always have to check in with yourself. I like to balance my physical care with my spiritual, emotional, and mental. When I check-in and notice I feel off or drained, I might write, listen to my favorite song, journal, or create something. These are all forms of emotional self-care. Emotional self-care is another one of my favorites because I love to create! Mental self-care can include doing a puzzle or reading a book. Yet spiritual self-care is the most important part of my daily check-in. I like to pray, read my Bible, meditate, and self-reflect. With this camp, I've even learned of another type of self-care. Budgeting your money or staying organized can even be self-care. They call it practical self-care. All these things combined and balanced make for great self-care.

I plan on taking all this wonderful knowledge and continuing to apply it to my daily self-care routine. I hope you consider doing the same!

## **Self-Care Essay**

By: Kafiya Mohammed

Something that I have learned from this camp is that you are enough and that you can change the world. I never used to think good about myself until I came to this camp and heard, “good morning. It’s good to see your beautiful faces everyday” which made my day. One comment can change someone’s day because you never know what’s going on in their lives. Watching motivational videos literally made me feel so powerful and above this earth. I plan to take better care of myself and others. Because if I do something great in life and motivate others, then my younger seven siblings and others who look up to me will someday be greater than me.

Thinking great about yourself can help you mentally, but also physically. It can help you physically because it will give you more positive energy than negative energy. It could also help you physically because it will give you more positive energy than negative energy. It could also help with stress and depression because if you’re sad, you could always think of something good and you’d be in a better mood. Waking up in the morning and just looking in the mirror and telling yourself that you’re beautiful will help. Some people overthink and set goals that are unrealistic that they stress about. Instead of setting a goal that is far way and stressing about it, take it piece by piece and accomplish it. Don’t ever tell yourself you can’t do it because if you do that, it will make things even worse. So if you want to do something, take it, don’t rush yourself because you have a lot of time. Surround yourself with people who help you bounce back, not people who make you stay there. Take the qualities that God gave you and admire them. No matter what a person is to you, if they are pushing your boundaries, show them the exit door to your life and let them leave. Life is short, so think outside the box.

## Self-Care Essay

By: Marissa French

Self-care can mean many different things and can be done in many ways. In essence, self-care to me means taking the time to pay attention to yourself. Self-care isn't selfish, it is taking care of ourselves and making sure we nurture our body, mind, and spirit. A big part of self-care is getting to know yourself better. It is important to know your likes, dislikes, and what makes you relax. How many of us actually have a self-care plan? The answer for many is "I don't have one."

The Rise Sister Rise camp provided me with new thoughts about self-care. The camp exposed me to self-care activities that I had never tried before such as: aromatherapy oils, variety of teas and what they can be used for, and journaling. It made me think about the self-care I currently do such as relaxing to music, getting my hair done, and occasionally getting my nails done. I now understand why my mom often says, "having me time" is necessary. Her self-care involves getting massages, taking walks, and getting her hair and nails done.

I learned that I have the power and ability to create a joyful and peaceful surrounding for myself. These activities have made me realize my inner confidence and glow. My goal is to be a beautiful young lady inside and out. It has made me come up with realistic goals for myself such as: surrounding myself with good people, learning how to deal with stress, and avoiding alcohol and drugs.

Self-care is very important to me. I am working on my self-care plan which includes activities for the body, mind, and spirit. First, my plan for self-care of my mind includes having more fun instead of always being so serious; relax by listening to music; and unplugging from technology from time to time. Second, activities for self-care of my body is having a consistent workout routine; getting proper sleep; and eating healthier foods. Third, my self-care plan for my spirit is to meditate, journal my thoughts, and pray daily.

## **My Self-Care Essay**

By: Arianna Dear

To be honest, I never heard of or even knew what self-care was or what it really meant. So I've actually learned a lot about self-care. But some things I learned that really stood out to me was that self-care can be super simple, like listening to music or going for a walk. But also very complex at the same time, like working on yourself or changing your lifestyle to align with your beliefs or new goals you have for yourself. Self-care can be taking time for yourself after a long day. It can be making a cup of tea with the flavor you like. Self-care can simple be chapping your lips.

Self-care in my opinion is basically what you make for yourself and something that benefits you from you. What I believe the definition of self-care is, is taking care of yourself and making sure that you're okay mentally, physically, and emotionally, and most importantly, loving who you are. You don't have to do extraordinary things for it to be self-care. Simple forms of self-care are also important and can make a difference, instead of doing nothing at all. I'm going to take better care of myself by believing in myself in whatever situation I'm in and I'm also not going to be so critical of myself by creating a healthy mental relationship with myself.

One thing did learn that I now know I need to watch more closely and adjust in my life is not sacrificing my feelings for others. I can sometimes not say how I feel to certain people that I love or care about because I'm afraid I'll lose the relationship with that person, but by doing that I'm hurting myself in the long run. I've gotten a lot better at standing up for how I feel, but it still needs a little work. Whenever I meet someone, I will always be the best friend I can possibly be to them, be nice, understanding, have their back, and just give them my whole heart and when they don't do the same, I get hurt because I can be sensitive about situations like that. So from now on, I will ease into and build relationships with people, not an all or nothing type of deal. I'm also going to do more simple forms of self-care along with my big forms of self-care to balance it out, always making sure I'm showing care to myself on a daily. Also, to appreciate the small things that help me in life as well.

## Self-Care Essay

By: Brianna Felder

Self-care is something that I never thought would be useful until I joined this camp. I figured out self-care is more than eating comfort food, and taking naps. It's about taking care of my mind, spirit, and body. For years, I've been ignoring those three parts about myself. Within finishing the camp, I figured out what self-care really meant to me, and that was to be happy and do things that didn't make me feel exhausted. Things such as drinking tea, doing yoga, and writing affirmations are activities that help me to unwind, and relax after a long day. Especially during the COVID outbreak, joining this camp and learning about the different ways to unwind from the stress and fear.

The information and tips that I'll take with me include writing affirmations, yoga, and colors and chakra. Before coming to this camp, I never thought that writing affirmations would do something for me because I thought it was just words. Then afterwards, when I actually wrote down some affirmations, I started to feel better. I learned that writing affirmations and saying them to yourself day-to-day can be a big boost to your confidence. Another thing that I learned was about how certain colors make you feel and about the colors of the body. I also learned the different meanings of certain colors, let's take yellow. Yellow means courage, and is located at the stomach area. After learning this, I've been wearing tons of yellow and for some reason, it helped with my confidence. I've also been wearing more blue because blue, located at the throat, helps you speak your truth. So when I joined certain Zoom calls, I would try to wear a blend of those two colors. The last thing that has made an impact on my life was yoga. I'm not really one for exercise, but the yoga was very relaxing. It helped me control my breathing. This was very helpful with my anxiety because it helped me to settle down.

I'm very grateful for this camp to exist. It opened my eyes to new ways of taking care of myself, and I'm very thankful for those who carried it through. I'm most definitely going to use all the tips and tricks I've received to help me control my anxiety and live a happier life.

Thank you!

## **Self-Care for Ma'sonique**

By: Ma'sonique Saunders

What I learned about self-care is that self-care does not have to be just by doing your hygiene, it's a whole lot of different ways of doing a lot of things you like to do. You can journal in your notebook about your feelings, you color, and you paint a canvas or water paintings. You can also do face mask and wash your face off so that your face can be smooth. Self-care can also be about having good etiquette, doing yoga, going for a run every day. You can also treat yourself to food, shopping and getting your nails and hair done, so that you can feel good. Self-care is a lot of different coping skills like taking deep breaths and going for walks, coloring a picture of a character or making a pretty picture for yourself.

My definition of self-care is taking care of yourself and your needs. Putting yourself first even when people you care about need you, uplifting yourself, and motivating yourself, even when you want to give up in life. I learned about myself that I'm the type of person to put people before me. I'm a very loyal person. I'm a very forgiving person, too. I go out of my way for people even if they don't do the same for me. I'm a great listener. I listen to people when they are in need of a friend. I'm very friendly to my friends. I'm a very honest person. I'm also very appreciative for the little things in life. I'm very open-minded. I'm also fun to be around. Also, I learned about some of my pet peeves like I hate judgmental people, liars and miserable people that want to see other people down.

I plan to treat myself to more shopping sprees, more manicures and pedicures. I will do more makeovers and keep my hair maintained. I will drink more tea, protein shakes, and eat more healthy meals. I will exercise more and continue to drink more water. I will also not eat a lot of junk food and unhealthy food. I will take care of my body by getting enough sleep like maybe eight to ten hours of sleep. Also, will keep my hair and skin moisturized by taking good care of both my hair and skin. I will also take care of myself by brushing my teeth and doing my hair. I will also keep myself educated by learning new stuff every day.

## Self-Care Plan

By: Daisha Rose

What I learned about self-care is that it comes in many forms and ways. You can paint a canvas about positive quotes for self-care. You can read the Bible for self-care. You can also do yoga every day for self-care. Self-care can also be showering and a bubble bath or doing our hair. Self-care can be about getting your nails done and your toes done, washing your clothes and by brushing your teeth. My definition of self-care is taking care of yourself physically and mentally. You can take care of your body, mind and spirit. What self-care is about is doing things for yourself that no one else would do. Self-care can be you telling yourself positive affirmations, taking yourself shopping, drinking tea, eating healthy meals, keeping your skin moisturized, and treating yourself right.

What I learned about myself is I am an awesome person who is a good friend and a supportive person. I am kind, smart, and important. I am worthy and I am going to be somebody special in life. I am a strong person who can go through trials and tribulations. I am a consistent person. I am a loyal person at the same time. I am planning to take care of myself by getting myself an apartment and a job or two jobs. Then I'm going to save up and buy a car. I am going to start eating healthier and start exercising more. Like by walking and running, also drinking more water. Eating more vegetables and fruits. Not eating a lot of junk food and not overstuffing myself. Also, I'm not going to put others first or before me and start putting myself first. I'm not going to give up in life. I'm going to stop giving my all to people. I will also meditate so that my spirit will be in peace with God. I will also pray when my spirit is down so that I can feel better. For my mind, I listen to music and I like to have fun. For my body, I like to get at least eight hours to ten hours of sleep. Also, I drink tea because it's healthy for the body. I will also take care of my hair and keep it moisturized. I will also take care of myself by keeping my nails done and my toes done. I will take lots of breaks and never over work myself.

## Caring For Yourself Using Self-Care

By: Princess Green

My definition of self-care is something you do for yourself that benefits your body, mind, or spirit. Something I learned about self-care is that it is really good for you. It is very important that you care for your body. Some benefits of self-care are smoother skin, a healthier diet, healthier hair, a better body shape, and greater confidence and self-esteem. Self-care also benefits your health, including your mental health. It could also help you lose weight.

Some things I learned about myself during this camp is to never doubt myself. Also, to always do things to my fullest capabilities. Never doubt your strength, consistently believe in yourself, and set goals for yourself. When setting goals for yourself, set goals to help you achieve the further goals you set for your future. I learned that doing things for yourself goes a long way.

This group helped me to enhance both my beauty, and the melanin in my skin. It taught me that black is both beautiful and powerful. Our skin color is a weapon and we should use it to its fullest capability. This group also taught me that setting goals is a part of self-care. You should always be looking for ways to better yourself. Camp taught me that self-care has a huge impact on your being as a whole. There are many different types of self-care and many different ways to maintain your self-care.

I plan to take better care of myself by drinking more tea and water, and also exercising more often. Also, I plan to eat more healthy foods and take better care of my skin. I plan to look in the mirror every day and night, and say a positive affirmation to myself. Camp also taught me that saying positive things to yourself and also to others can go a long way. It benefits both your self-confidence and self-esteem. I plan to make sure I do something for myself everyday involving self-care.

I really appreciate the impact this camp has had on me. I look forward to participating in future events and more activities with Rise Sister Rise.

## **Different Types of Ways You Could Self-Care**

By: Jariah Hargrove-Mitchell

Throughout the nine days I learned a lot of different type of ways to help with self-care. I also learned your coping skills can relate to self-care. The camp also changed the way I think about self-care. Because the way I thought of self-care nine days ago was only a few reasons, when I was missing multiple reasons for self-care. Something I learned was you can drink tea, listen to music, you can do your hair, take pictures, go shopping, you can journal, dance, workout, clean up, and read. Nine days ago, my definition of self-care was just constantly take care of your hygiene as far as brushing your teeth and taking a shower and making sure you look presentable.

At the end of this camp, I learned that I am somebody, and that my skin color is what makes me more beautiful. I learned that I'm consistent. I also learned that black girls can be brave. I also learned that we are strong. I learned that my skin color is more than dark, its melanin. I learned that my hips are more than wide. I learned that black is beautiful. I learned that black stands for powerful.

My plans to take care of myself in the future is being healthy and taking care of myself by as far as spending time with myself. Get closer to God and take care of my skin. I am going to also educate myself on a lot of things I need to know. I will read a lot of books. I also plan to go to college to major in social work and minor in business. The reasons they are my goals is because I want to have a facility for young teenage moms. The reason I say that is because I want to help young mothers in need. So for self-care, I'm going to continue to educate myself more on what I need to know so that I can accomplish my career.

THE END.

## Self-Care Essay

By: Dezalynn Barlow

I think self-care is the best thing that can boost someone's self-esteem up by just doing one thing or saying one thing. Some people might think that just because you feel ugly or feel other things about themselves that they are not worth it. In really, no matter what, you are worth it regardless of what you tell yourself or what people tell you. My definition of self-care is loving yourself at all cost no matter what you say or what people tell you because you're worth it. There are so many definitions that self-care can have, I chose this one because we black women can be more than what we preserve ourselves as. We act like when we mess up once, we can't try again or we can't do this or that. Well, can't shouldn't be in any of our vocabulary.

I learned that self-care can be the smallest things like saying affirmations, doing your hair, telling someone they're beautiful, putting lotion on your body, exercising, meditating, listening to music, getting enough sleep, and so much more. I learned about myself that I am worth it and I should take care of myself more than I used to because that's what's going to make me a strong woman. I need to love myself before anyone else can love me. I will always do everything in my power to appreciate my self-care and self-worth. I am black and proud and I am a survivor. Self-care is the best thing anyone can treat themselves with. Do it for you and not for anyone else because you are showing everyone that you have self-respect for yourself.

I am planning to get my own apartment, get my hair cut every Saturday, say affirmations every day, take a shower twice a day, dress nice, go to college, go shopping, go on dates, get two well-paying jobs, become somebody, and take care of my self-care and boost my self-worth. I want to say thank you for letting me join Rise Sister Rise (Women of Color). This was a great experience for me and I learned so much that I never thought I would ever learn. The judges and attorneys let me know things about becoming a lawyer that books didn't tell me. I want to be a lawyer to give the world justice. Thank you for this opportunity! When the next round for Rise Sister Rise (Women of Color), I would love to be a part of the group again.

Sincerely, Dezalynn Barlow

## Self-Care

I rise...I rise with a heavy heart  
Torn apart from the chaos in this place  
The unrest of my mind, in this time  
Diminishes the smile on my face  
So I pray and I pace and I pray and I pace  
Knowing that I must guard my soul, my sacred space.

From the turmoil surrounding me day after day  
My goas must shift to self-care, I must say  
My way follows a path that leads me to bask in light and lay...  
My burdens on a higher power to conquer each day.

Taking care of myself is my new way  
My pen holds power to write my way out  
Acknowledging my feelings, casting out all doubt  
Music shoots through my spirit bringing hope and peace  
Ceasing the negative noise that tries to consume me  
Friends provide laughter and a plethora of good times  
A sign that I'm good and all will be fine  
Cartoons put a smile on my face, a sight to behold  
Comfort comes from delicious food  
Improving my mood from what I'm told

I care...I care for myself, to preserve all that is true  
My truth...steeped in love, and courage too  
I care...I care for myself because it's up to me  
To protect and heal my inner child and push toward my destiny.

Self-care is my answer to the chaos in this place  
Self-care in this world is my saving grace.

- J. Love Benton  
Spoken Word Presenter for the Summer Camp

## **FEMININE**

***By Janae M. Littlejohn, RSR 2011***

Not every black girl is a hoochie  
Wanna be  
Poppin out babies before  
they even turn 16  
So you think because of  
the color of my skin  
That you automatically know  
what's going on within?

Well, think again and take a step back  
I'm so tired of being stereotyped  
Just cause I'm black  
Take a minute and  
do some meditation.

Because your gonna need it  
Once I finish my education  
I bet you didn't really  
Expect that from ME  
But YOU WILL when  
I receive my 4-Year Degree

So you think all I'm good for  
Is money, work and sex  
BUT I use my mind as my muscle  
Now watch me flex.  
Oh yeah you might think I'm ghetto  
Because I get loud at times

**FEMININE  
CONT'D**

But don't worry I'M EDUCATED  
do I need a caution sign?  
To warn those around me  
That I'm not another hoodrat  
That I'm doing things in my life  
That's got me on the RIGHT track.

At the end of the day I know who I AM  
and that's all that matters  
Because God made me in  
His image and  
HE gave me my talents  
Not some stereotype  
Not black. Not white.

Because when its all said and done  
I report to the HIGHEST  
The God of ALL goods who has no bias  
So I Forget about the opinions  
Of you and any other men  
Cause at the end of the day I'm just  
**FEMININE !**

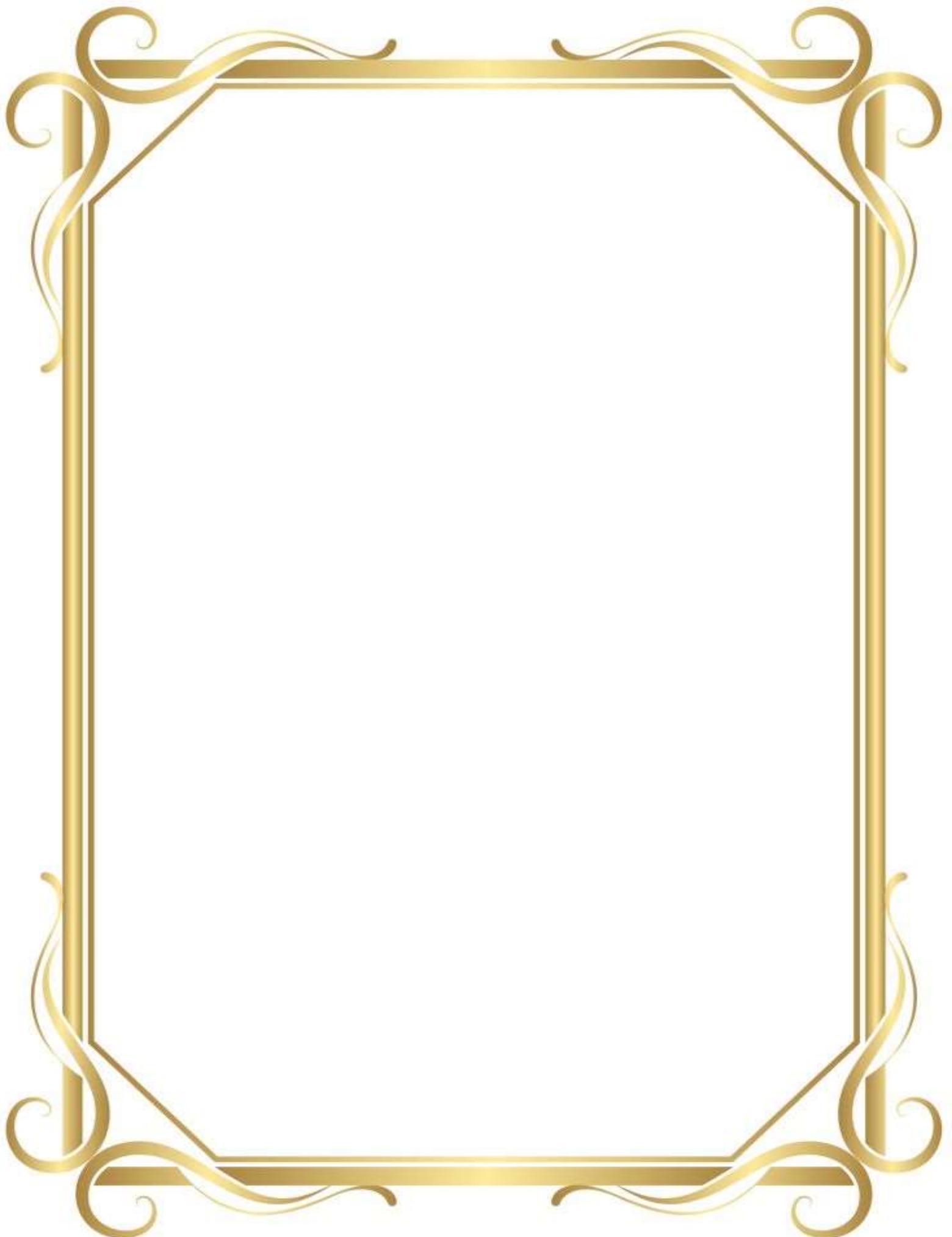
## ***Overview of Rise Sister Rise/Black Girl Rising, Inc.***

The mission of Rise Sister Rise is “Placing Black girls at Promise.” This mission statement was inspired by a quote from the American Psychological Association Task Force on Resilience and Strength in Black Children and Adolescents (2008), “For African American adolescents to develop into individuals actively engaged in optimal personal and collective development, they must be placed “at promise” as opposed to “at risk” in order to become contributing members of their families, schools, communities, and the broader society.”

Rise Sister Rise seeks to help Black girls become resilient in spite of the trauma they face, to become stronger and believe in their own inner power and make strength-based decisions through encouraging girls, providing them opportunities to think critically, with supporting adults. The goal is to empower them to successfully meet life’s challenges with a sense of self-determination, confidence to handle what comes before them, hope in the future and a feeling of well-being. This is what makes our girls resilient. They develop an inner power to bounce back regardless of what happens.

### **Rise Sister Rise Adult Sisters Committee**

**Lara Belliston Cobb, Chair**  
**Lynette Cashaw-Davis**  
**Frances Curtis Frazier, Founder**  
**Linda Kanney**  
**Alice Porter**  
**Victoria Reese**  
**Frances Rembert**  
**Faith Williams**





*I've Got Your Back, Sister!*