



SEKHMET SOCIETY

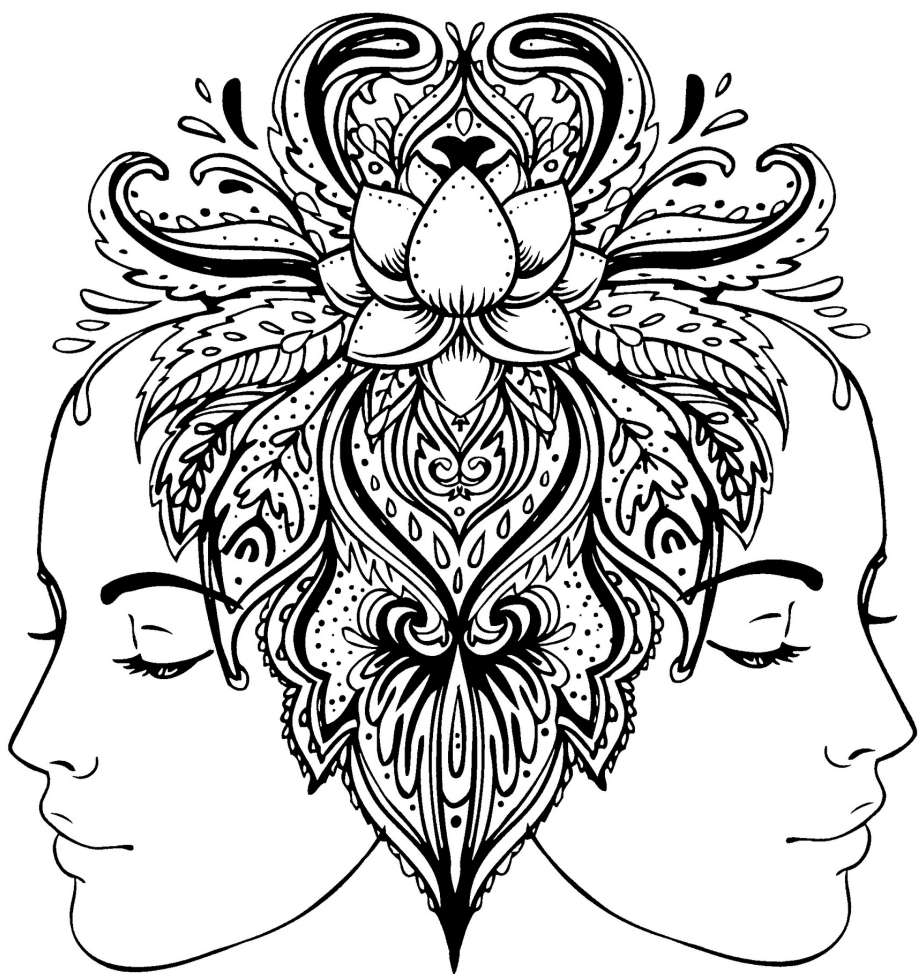
ANXIETY & AIDS

A collection of
activities to raise
your sense of ease in
your body & space.



JANUARY 2021

Curated by The Beauty Mage





**“I VERY SELDOM
COMPROMISE.**

**I AM A
CAPRICORN.”**

~CAROLINA HERRERA





COLORING PAGES

COLORING IS

known to relax the amygdala, the fear center of your brain. With the current climate and the 24-hour news cycle, our amygdalas are hyperactive. Coloring induces the same state as meditating by reducing the thoughts of a restless mind. As a result, mindfulness and quietness is generated allowing the mind to rest after a long day of work.

Coloring as an adult not only reduces fear and anxiety but it is also known to improve motor skills and vision, induce more restful sleep, and promote more activated abilities to focus. Throughout this worksheet you will find black and white pages meant to be printed and colored. We hope you enjoy them!

WE'RE STILL SEARCHING FOR OUR DREAM ILLUSTRATOR

For now, all coloring pages are from the books *Color Magick* by Castle Point Books & *Black Women* by Craft Genius Books.





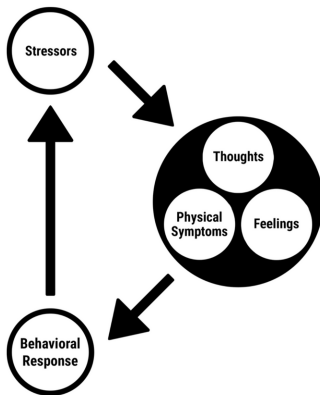
THE CYCLE OF DEPRESSION

IDENTIFY YOUR CYCLE

IDENTIFY YOUR PERSONAL STRESSORS. HOW DO THOSE STRESSORS LEAD TO AND AFFECT YOUR THOUGHTS? WHAT DO THOSE THOUGHTS MAKE YOU FEEL? HOW DO THOSE FEELINGS MANIFEST IN YOUR BODY? HOW DO YOU RESPOND TO THOSE REACTIONS? DO YOU IGNORE THEM? OR DO YOU MOVE TOWARD CHANGE?

NO JUDGEMENTS HERE. USE THIS AS AN EXPLORATION INTO UNDERSTANDING YOUR PATTERNS BETTER.

The Cycle of Depression



Stressors

A stressor is any situation that causes strain or hardship. These may be short-term or long-term.

Thoughts

Stressors often lead to negative thoughts, which may be irrational, or exaggerated.

- "I need to be perfect."
- "Nobody likes me."
- "I'm not good at anything."

Feelings

The way a person thinks about something has a major impact on how they will feel, and vice versa.

- sadness
- hopelessness
- anger
- loneliness

Physical Symptoms

The body responds to stressors, and negative thoughts and feelings, with physical symptoms.

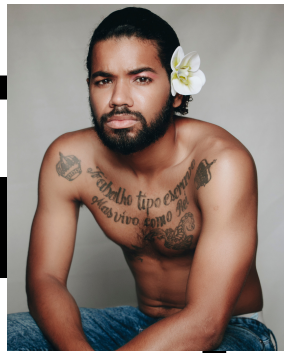
- fatigue
- poor concentration
- sleep problems
- loss of motivation

Behavioral Response

The way a person acts in response to thoughts, feelings, and symptoms may worsen stressors, or create new stressors.

- social isolation
- abusing drugs / alcohol
- neglecting daily tasks





"IF PEACE MEANS A WILLINGNESS TO
BE EXPLOITED ECONOMICALLY,
DOMINATED POLITICALLY, HUMILIATED
AND SEGREGATED, I DON'T WANT
PEACE. IF PEACE MEANS BEING
COMPLACENTLY ADJUSTED TO A
DEADENING STATUS QUO, I DON'T
WANT PEACE. IF PEACE MEANS KEEPING
MY MOUTH SHUT IN THE MIDST OF
INJUSTICE AND EVIL, I DON'T WANT IT.
PEACE IS NOT SIMPLY THE ABSENCE OF
CONFLICT, BUT THE EXISTENCE OF
JUSTICE FOR ALL PEOPLE.

—BY MARTIN LUTHER KING JR.





MAGICK
IS AFOOT



JOURNALING PROMPTS

#1

What did my self-love practice require of me in 2020? (For example, more forgiveness of myself, more loving honesty with myself, more healthy discipline with myself, more acceptance of my challenging emotions, or more unconditional compassion for myself.)

WHAT IS A SELF LOVE PRACTICE?

A self love practice is a set of actions or affirmations that increase your self-compassion and sense of worth. We all need a dedicated practice to reinforce for ourselves the value that we see in our lives. Be your own walking example of the process necessary to love you in your fullness.

#2

What tools am I learning to better manage uncertainty and stay flexible for 2021 and beyond?





SEKHMET SOCIETY



THANK YOU

We hope this helps to bring about
some peace and balance to your
month.

