Last week we introduced the concept of “Being Activated” for social change in an effort to support everyone with sustaining their mental well-being while navigating the strong undercurrent of racism. We learnt how to actively practice anti-racism by using our gifts or skills consistently over time. There are many ways to BE Activated.

Activated through Symbolism
Activated through Music
Activated by using your Voice
Activated through Comedy
Activated through Spoken Word
Activated through Art
Activated through “Doing Something to Show Support”
Activated through “Calling your Leaders and Donating to Organizations that Support Black People’s Fight Against Racism”

Click for film by Carlos Whittaker
Click for Video by Vanessa James - Founder of VJMedia, Entrepreneur and Voiceover Actor

Sitting in stillness is powerful. Not only does it bring a much-needed break in our busy day, it also balances, recharges and helps to refocus our minds and bodies. Whenever you need a dose of calm during the week, take a moment to sit down, put on your headphones and click on the picture below. Take deep breaths while listening to the music. If you feel comfortable, close your eyes and feel your body relax.