



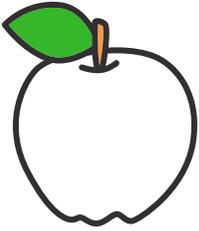
Holistic Healing Options for Care

Holistic Healing is providing support and care for the whole person including mind, body, and spirit. At Sista Afya, we believe that a holistic approach that supports Black women the various aspects of their lives can produce the best long-term impact for people living with mental health conditions. Holistic healing options are just as powerful as traditional psychotherapy.

Here are some Holistic Healing Options for Care:



- **Exercise:** Studies have shown that exercising can help to improve mental health symptoms and mood. Exercising is good for your physical body and can boost brain function in your mind (Source: Huffington Post) You can exercise a home, at a local gym, or with a group of your friends.



- **Nutrition & Herbalism:** A Nutritionalist and Herbalist both use the power of healing in food and herbs to provide relief from mental health symptoms. Diet makes a big difference in how you feel mentally and herbs have many healing properties. Holistic health practitioners and herbalists are often found in holistic health and vitamin stores.



- **Acupuncture:** Acupuncture is an eastern medicine practice used to relieve discomfort associated with many health conditions like chronic pain, headaches, and mental health conditions like depression and anxiety. Acupuncturists insert needles at certain points on the body that stimulate the body's nervous system. Acupuncturists can be found at holistic healing centers and spas.



- **Massage Therapy:** Massages provide pain relief and relaxation. Massages help to relief stress, anxiety, and depression (Source: American Massage Therapy Association). Masseuses can be found at Massage therapy centers and spas.
- **Bodywork (Reiki):** Reiki healers focus on understanding the energy in your body and how it impacts your physical health and mental well-being.
- **Spiritual Counseling:** There are spiritual/religious counselors that can provide strategies to heal mentally that derive from spiritual/religious beliefs and practices.