

Dear Friends:

Here are five easy ways to celebrate Community Healing Days, October 15, 16, and 17.

**1. *Wear Sky Blue.***

Wear any item of clothing that resembles the sky on a bright sunny day. Join with others across the country who are taking a stand for emancipation from the myth of black inferiority and showing our collective determination to *turn the pain of the blues into the sky blue of unlimited possibilities!*

**2. *Read CHN's featured book for Community Healing Days 2010***

*Brainwashed: Challenging the Myth of Black Inferiority* by Tom Burrell is an excellent book that describes how the myth of black inferiority is still hurting black people and identifies strategies for overcoming it.

**3. *Treat yourself with special care.***

Eat right (more vegetables, fruit, whole grains, and lean proteins; less sugar and salt) and exercise. Listen to music that calms, uplifts, and inspires you. Be grateful for all the good things in your life.

Make a list of positive affirmations (For example, "I am beautiful; I am capable; I am lovable; I am worthy of all good things) and set aside time each day to repeat these affirmations to yourself.

**4. *Treat other Black people with special care.***

Share the spirit of Community Healing Days: make it a point to smile, and say kind, encouraging words to every black person you meet. Encourage the black people you meet to take extra special care of themselves.

**5. *Parents, be especially loving and attentive to your children.***

Give your children extra hugs and tell them that you love them, that they are beautiful, lovable, capable, worthy of all good things, and destined for greatness. Tell each of your children what is special about him or her.

Consider signing up for a parenting course to strengthen your positive parenting and family-building skills.

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For more information on what you can do to celebrate Community Healing Days and help make this the decade of emotional emancipation for black people, [click here](#).

And join us on the [CH Network](#) on Monday, October 11, at 6 PM Eastern time, for a conversation about the Community Healing Days movement and the next steps for CHN.

Thank you.

Sincerely,

Enola, Jill, Dottie, and all your friends at Community Healing Network, Inc.

[www.communityhealingnet.org](http://www.communityhealingnet.org)