

Self-Love Altar Building Toolkit

According to the Black Womxn Are Essential (BWAE) assessment, COVID-19 is taking a toll on Black women, girls, and gender-expansive people's mental health but we are finding ways to cope. One of the ways Black women, girls, and gender-expansive people are coping is by promoting spiritual and mental wellness in our daily lives. As an offering to our community for Black Mental Health Awareness Month, we created this Self-Love Altar Building Toolkit.

**Visit bit.ly/selflovealtar to download this toolkit
& bit.ly/bwae to read the full assessment**



Self-Love Altar Building Toolkit

**CHOOSE A SPACE
FOR YOUR ALTAR**

GET YOUR SUPPLIES

**CLEAR YOUR SPACE & SET
YOUR INTENTIONS**

ALIGN YOUR SPACE



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CHOOSE A SPACE FOR YOUR ALTAR

The most important thing is that the space you choose feels right to you. When thinking about possible locations for your altar you may want to consider the following prompts to help brainstorm ideas:

- A place where you feel safe or joy
- An area of importance or significance
- An area you want to reclaim
- The location can be inside or outside your space



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CLEAR YOUR SPACE & SET YOUR INTENTIONS



Use chosen cleansing methods for your space. This could include dusting, wiping with vinegar and water, using essential oils, smudging, candles, salt, or any method that aligns with your personal belief system. While doing this, be sure to set your intention for the space by keeping in mind that this space is for practicing your love and devotion to yourself. You can recite mantras or affirmations to keep your mind and focus on the intentions you're setting for your altar.

You should perform this practice on a consistent basis to ensure your self-love altar stays free of debris and clutter, and is always ready for use when you need it.



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GET YOUR SUPPLIES

- Photos
- Candles
- Fabric
- Flowers
- Fruit
- Water or Spirits
- Herbs and essential oils
- Posters and artwork
- Items personal to you



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ALIGN YOUR SPACE

When choosing elements that you want represented on your altar, think of items that deeply resonate with you and your experiences. There is no wrong way to do this.

Building this space is an act of self-love, all you have to do is ensure it aligns with your needs and beliefs.



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Visit bit.ly/selflovealtar
to download this toolkit
or scan the QR code!

