

ESSENCE

BLACK IS EXCELLENT

TEAM NATURAL ISN'T A FAD, IT'S A

MOVEMENT

10 TIPS

FOR THRIVING

AT A PWI:

RACE-RELATED
STRESS
& YOUR
HEALTH

"HEALING THE
WOUNDS OF
RACISM
REQUIRES
LOVING
BLACKNESS"
- bell hooks

MAKE YOUR
EMPOWERMENT
PLAYLIST

"I'M NOT MY HAIR" BY INDIA ARIE

"HATE ON ME" BY JILL SCOTT

"GOOD AS HELL" BY LIZZO

"GLORY" BY COMMON & JOHN LEGEND

LOYOLA BODY PRIDE

The Counseling Center (410)-617-2273[CARE]

www.loyola.edu/counselingcenter

Share YOUR body pride message #LUMbodypride

Let's
Talk