

14 Days of Healing Practices

Bringing safety, care, and love to your mind and body

With Love: Mariah Laird

Why 14 Days of Healing Practices

We live in a world that is constantly in motion, so let's be intentional about taking moments to rest and focus on ourselves. These practices are small ways to help you *choose joy and realign the balance between the demands of productivity and the neglect of self-care.*



Making the Experience Real & Useful

- These practices may feel uncomfortable, ineffective, or even silly at first, but remember that changing habits takes time and discomfort. Be kind to yourself and avoid self-judgment throughout this journey.
- Consider finding an accountability buddy to keep you on track—or better yet, to join you in the experience.
- Choose one, two, or a few practices, and post them in your space as a commitment and reminder to care for yourself

Here's the list of 14 practices

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|------------------------------|-------------------------|-----------------------------|
| 1. Let itOuuuuut | 6. Satisfy Your Senses | 11. Humming |
| 2. Grounding Meditation | 7. Feel It | 12. Do Nothing |
| 3. Calming Smells | 8. Love You | 13. Say It Like You Mean It |
| 4. Shake It Like You Mean It | 9. Flick & Wiggle | 14. Self Soooooothe |
| 5. Be a Big Kid | 10. Artistic Expression | |

Practice 1: Let It Ouuuuut

This one is simple...let out a sighhhhhh, **but with intention**

1. Take a deep breath and let out an audible sigh
2. Pause for 5 seconds
3. Repeat the cycle two more times, making each breath deeper and each sigh louder

This practice is excellent for releasing tension or grounding yourself in the moment. To amplify the experience, close your eyes and gently roll your neck.

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Practice 2: Grounding Meditation

Body & Being, Reclaimed

This meditation is an offering from me to you—a moment to scan your body, notice what it needs, and recall an experience when you nourished your body with what it was craving. It also serves as a reminder of what is possible when you reclaim your time. Find a comfortable spot where you can relax, settle into a cozy position, and fully embrace the experience.

As the words of the meditation guide your attention from the soles of your feet to the crown of your head, close your eyes and recall moments when the sensations or feelings described filled your body.

Let's begin by gently lowering your attention to your feet and wiggling your toes. Imagine a moment when the earth—steady and abundant—was under your feet. As you walk across streets, sand, or grass, you feel weightless, with joy pulsating through your veins.

Glide your attention to your back, relax your shoulders, and take a deep breath. Imagine the hands of your ancestors propelling you forward as you take up space, standing tall, shoulders back, head held high, and your eyes are fixed upon the horizons that are yours to claim.

Mosey your mind to your sides and twist from side to side and feel the embrace and stability of your community wrapped around you. You are swathed in safety, care, and love, with no expectations or requests in return. And just like that the corners of your mouth lift into a smile as you take it all in.

Ease your focus to the front of your body and gently push your chest forward, symbolizing your openness to the possibilities of the world. Led by vulnerability and authenticity, you bask in the sun, welcoming the vastness of everything around you.

Raise your attention to your head and gently roll your neck from left to right and unclench your jaw. You are floating freely, your mind unbounded—free to imagine, wonder, and lose yourself in creativity. The sounds and sensations of the world ignite your senses as you reach for what you desire in this life.

As you slowly return to the present and open your eyes, cherish the memories that remind you safety, care, and love for your mind and body are possible. Together, we are striving toward a future where what once felt rare becomes an everyday reality.

For more resources & to explore the interconnections of healing and liberation visit mariahlaird.com

Link to the guided meditation https://drive.google.com/file/d/1M7C05-p3FWJ_DiVlIFOmH6HUrfTLOBFr/view?usp=sharing

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Practice 3: Calming Smells

Light a candle, cook some food, step outdoors, or hold a newborn baby. Immerse yourself in delightful smells, let them marinate, and relax as your mind takes you on a joyful journey. Soothe away the worries of the day.

Practice 4: Shake It Like You Mean It

Move your body to a tune that makes you want to grove. From your head to your toes, just let it flow.

Practice 5: Be A Big kid

Ask yourself: What would little you want to be doing? It's time to use the privileges of adulthood to make it happen! Trampoline park? Get to jumping. Video games? Pick a console. Ice cream for breakfast? Add Oreos for me! Whatever it is, do it!

Practice 6: Satisfy Your Senses

Satisfy your senses^{ssssssss}. Dig your hands into something gooey (touch), gaze at images that make you smile (sight), eat the thing you've been craving without judgment or care (taste), listen to sounds that mellow the room (hearing), or breathe in the aromas of your favorite tea or coffee (smell). Engage with your world!

Practice 7: Feel It

Whatever you are feeling, feel it unapologetically, without fear or judgment. Express your feelings in a comforting space or to those who need to hear your words.

Practice 8: Love You

Express some love for yourself! Use your words, visuals, or songs to nourish your spirit and affirm your worthiness—because, my dear, you are worthy of love! Pump up the volume by singing your praises to yourself in the mirror.

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Practice 9: Flick & Wiggle

We spend so much time typing, texting, and sitting that our bodies can become stiff, and that tension needs to be RELEASED. Flicking your fingers and wiggling your toes is a simple progressive muscle relaxation technique you can use throughout your day to stimulate blood flow and ease your mind. Here's how:

1. Flick your fingers and toes outward for 5 seconds.
2. Contract them tightly for another 5 seconds.
3. Wiggle them for 5 more seconds.
4. Repeat the cycle three more times.

If coordination isn't your thing, try doing your fingers and toes separately. And don't forget to breathe!

Practice 10: Artistic Expression

The arts are where imagination, creativity, and freedom collide and take flight. So, go create some art! Make a beat using items around your home. Sketch the images in your mind—even if they're just stick figures. Fill a page with vibrant colors in random patterns. Dance like nobody's watching. Your art doesn't need to be perfect; it's simply an outlet for your expression.

Practice 11: Humming

Settle your body by digging deep within to build a strong and long hummmmm, then find a melody to hum. This practice is especially useful during stressful virtual situations—like when a client makes a last-minute pivot—because you can maintain a focused appearance while calming yourself internally. My Black ancestors hummed songs to fortify their community and soothe themselves from the harsh conditions of slavery. This practice is inspired by the discussion of the Soul Nerve in [My Grandmother's Hands by Resmaa Menakem](#)

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Practice 12: Do Nothing

Forgo productivity and do ab-so-lute-ly NOTHING. Let me say it again: **do not do anything productive**. Taking a pause gives us the chance to reconnect with our bodies and allows them to rest, heal, and rejuvenate. Rest is essential for living a long and *healthy* life. Flick that nagging inner voice off your shoulder and embrace the bliss of doing nothing. Not sure where to start? Check out [The Nap Ministry's Rest Deck by Tricia Hersey](#) for inspiration.

Practice 13: Say It Like You Mean It

Say the thing you've been holding back—it's time to speak your truth and take up space. Remember to deliver your message with care, but know that your voice deserves to be heard just as much as anyone else's!

Practice 14: Self-Sooooothe

Life throws all kinds of curveballs—some are easy to absorb, while others can leave us discombobulated. Prepare yourself by creating a care plan for self-soothing. Choose 2 to 3 practices from this list or explore other options that help you find your center and chart your path forward. It's unrealistic to assume life will always be joyous, so take care of yourself by being ready when life tries to knock you on your a**.

That's All Folks!

Thank you for taking the time to engage with these practices. I have used them many times, so I hope you find them as helpful as I do. I wish you safety, care, and love as you move about his world.

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