

A LONG TALK

ABOUT THE UNCOMFORTABLE TRUTH

The Frontline

Alongtalk.com

Volume 8 (April)

Our Body is a Temple



If you are reading this, you made it through 2020. Yes, it might have been ugly, and you probably wouldn't want to do it all over again. But the reality is the calendar may have turned a new page, much of our day to day has remained the same in 2021. Sadly, many of the struggles we faced have continued. Personally, professionally, nationally and globally. But it doesn't have to be the same in terms of our health and wellness.

To help manage our daily lives and these current historical times, having an arsenal of wellness tools is critical. Here are some self-care tips I'm suggesting to our A Long Talk community. When we think of our body as being our temple, we must always include our mind. They work in tandem.

Begin or deepen your meditation practice

Our bodies are containers for our life experience; everything we see, hear, and taste is stored in the body and the deepest layers of our minds. Mind-body practices help relax the nervous system and bring awareness to where you're storing your experience and can be used to help discharge trauma. I especially suggest restorative yoga practices, and frequent walks which are deeply nourishing for the mind and body. If yoga or walking doesn't suit you, find some other kind of movement that will help you release.

Be mindful of what you are consuming nutritionally

Green smoothies, fresh fruit and vegetables as snacks, nourishing dishes prepared at home with love, frequent and water intake, and not eating while watching the news (or TV altogether) are suggested to keep your body strong and a positive mind.

Take your news in bites

It's important to remain vigilant, but an overabundance of news will burden the central nervous system. If you do start to feel overwhelmed, try a walk or sitting outside, or reach out to a loved one for support.

member every day. Listen to your favorite music. Read a great book. Watch your favorite comedy. Get daily doses of sunshine. And know that while these times are heavy, we are also witnessing a response from humanity—so try to find the beauty in humanity.

These suggested tips help to build resilience. And that's what we need, now more than ever. Aim to be healthy in all areas of your life-MIND, BODY, & SPIRIT!

May all beings be happy, free and healthy.

-Noni Robinson
A Long Talk



A Brief History of the Origin of Soul Food

The mention of soul food evokes an image that instantly invigorates each of your senses. You imagine the most satisfying of comfort foods, like fried chicken, corn bread, and collard greens. A very rich culture surrounds soul food, and its history runs deep.

Click the photo above to read the entire article.



Noni Malene (No-nee Mah-lay-nay)
Wearehealthyaf.com

Hi there! It's me again, Noni Malene, and I want to encourage everyone to eat healthy and to develop healthy habits. Click the link above to see some great recipes and learn more from the "Bites of Wisdom" that we provide. One of my favorite "bites" goes like this...
"We are as healthy as our forks."

Upcoming Events:

Let's Talk About Series
Wednesday, April 21 @ 12:00 noon EST
Topic: REPARATIONS with Kyle Williams
[Registration Link](#)

Book Bounce Series
Sunday, April 25 @ 7:00pm EST

[become a youth activist](#) by Layla T. Saba[Registration Link](#)

Movie Mixer Series

Thursday, April 29 @ 8:00pm EST

[Concrete Cowboy](#), starring Idris Elba[Registration Link](#)

The Frontline would like to give a shoutout to Chambersburg Area School District. Under the leadership of Athletic Director Jeremy Flores, CASD became the first K-12 school district in America to begin A Long Talk About the Uncomfortable Truth. Over the last three weeks, teachers, administrators, and community members showed up and got to work on the task of putting an anti-racist at the dinner table of every home in the greater Chambersburg area. We salute the Trojans on their groundbreaking work on the frontlines of the War on Ignorance!

We stand with you as you stand with us!

Together we can!

Click the image to visit their website and learn more about this progressive school district.

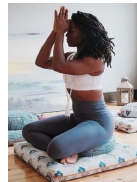
Culture Corner



Coach Dez Dunham is a youth track coach with an inspiring story. Click the image to visit his website, learn more about his story, and how to purchase his new book.



Click the image to visit the YouTube channel by the Black Coalition Against COVID-19. You can also follow them on [Facebook](#) to get more information.



Yoga and meditation are vital to overall health and wellness. Click the image to learn about how Black instructors are changing the world of yoga and meditation.



State of the Union

Current Events



Black fitness stars use their platforms to educate their follows by mixing anti-racism messages and Black culture and spin and yoga classes. Click the image to learn more.



Let's never forget to have some fun as we "feed our souls." Click the image to see this SNL sketch.

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History Matters



Click the image to learn more about the clinicians, researchers, and advocates that championed and advanced medicine in this country and beyond.



You are what you eat. Certain foods support brain health and overall nutrition. Click the image to see the brief video.

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