



THE BLK + HEALTHY STARTER GUIDE

AN INTRODUCTION TO HOLISTIC WELLNESS

SUPPORTING MAJORITY BLACK-OWNED BUSINESSES IN THE UPSTATE

WELCOME TO YOUR WELLNESS JOURNEY

At Blk + Healthy, we believe wellness is more than exercise or eating well. True wellness is about caring for your whole self; mind, body, spirit, community, and environment.

This starter guide introduces the 8 Dimensions of Wellness, a framework that helps us understand how different areas of our lives influence our overall well-being.

When we intentionally nurture each dimension, we create stronger, healthier, and more balanced lives.



Use this guide as a moment to pause, reflect, and consider where you are in your wellness journey and where you'd like to grow.

Your wellness journey doesn't require perfection, it simply requires intention.

THE 8 DIMENSIONS OF WELLNESS

+PHYSICAL

Caring for your body through movement, rest, nutrition, and habits that support overall health and energy.

+FINANCIAL

Managing financial resources responsibly while working toward stability and long-term security.

+SOCIAL

Building and maintaining supportive relationships and meaningful connections with others.

+SPIRITUAL

Connecting with values, faith, purpose, or practices that bring meaning and inner peace.

+INTELLECTUAL

Continuing to learn, grow, and challenge your mind through curiosity, creativity, and education.

+OCCUPATIONAL

Finding fulfillment and purpose in your work or daily contributions.

+EMOTIONAL

Developing awareness and understanding of your emotions while building resilience and healthy coping strategies.

+ENVIRONMENTAL

Creating healthy and supportive physical spaces that positively influence your well-being.

CHECK IN WITH YOURSELF

Take a moment to rate how you feel in each area of wellness.

Scale:

1 = Needs attention

5 = Thriving

Physical ___

Emotional ___

Social ___

Spiritual ___

Intellectual ___

Occupational ___

Financial ___

Environmental ___

Reflection prompt:

Which areas feel strong right now?

Which areas might need more attention or care?



Remember, wellness is not about being perfect in every area.

It's about awareness and growth.

SMALL STEPS TOWARD WHOLE WELLNESS

You don't need to change everything at once. Start with small, intentional habits.

Try one of these this week:

- Take a short walk each day
- Drink more water throughout the day
- Spend time with someone who uplifts you
- Reflect or journal for five minutes
- Learn something new
- Set one financial goal
- Declutter one small space in your home
- Practice gratitude each morning

Small actions build powerful change over time.



COMMUNITY WELLNESS PARTNERS

Wellness grows through community.

Blk + Healthy collaborates with businesses, organizations, and leaders who are committed to improving wellness across our communities.

Below are a few partners and supporters who contribute to healthier lifestyles through their work, services, and programs.

FEATURED THRIVE MEMBERS

Businesses who support the Blk + Healthy mission and are featured members of our Community Directory.



The Storehouse Firm- a family owned business dedicated to helping individuals and families gain financial clarity, stability, and build generational wealth. Through financial education, expert coaching, and strategic planning, they empower communities to take control of their money and create stronger financial futures.

Website Link [Here](#)



The Forever Young Spa - a woman owned business encompasses a wide range of services, including facials, waxing, chemical peels, and customized spa packages tailored to meet her clients' unique needs.

Website Link [Here](#)

COMMUNITY BUSINESS SUPPORTER

A local business supporting wellness initiatives and community engagement through partnership with Blk + Healthy.



Upstate Fatherhood Coalition- Upstate Fatherhood offers education and services uniquely tailored for fathers trying to rebuild their lives and their families.

Their mission is to engage fathers in the positive support of their children, and to enhance community support for fatherhood throughout the Upstate. www.upstatefathers.org



Candace B. Isaacs - Certified Functional Nutrition Counselor & Lifestyle Practitioner, Owner and Founder of CBI Coaching guides you through faith-based nutrition and lifestyle coaching for real, lasting change, by getting to root causes.

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ABOUT BLK + HEALTHY

Blk + Healthy is a community-centered wellness platform dedicated to supporting holistic health in the Black community.

Through events, resources, and community partnerships, Blk + Healthy highlights businesses, organizations, and individuals working across all eight dimensions of wellness.

Our mission is simple:

Encourage healthier lifestyles by connecting people to accessible wellness resources in their communities.



WWW.BLKNHEALTHY.COM

  @BLKNHEALTHY

Explore more wellness resources, events, and businesses through the Blk + Healthy community platform.

