



### What does it mean to be well?

For women across the gender spectrum, **wellness** can have a lot of different meanings. Wellness includes aspects of our life that affect its quality: actions we take that make us feel good, as well as challenges that we can learn to manage.

Mental well-being

Physical wellness

Preventive screenings, including STI/HIV testing

Sexual and reproductive health

Managing chronic conditions

Despite the many responsibilities and demands women may face, finding balance and prioritizing wellness are key steps to having a kinder relationship with ourselves and our bodies.

### How are you feeling?

Some everyday activities we may take for granted can have a profound impact on our physical wellness. These are also areas of opportunity for positive changes.

**Some examples include:**

**Nutrition:** Eating a balance of different whole grains, fruits and vegetables, lean or plant-based proteins, and healthy fats

**Physical activity:** Moving your body in a way that is comfortable for you (walking, dance, weightlifting, yoga, swimming, etc.)

**Higher quality sleep:** Adopting a soothing nighttime routine; limiting caffeine and/or alcohol late in the day

These steps can provide great benefits for your mood, brain function, and overall health.

### What's on your mind?

Our **mental health** (emotional, psychological, and social well-being) affects how we think, feel, and act. Mental health conditions (including depression, anxiety, and post-traumatic stress) can be manageable and treatable.

### What happened?

A **traumatic experience** is one that is deeply disturbing or distressing to you. Current or past trauma can affect our well-being and ability to function – and is also linked to likelihood of acquiring HIV.

Surviving trauma doesn't have to determine your destiny. It is possible to heal, feel a sense of safety, and improve your health and relationships.

**You don't have to do it alone! Ask your provider about mental health and trauma support.**

### What can you do for yourself?

As women, we may be used to taking care of other people – but taking good care of ourselves is a necessity for our own health.

**Examples of self-care practices:**

Developing a hobby

Mindfulness

Spiritual activities

Setting goals and priorities

Self-care is crucial – and it is not a luxury. As renowned Black women's health activist, poet, and scholar Audre Lorde wrote:

**"Caring for myself is not self-indulgence, it is self-preservation."**

### How's your sex life?

All women across the gender spectrum deserve satisfying, safe, pleasurable sexual lives – and providers who can discuss sex in an affirming, nonjudgmental way!

**Your safer-sex toolkit may include:**

- Communication (sharing with your partner(s) what you like and don't like, without fear)
- Condoms (internal or external) and other barriers
- Contraception (pills, patches, rings, and other devices)
- PrEP (pre-exposure prophylaxis) – a once-daily pill or long-acting injection that greatly reduces one's chance of acquiring HIV


These approaches can help you meet your health and prevention goals while feeling confident to explore all kinds of pleasure with partners.

**Want to find out more? Go to [bit.ly/WomenPrEPFacts](https://bit.ly/WomenPrEPFacts)**

### Are you getting your check-ups?

Regular preventive care is important for all women. Check-ups and health screenings can identify key changes in your health – and support you in living well.

**Scan the QR code** for a wealth of information about caring for your whole self.





**SHE/HER/THEY**

SEXUAL HEALTH EDUCATION/HIV EMPOWERMENT RESOURCES/TREATING HIV EQUALLY



### What does support look like for you?

Connection is powerful! Being part of a supportive community decreases isolation, and a sense of belonging can help with managing stress – both of which positively impact mental and physical health.

**Visit The Well Project** to join our dynamic community of women living with HIV and with reasons for prevention, and find more resources: [www.thewellproject.org](https://www.thewellproject.org)

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This project is supported by ViiV Healthcare's Positive Action Grant Program and Merck