**Experiential Exercise: Google Reflection Log**

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| ***Notice what comes up in your body, heart and mind***  ***as you google beauty and explore what you see*** |
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**Googling Post-Exercise Reflections**

**What came up for your when the images appeared?**

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| **What did you notice in your body?** |
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| **What emotions or feelings arose?** |
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| **What thoughts did you have and were they linked to a feeling or body sensation?** |
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| **Were there any surprises or discoveries?** |
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| **How long were you able to tolerate doing this exercise for?** |
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| **Code-Switching & Covering Reflection Log** |
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**Invisible Vulnerabilities & Health Implications**

**for Black Women Reflection Log**

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| **Why are Black women 4 times more likely to die in pregnancy and childbirth?** |
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| **Why are Black women not given as much medical assistance?** |
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| **Why are eating disorders not as easily recognised in Black women and girls?** |
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| **How is the menopause different for Black women?** |
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**Black Men Experiential Exercise Log**

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| * ***What thoughts and feelings emerge when you look at him?*** * ***What is happening in your body right now?*** |
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