

WHY IT IS SO IMPORTANT FOR BLACK AMERICANS TO HEAL

Black Americans have collectively undergone some of the worst forms of oppression in world history. Furthermore, we continue to be oppressed on a psychological, physical, and spiritual level. Yet, very little has been done to promote the collective healing of Black people. It is so important for us to heal for our own well being and the well being of future generations. *This handout is just a start.*

PSYCHOLOGICAL & PHYSICAL EFFECTS OF RACISM

- Symptoms of Generational Trauma
- Increased Probability of Experiencing Trauma
- Chronic Stress
- Lower Life Expectancy
- Poor Health Outcomes
- Increased Infant Mortality

WHAT IS HEALING?

Healing involves the process of restoration that comes from freeing oneself of anything that prevents or interferes with one's physical, mental and spiritual well being.

WHAT ARE THE BENEFITS OF HEALING PSYCHOLOGICALLY?

- IMPROVED HEALTH OUTCOMES
- LONGER LIFE EXPECTANCY
- INCREASED HAPPINESS
- PSYCHOLOGICAL FREEDOM
- HIGHER SELF-ESTEEM
- IMPROVED PARENTING
- HIGHER PRODUCTIVITY
- BETTER LIFE MANAGEMENT

HOW CAN WE HEAL?

The first step is to make healing a priority. Setting aside time to dedicate to our healing is so important. This healing can take place individually, in groups and/or with our loved ones. *Below are a few examples.*

INDIVIDUAL HEALING	GROUP HEALING	RELATIONSHIP HEALING	FAMILY HEALING
DAILY MEDITATION AND/OR PRAYER	GROUP MEDITATION AND/OR PRAYER	COUPLE MEDITATION AND/OR PRAYER	FAMILY MEDITATION AND/OR PRAYER
WRITING YOUR FEELINGS IN A JOURNAL OR DIARY	ATTENDING GROUPS FOCUSED ON HEALING OR PERSONAL GROWTH	TALKING TO YOUR PARTNER ABOUT STRESSORS IN A HEALTHY WAY; COMMIT TO WORKING ON SOLUTIONS TOGETHER	TALK TO FAMILY ABOUT STRESSORS IN A HEALTHY WAY; COMMIT TO WORKING ON SOLUTIONS TOGETHER
ARTISTIC HEALING (WRITING, POETRY, RAP, ART, MUSIC, DRUMMING, ETC.)	ATTENDING CLASSES, EVENTS OR WORKSHOPS FOCUSED ON HEALING AND GROWTH	ENGAGING IN ENJOYABLE ACTIVITIES TOGETHER (BEACH, TRAVEL, PARKS, COUPLES RETREATS, ETC.)	ENGAGING IN ENJOYABLE ACTIVITIES TOGETHER (BEACH, TRAVEL, PARKS, ETC.)
ENGAGING IN SELF-CARE ACTIVITIES (VIEWING INSPIRATIONAL MATERIAL, SPENDING TIME IN NATURE, SPIRITUAL BATHS ETC.)	ENGAGING IN GROUP HEALING EVENTS (I.E HEALING RETREATS)	ENGAGING IN RELAXATION TECHNIQUES WITH EACH OTHER (MASSAGE, MEDITATION, AROMA THERAPY, HOT BATHS, ETC)	ENGAGING IN HEALTHY FAMILY OUTINGS (I.E NATURE RETREAT)
STARTING PROFESSIONAL & CULTURALLY COMPETENT HEALING (COUNSELING, PROFESSIONAL HEALING, ETC.)	JOINING HEALING GROUPS, THERAPY GROUPS OR SUPPORT GROUPS	STARTING PROFESSIONAL COUPLES COUNSELING OR ALTERNATIVE HEALING TOGETHER	PARTICIPATING IN FAMILY COUNSELING OR ALTERNATIVE HEALING AS A FAMILY