

Empowering Black Women to Take Care of Themselves

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#blackgirlmagic

What is it?

- *#blackgirlmagic* is a term used to illustrate the overall awesomeness of Black women
- Strength
- Independence
- Accomplishments
- But at what cost???



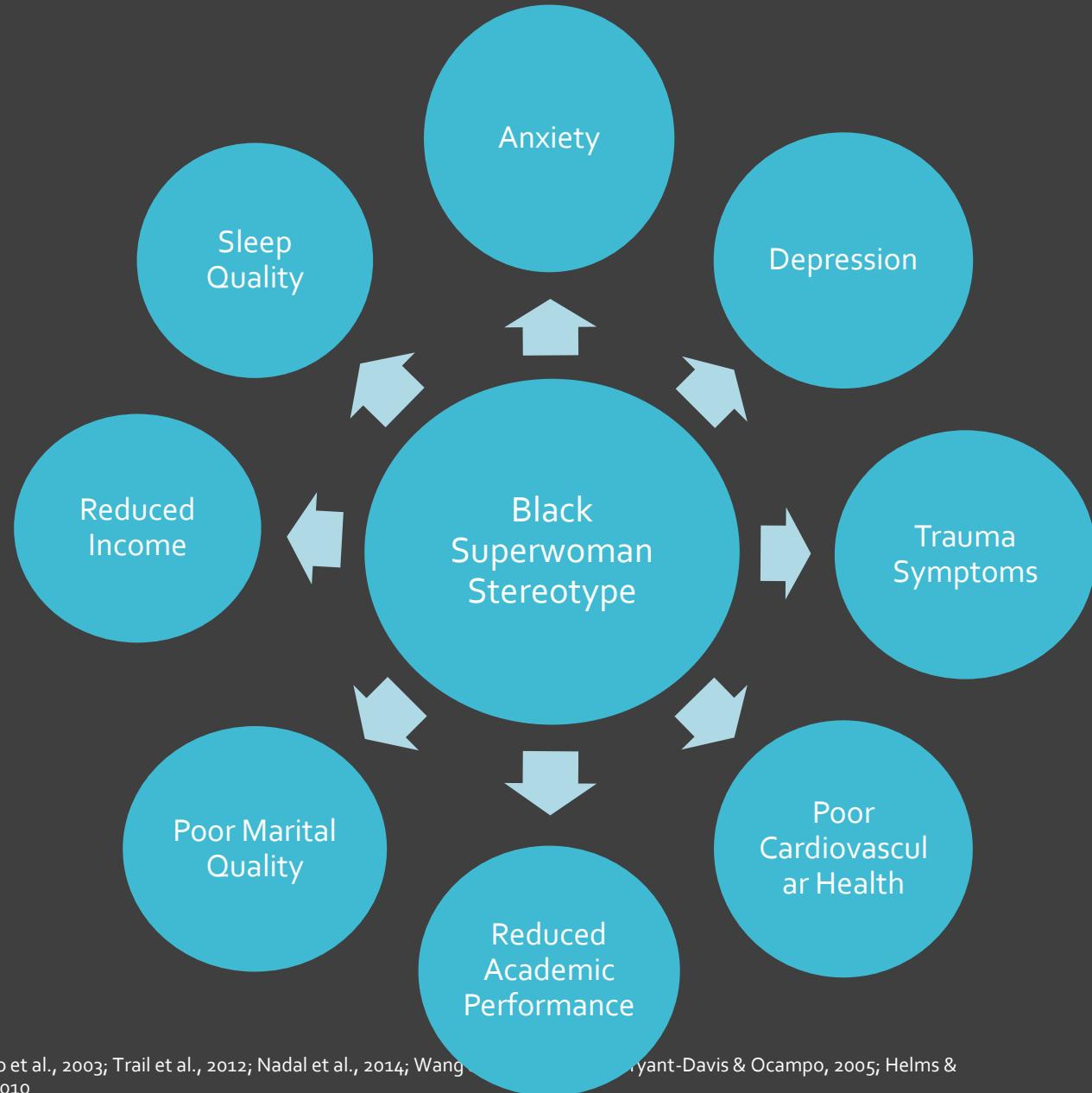
What is the Black Superwoman Stereotype?

5 characteristics of the Black Superwoman

1. The perceived obligation to present an image of strength
2. Perceived obligation to suppress emotions
3. Resistance to vulnerability or dependence
4. Motivation to success despite limited resources
5. Prioritization of caregiving with no self-care

Associated Outcomes

Negative Effects
of the Black
Woman
Stereotype



WHAT IS THE SOLUTION???

- People need to stop oppressing us!
- EMPOWERMENT
- 1. What others do to empower us
 - Motivation, encouragement and power sharing.
- 2. What WE do to empower OURSELVES



Black Women's ***SELF*** *Empowerment*

Identify	Identify your values
Limits	Set boundaries.
Express	Prioritize your self-expression
Ask	Ask for help
Know	Know the signs and symptoms of distress
Prioritize	Prioritize alone time
Ownership	Own your sexual health and pleasure

Identify Your Values

EXERCISE: A Values Checklist

Below are some common values. (They are not ‘the right ones’; merely common ones.) Please read through the list and write a letter next to each value, based on how important it is to you: V = very important, Q = quite important, and N = not so important. Of course, some values will be more important in one area of life (e.g. parenting) than in another area (e.g. work) – so this is just to get a general sense of the values that tend to matter to you most.

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I’m doing and be fully present with others
8. Contribution and generosity: to contribute, give, help, assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
11. Creativity: to be creative or innovative
12. Curiosity: to be curious, open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behavior that I value in myself or others
14. Engagement: to engage fully in what I am doing
15. Fairness and justice: to be fair and just to myself or others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly, companionable, or agreeable toward others
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others
21. Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities
22. Gratitude: to be grateful for and appreciative of myself, others, and life
23. Honesty: to be honest, truthful, and sincere with myself and others
24. Industry: to be industrious, hardworking, and dedicated
25. Intimacy: to open up, reveal, and share myself, emotionally or physically
26. Kindness: to be kind, considerate, nurturing, or caring toward myself or others
27. Love: to act lovingly or affectionately toward myself or others
28. Mindfulness: to be open to, engaged in and curious about the present moment
29. Order: to be orderly and organized
30. Persistence and commitment: to continue resolutely, despite problems or difficulties.
31. Respect/self-respect: to treat myself and others with care and consideration
32. Responsibility: to be responsible and accountable for my actions
33. Safety and protection: to secure, protect, or ensure my own safety or that of others
34. Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
35. Sexuality: to explore or express my sexuality
36. Skillfulness: to continually practice and improve my skills and apply myself fully
37. Supportiveness: to be supportive, helpful and available to myself or others
38. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
39. Other: _____
40. Other: _____

Prioritize Your Self- Expression



Set Boundaries

Paused, listened to my needs, and acted accordingly.	Asked for what I need	Rested when I felt tired	Expressed when I felt uncomfortable
Said what I felt instead of what someone wanted to hear	Gave myself permission to take breaks outside	Took my own car so I could leave when I was ready	Allowed myself to say no without guilt
Took a break from social media	Let myself receive support from a loved one	Refused to talk about dieting	Decided to not explain myself or my choices
Didn't hold myself responsible for other's feelings	Had alone time when I needed or wanted it	Didn't let people hug me if I didn't want them to	Didn't waver on my beliefs, values, or morals

Know the Signs and Symptoms of Distress

- Irritability
 - Anger
 - Bad nerves
- Forgetfulness
- Lashing out at children
- Eating
 - too much
 - Too little
- Sleeping
 - too much
 - too little
- Fatigue

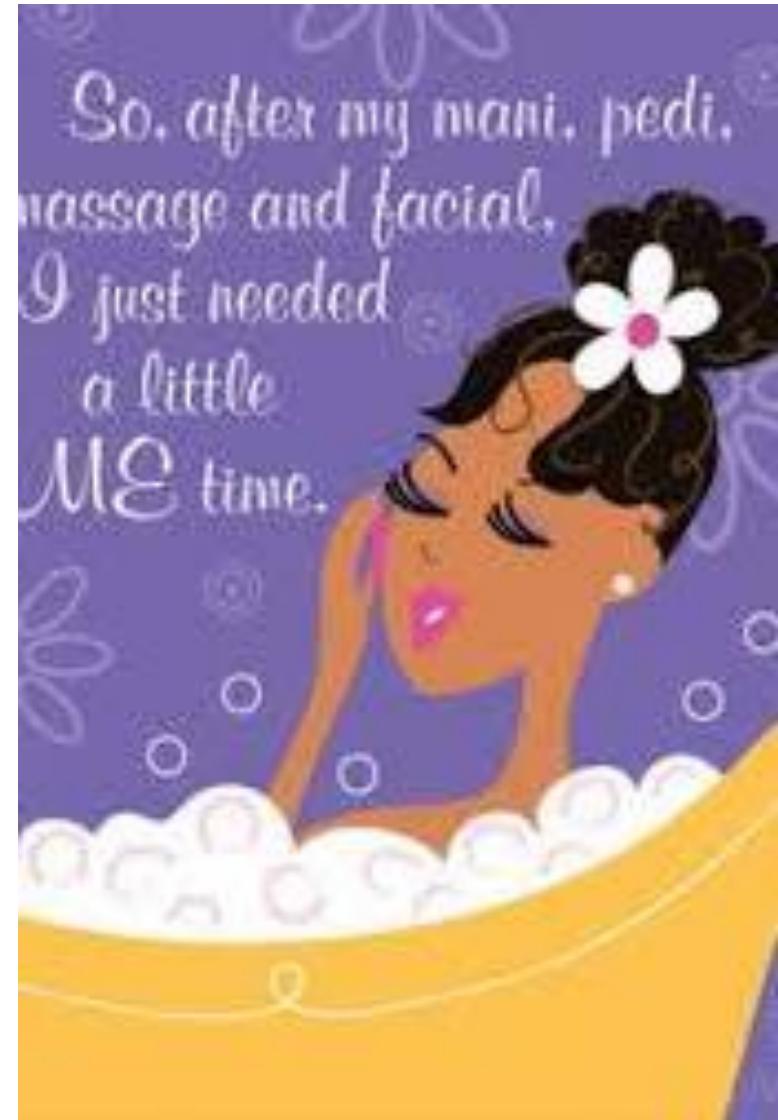


Ask for Help



Prioritize Alone Time

- Give yourself a break
- Check in with yourself
- Recharge, rejuvenate, regenerate
- Meditate or Pray



Prioritize Your
OWN Sexual
Health and
Pleasure



Final Thoughts

- Help-seeking is a strength
- Mental health professionals are trained to work with you
 - Understandably you may prefer a Black therapist
 - There is a lot of training to make all therapists competent to work with you
- Use your #blackgirlmagic to heal and strengthen YOURSELF first!