

# 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???



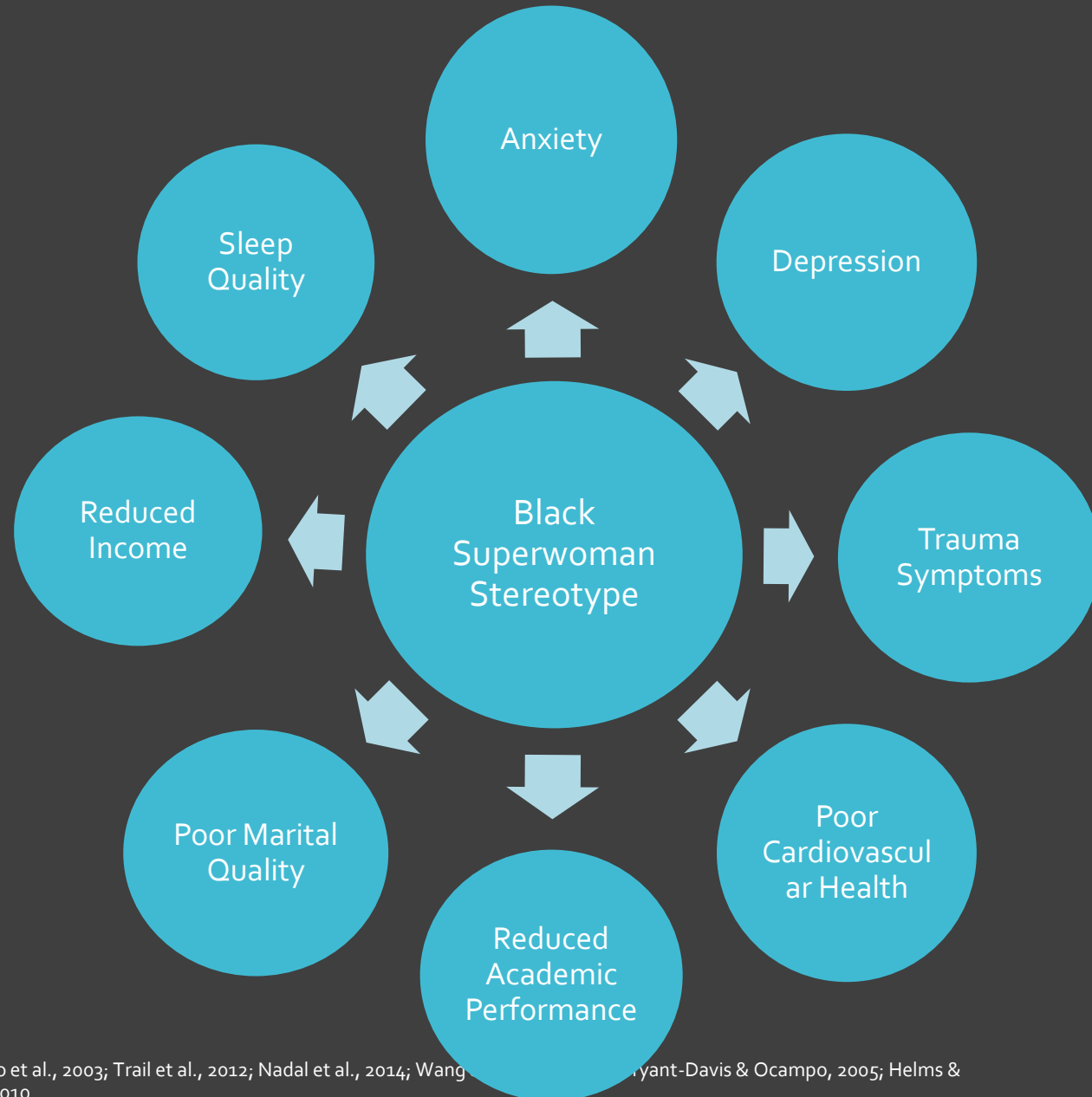
# What is the Black Superwoman Stereotype?

## 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 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!