

# Inner Peace for Grown\* Black Women: Self-Empowerment Strategies by 20<sup>th</sup> Century Elders



**Dr. Stephanie Y. Evans**

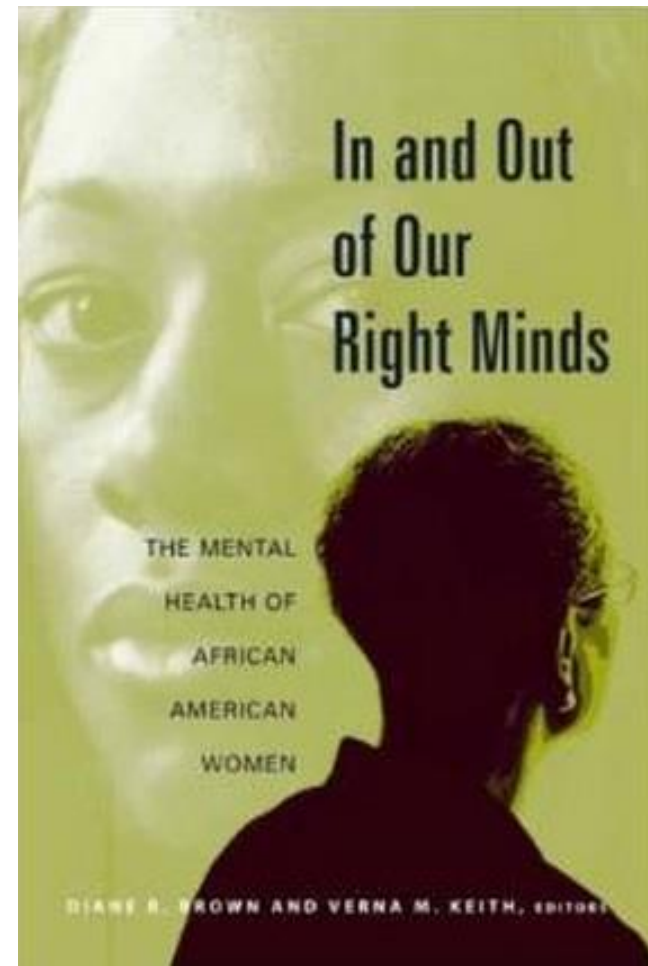
Professor and Chair | AWH Department | Clark Atlanta University  
**Southeastern Psychological Association (SEPA)**  
Atlanta, GA | March 9, 2017

# Quest for Balance:

## Anxiety in Black Women's Memoirs

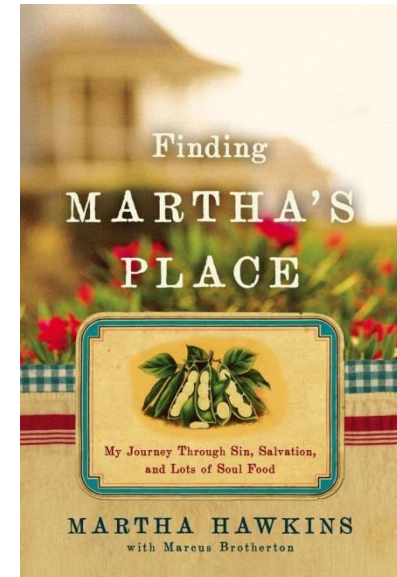
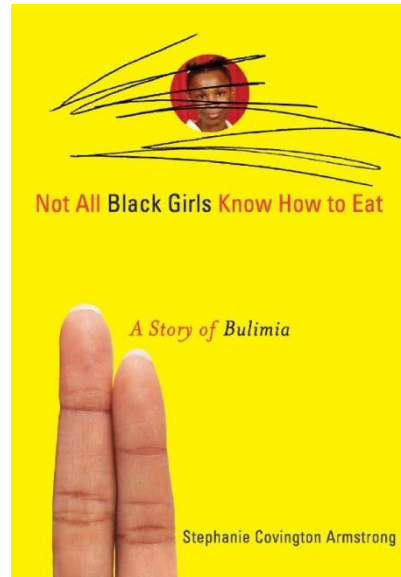
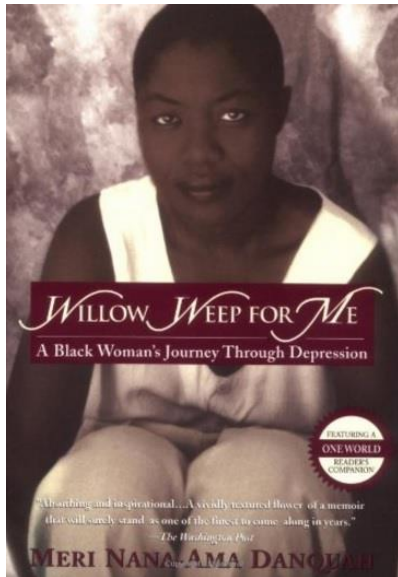
- Micro: Personal Stress **Personal**
  - Identity
  - Illness
- Meso: People/Role Stress **Interpersonal**
  - Relationships
  - Family
  - Peer group, community
  - Violence
- Macro: Work Stress **Social**
  - School
  - Work and career
- Global: World Stress **Political**
  - Political eras or events
  - Travel


Phobia, panic, PTSD, general anxiety, obsessive-compulsive



# Mental Health Memoirs:

## Trauma and Depression



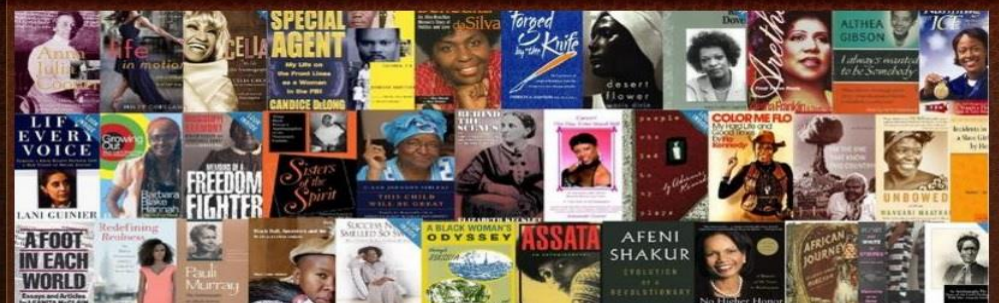
 **AFRICANA MEMOIRS.NET**  
Database of Black Women's Autobiography

DR. S. Y. EVANS

HOME CONTACT

**Resources**

- ABOUT
- LIBRARY A-H
- LIBRARY I-Z
- MEDITATION MEMOIRS
- FOOD MEMOIRS
- TRAVEL MEMOIRS



OVER 500 BLACK WOMEN'S NARRATIVES FROM AROUND THE WORLD



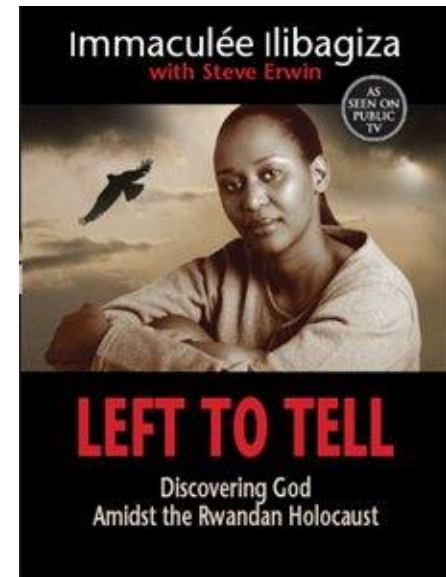
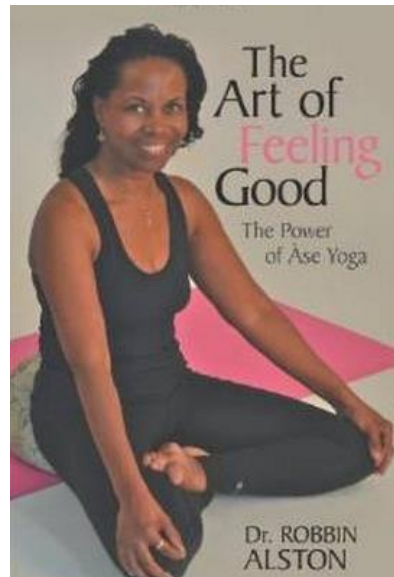
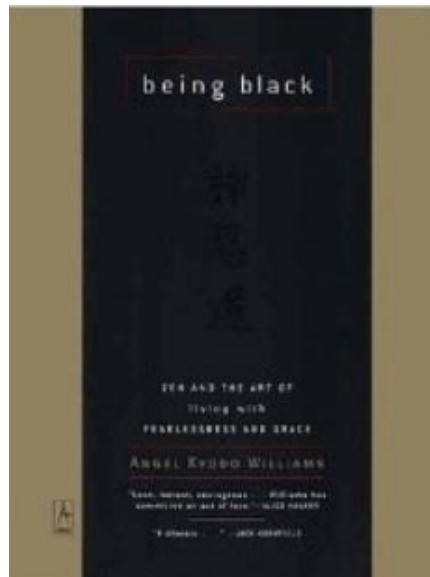
# Guides to Black Women's Wellness

## Narratives of Self, Power, & Longevity

**MIND:** Angel Kyodo Williams *Being Black: Zen and the Art of Living with Fearlessness and Grace*

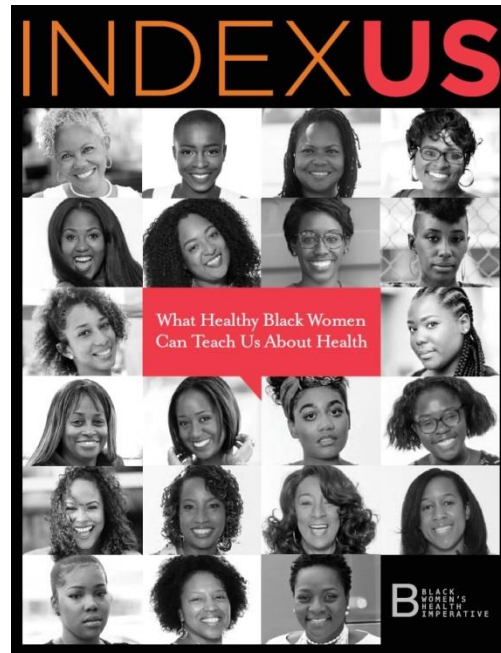
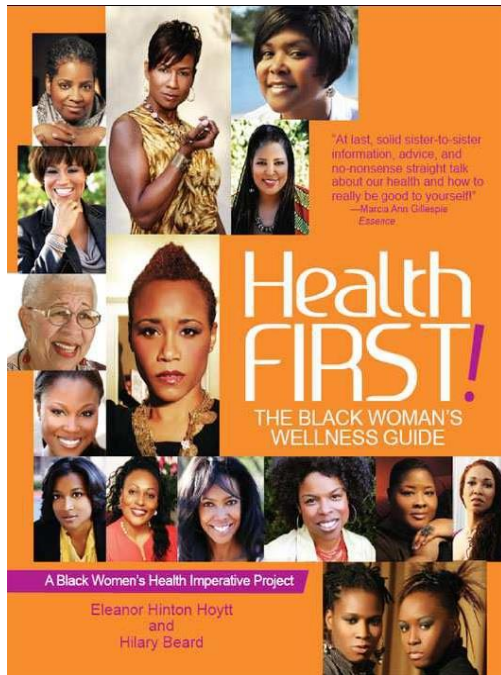
**BODY:** Robbin Alston *The Art of Feeling Good: The Power of Àse Yoga*

**SPIRIT:** Emaculee Ilibageza *Left to Tell: Discovering God Amidst the Rwandan Holocaust*



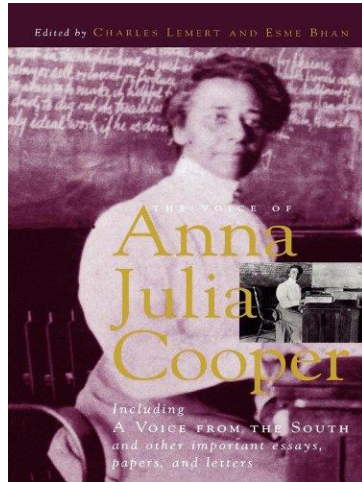
# Creative Survival:

## Black Women Elders as Messengers of Health

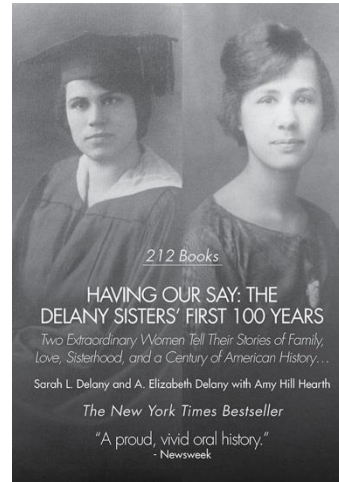


**M**editation  
**M**ovement  
**E**moional **S**upport  
**N**utrition  
**G**et Help  
**R**est

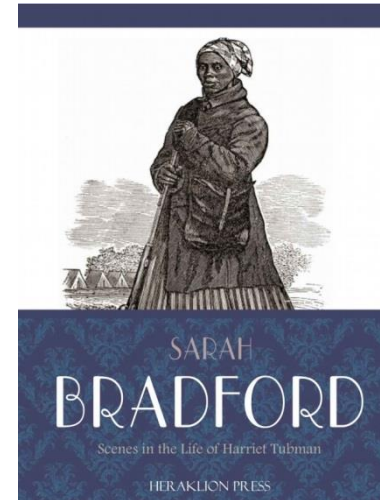
# Elders: Longevity Case Studies



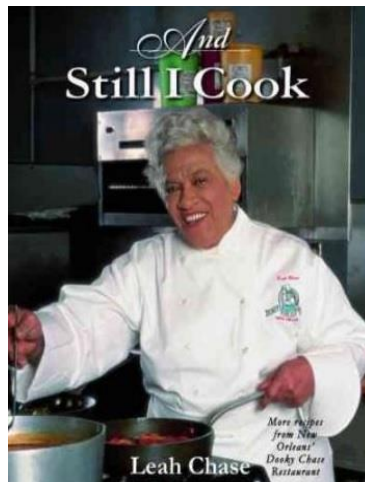
Cooper - Meditation



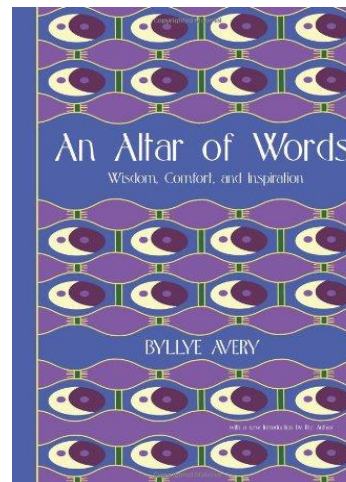
Delanys - Movement



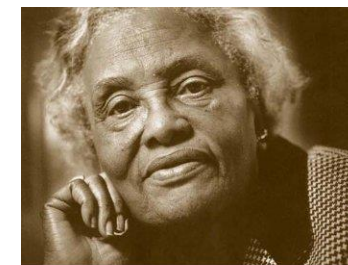
Tubman - Emotional Support



Chase - Nutrition

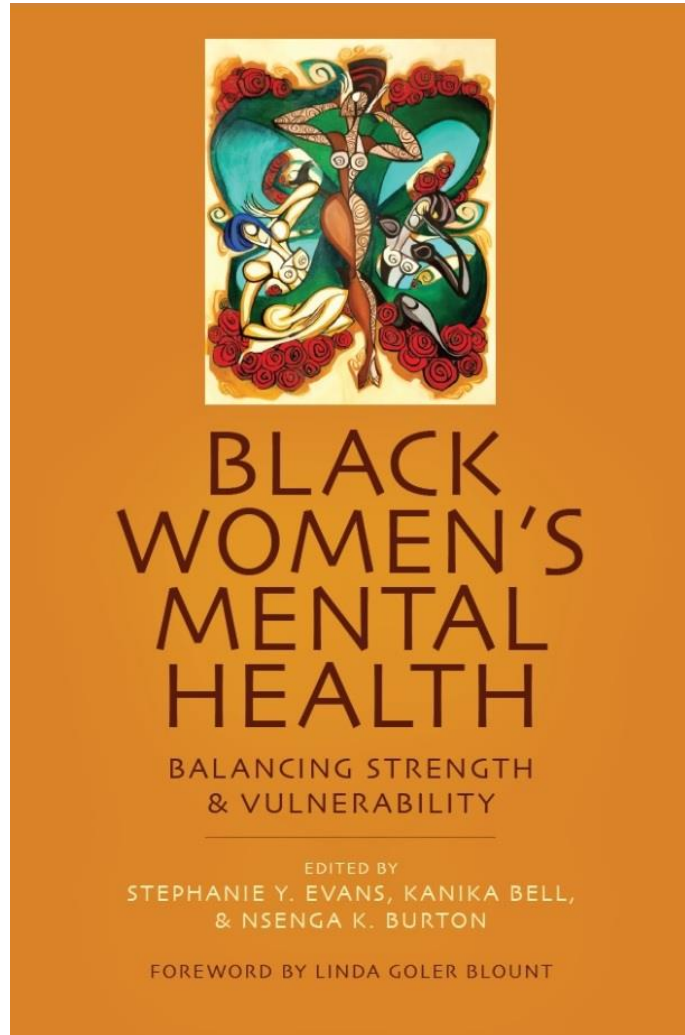


Avery - Get Help



Roundtree - Rest

# Black Women's Mental Health: Balancing Strength and Vulnerability



From Worthless to Wellness:  
Self-Worth, Power, and Creative Survival  
in Memoirs of Sexual Assault

<http://www.bwmentalhealth.net/>

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[www.ProfessorEvans.net](http://www.ProfessorEvans.net)