

The Department of African American Studies presents:

The Dark Tower Series

Meditation and Mental Health in Black Women's Memoirs

Dr. Stephanie Y. Evans

African American Studies, Africana Women's Studies &
History (AWH) Department Chair, Clark Atlanta University



Date: Wednesday, February 3, 2016

Time: 12 noon to 1:00 p.m.

Place: 207 D Candler Library

Lunch will be provided. Seating limited.



Don't You Worry 'Bout a Thing

Meditation and Mental Health in Black Women's Memoirs



Dr. Stephanie Y. Evans

Professor and Chair | AWH Department | Clark Atlanta University
Emory University | Dark Tower Lecture
African American Studies | February 3, 2016

Talk Outline

- Intellectual History and Mental Health
- Book Outline
- Black Women's Memoirs
- Anxiety and Four Areas of Stress
- Meditation in Body, Mind, & Spirit
- Progressive Peace & Human Rights



Intellectual History and Mental Health

- Anna Julia Cooper
 - Intellectual History
- Healing Traditions in Black Women's Writing
- Black Women's Mental Health Collaborative
 - Center for Black Women's Wellness
 - Black Women's Health Imperative
- Anna Julia Cooper
 - Mental Health Case Study



Book Outline

Definitions, Case Studies, Themes, & Lessons

- Prologue My Cup Runneth Over: Anna Julia Cooper's Sunroom
- Chapter 1 Struggle for Wellness: Anxiety and Inner Peace
- Chapter 2 Mind: Meditation as Consciousness
- Chapter 3 Body: Meditation as Yoga
- Chapter 4 Spirit: Meditation as Prayer
- Chapter 5 Wellness for Struggle: Activism and Progressive Peace
- Chapter 6 Meditation Memoir
- Epilogue Blue Monday: Annie Lee's Self-Portraits

Methodology & Data Set

Key Search Terms

Anxiety
Meditation
Yoga
Prayer
Peace

Anxiety Categories

Personal Stress
Interpersonal Stress
Social Stress (work)
Political Stress (world)



SESHETA.NET

Database of Africana Autobiography

DR. S. Y. EVANS

[HOME](#)

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Resources

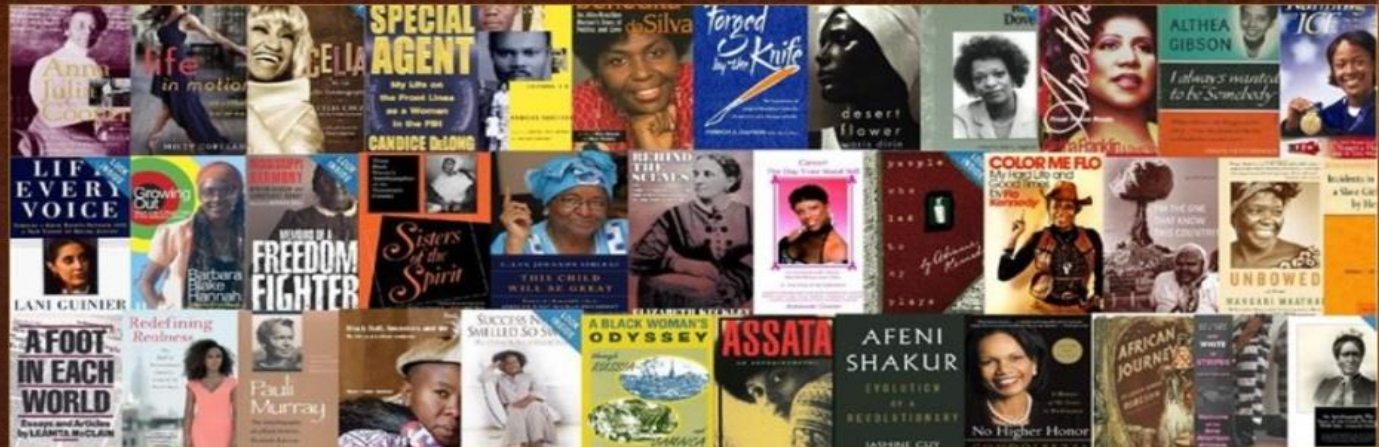
[ABOUT](#)

[LIBRARY A-H](#)

[LIBRARY I-Z](#)

[FEATURED
NARRATIVES](#)

[WRITING
RESOURCES](#)



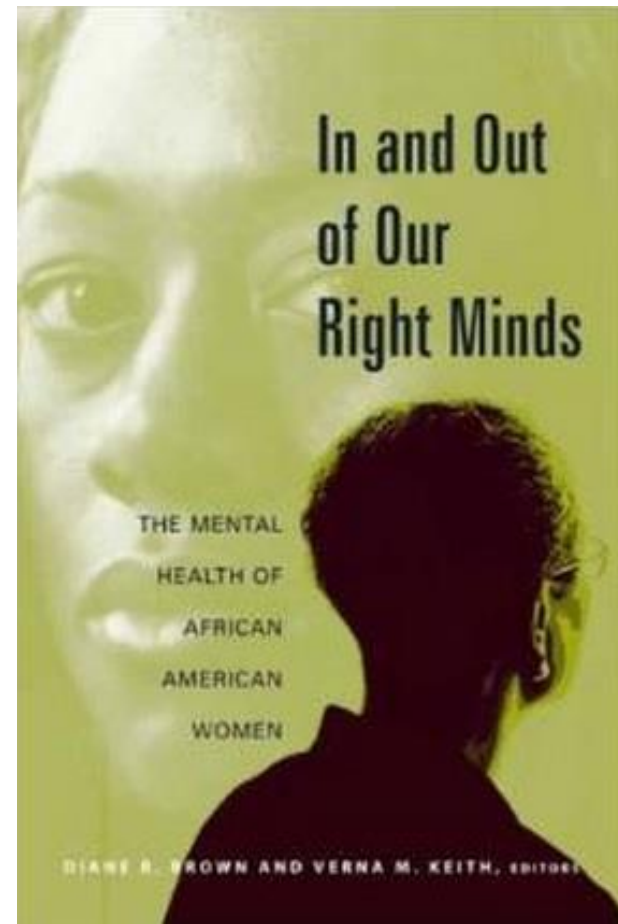
OVER 500 BLACK WOMEN'S NARRATIVES FROM AROUND THE WORLD

Black Women's Mental Health: Finding Balance

Anxiety is most common issue

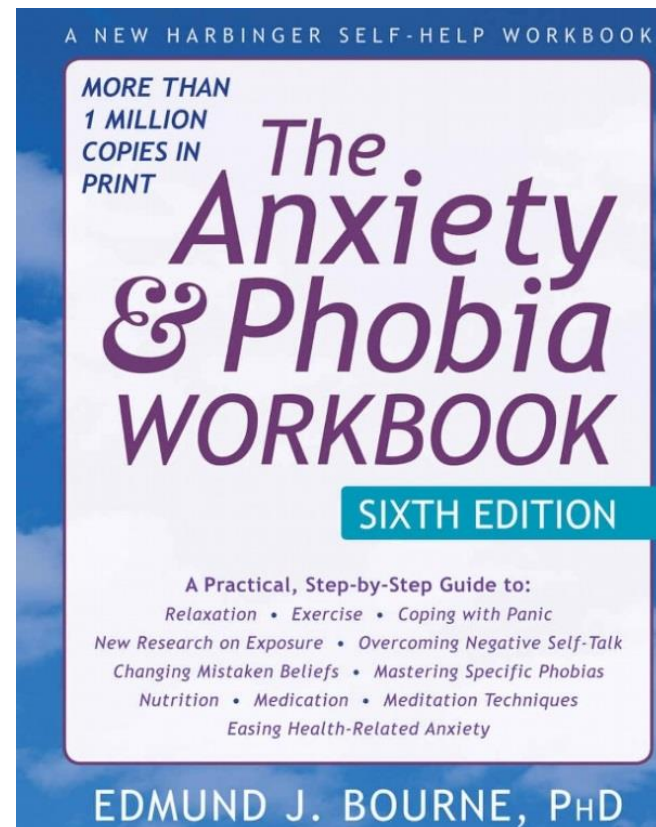
- Phobia
- Panic
- PTSD
- Generalized Anxiety
- Obsessive-compulsive

- www.bwmentalhealth.net



Anxiety

- Micro: Time Stress, Sleep Stress, Food Stress (**Personal**)
 - Identity
 - Illness
- Meso: People Stress, Role Stress (**Interpersonal**)
 - Relationships
 - Family
 - Social or peer group
 - Violence
- Macro: Work, **Social Stress**
 - School
 - Work and Career
- Global: World, **Political Stress**
 - Political Eras or Events
 - Travel



Mindfulness-Based Stress Reduction (MBSR)

Mindfulness vs. Consciousness

Stress Reduction Clinic

University of Massachusetts

Medical Center

- Paying Attention
- On Purpose
- In the Moment
- Non-judgment
- Action vs. non-action
 - Resistance, Disruption, Boxing

The mindfulness-based stress reduction (MBSR) program
used in medical centers worldwide

FULL CATASTROPHE LIVING

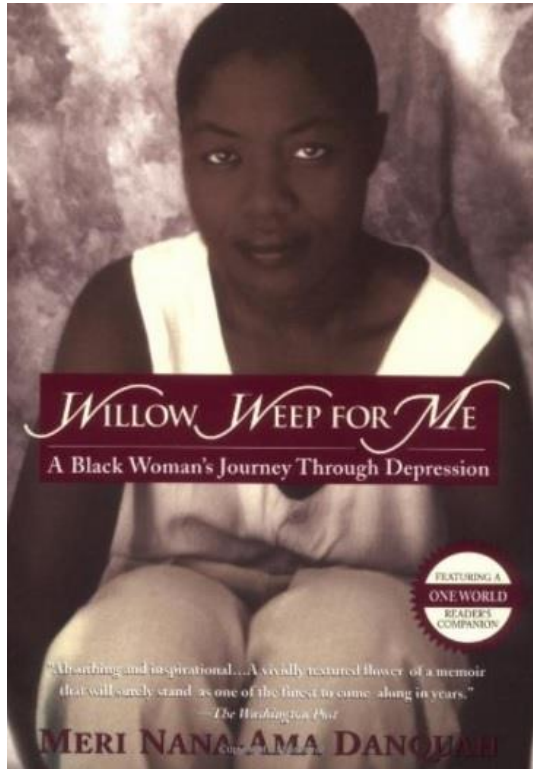
REVISED
AND
UPDATED
EDITION

Using the Wisdom of
Your Body and Mind to Face
Stress, Pain, and Illness

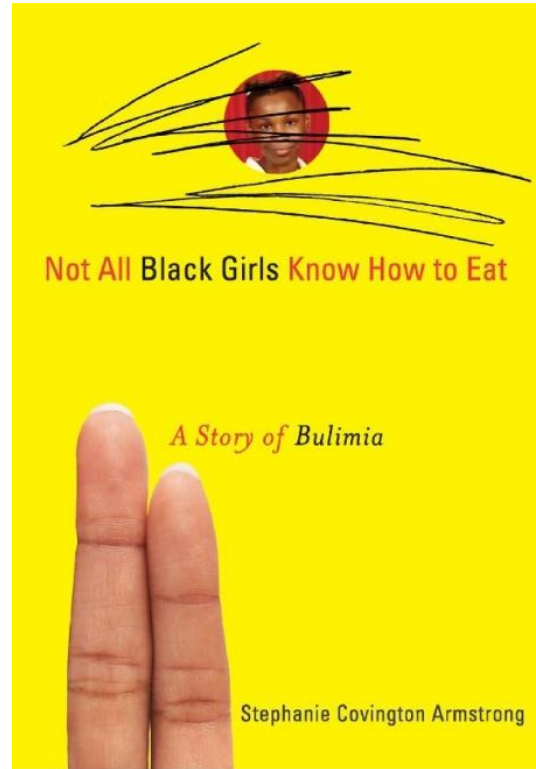


JON KABAT-ZINN
PREFACE BY THICH NHAT HANH

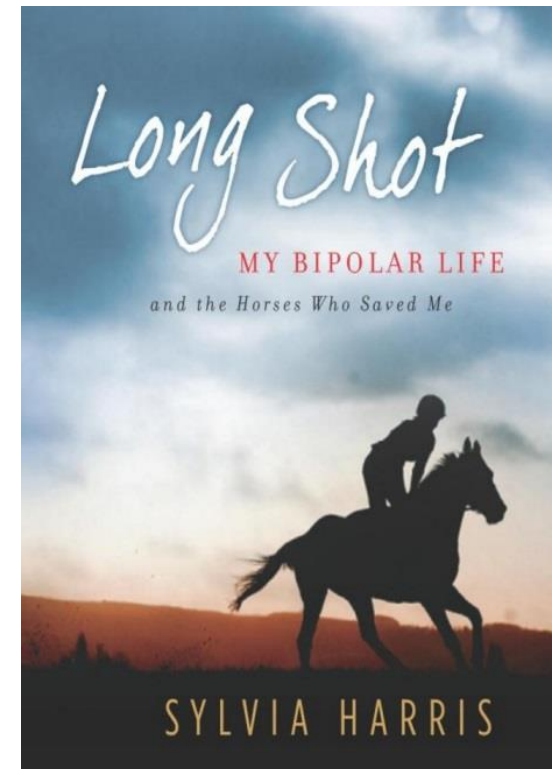
Mental Health Case Studies



Danquah
Depression



Armstrong
Bulimia



Harris
Bi-polar

Consciousness

Deborah Santana, *Space Between the Stars: My Journey to an Open Heart*

- Yene Assegid, *Butterflies Over Africa*
- Donna Irvin, *I Hope I Look That Good When I'm Old*
- Donna Britt, *Brothers (and Me)*
- Delores Cross, *Beyond the Wall*
- Patricia Williams, *Open House: Of Family, Friends, Food, Piano, and the Search for a Room of My Own*
- Miriam Makeba, *The Miriam Makeba Story*
- Toi Derricotte, *The Black Notebooks: An Interior Journey*
- Ruth Haugh-Smith, *My Father's Hands: A Secret Daughter's Story*
- Elizabeth Petry, *At Home Inside: A Daughter's Tribute to Ann Petry*
- Anna Green, *Sisters of the Academy: Emergent Black Women Scholars in Higher Education*

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

Yoga

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

- Stephanie Covington Armstrong, *Not All Black Girls Know How to Eat: A Story of Bulimia*
- Sarah and Elizabeth Delaney, *Having Our Say*; Sarah Delany, *On My Own at 107: Reflections on Life Without Bessie*.
- Kamala Easton, *Autobiography of a Yogini: A Black Woman's Love Affair with Her Guru*
- Pam Grier, *Foxy: My Life in Three Acts*
- Paula Johnson, *Inner Lives: Voices of African American Women in Prison*
- Queen Latifah, *Put on Your Crown: Life Changing Moments On the Path to Queendom*
- Jessye Norman, *Stand Up Straight and Sing!*
- Rosa Parks, (Sheila McCauley Kyes and Eddie Allen, Jr.) *Our Auntie Rosa: The Family of Rosa Parks Remembers Her Life and Lessons*
- Robin Roberts, *Everybody's Got Something*
- Ilyasa Shabazz, *Growing Up X*
- Venus & Serena Williams, *Serving from the Hip – 10 rules for Living, Loving, and Winning*

Alice Walker, *We Are the Ones that We've Been Waiting For*

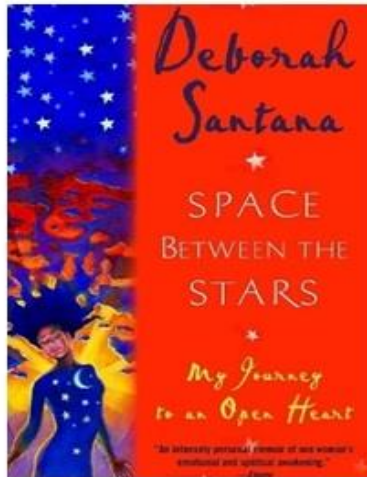
Prayer

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

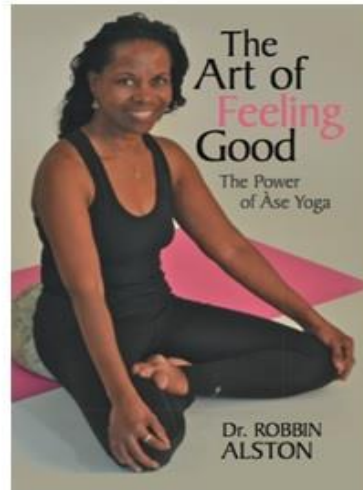
1. Baha'i (Maparyan)
2. Buddhist (hooks,)
3. Christian (Angelou, Cooper, Johnson-Sirleaf, King); Shaker (Johnson); Christian Science (Irvin)
4. Condomble (Williams)
5. Humanist (Walker)
6. Islam (Shabazz)
7. Jewish (Ahuvah)
8. Rastafarian (Marley)
9. Umbanda (DaSilva)
10. Vodun (Dunham)
11. Yoruba (Davies)

Jan Willis, *Dreaming Me: Black, Baptist, and Buddhist*

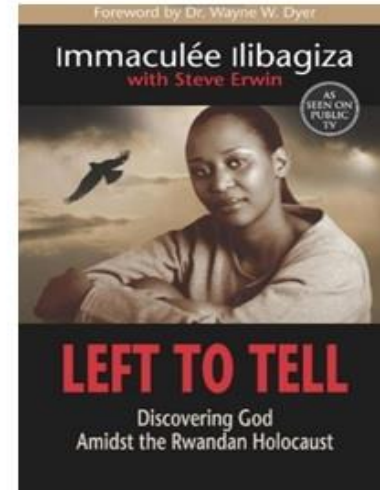
Meditation Case Studies



MIND



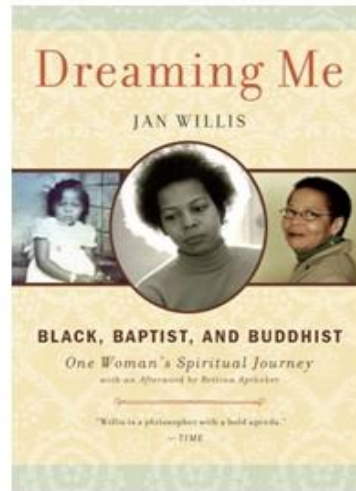
BODY



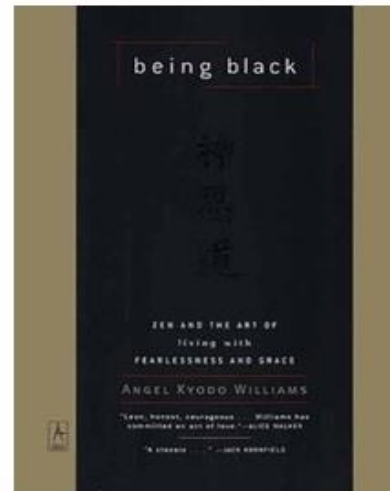
SPIRIT



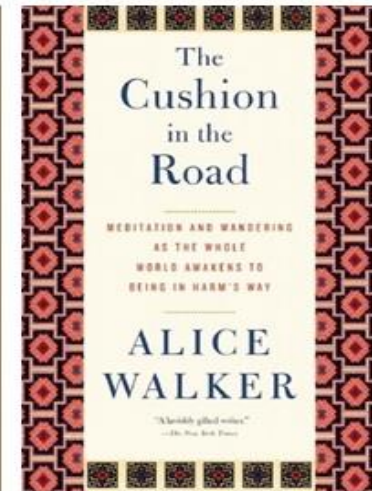
PERSONAL



INTERPERSONAL



WORK



WORLD

Activist Narratives

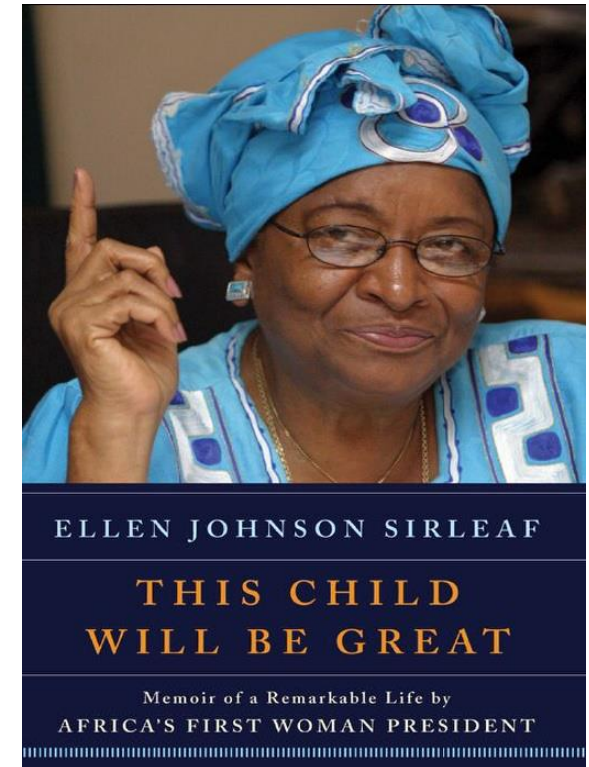
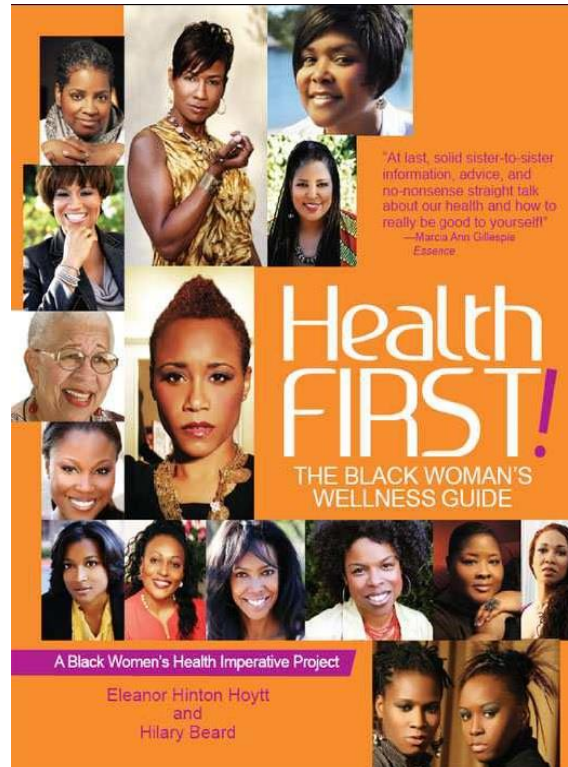
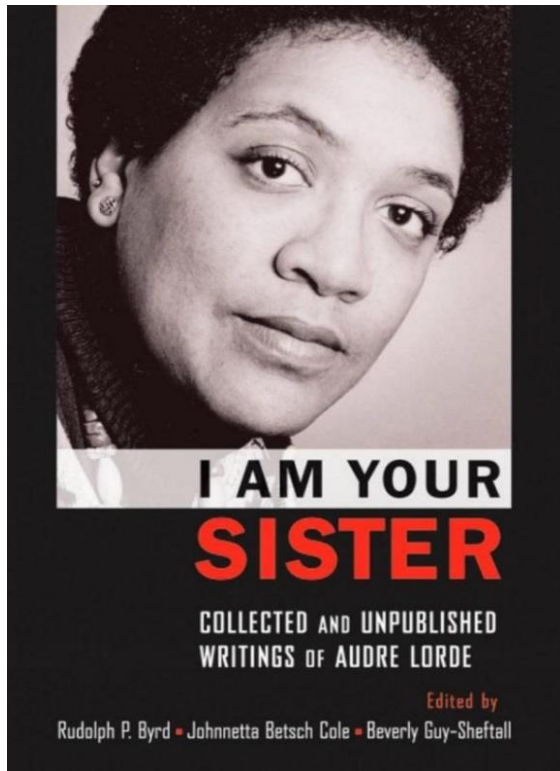
1. Angelou, Maya
2. Avery, Byllye
3. Bethune, Mary McLeod
4. Brooks, Gwendolyn
5. Cotton, Dorothy
6. Davis, Angela
7. Dee, Ruby
- 8. Edelman, Marian Wright**
9. Gault, Charlayne Hunter
10. Height, Dorothy
- 11. hooks, bell**
12. Jacobs, Harriet
13. Jordon, June
14. Keckley, Elizabeth
15. Lorde, Audre
16. Makeba, Miriam
17. McNatt, Rosemary Bray
- 18. Murray, Pauli**
19. Ringgold, Faith
20. Robinson, Jo Ann
21. Sanchez, Sonia
22. Walker, Alice
23. Wallace, Michelle

Health Activists

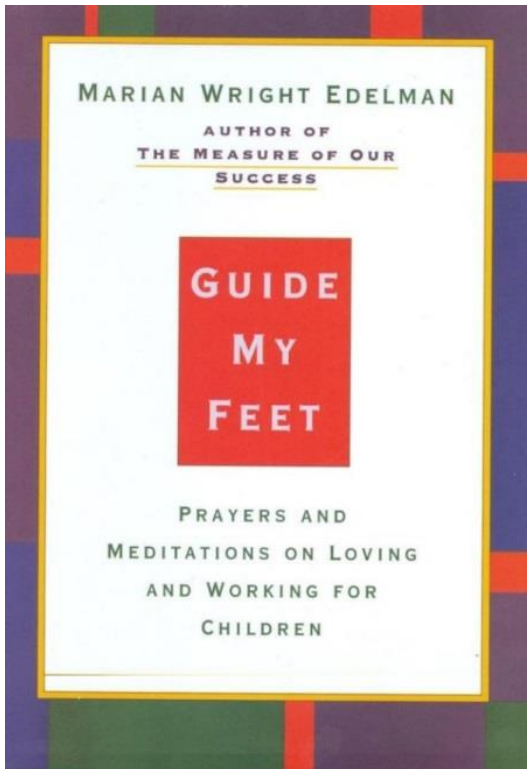
Meditation Traditions

Taking Things Worth Havin'

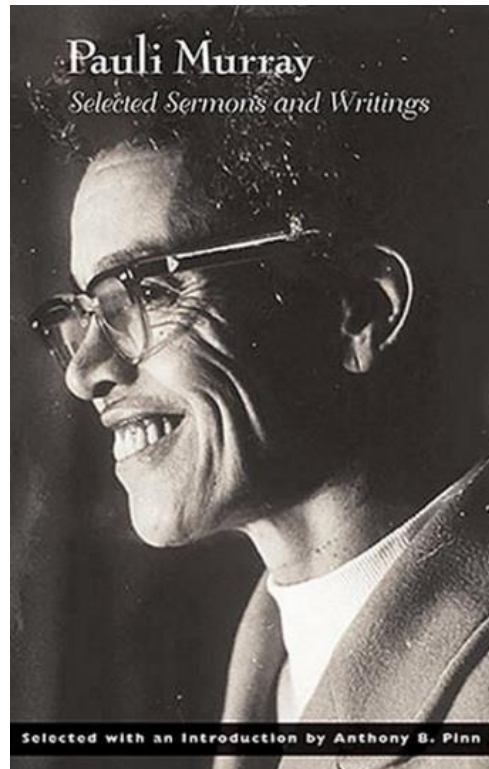
Health Activism, Progressive Peace, and Human Rights



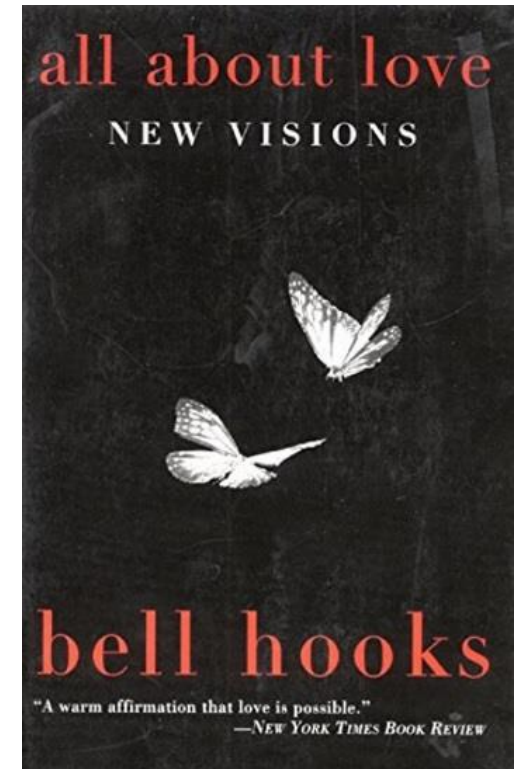
Activist Case Studies



Edelman



Murray



hooks

I'll Be Standing By Your Side

Purple Sparks Poetry Fundraiser

youthSpark

Sex Trafficking Prevention Program

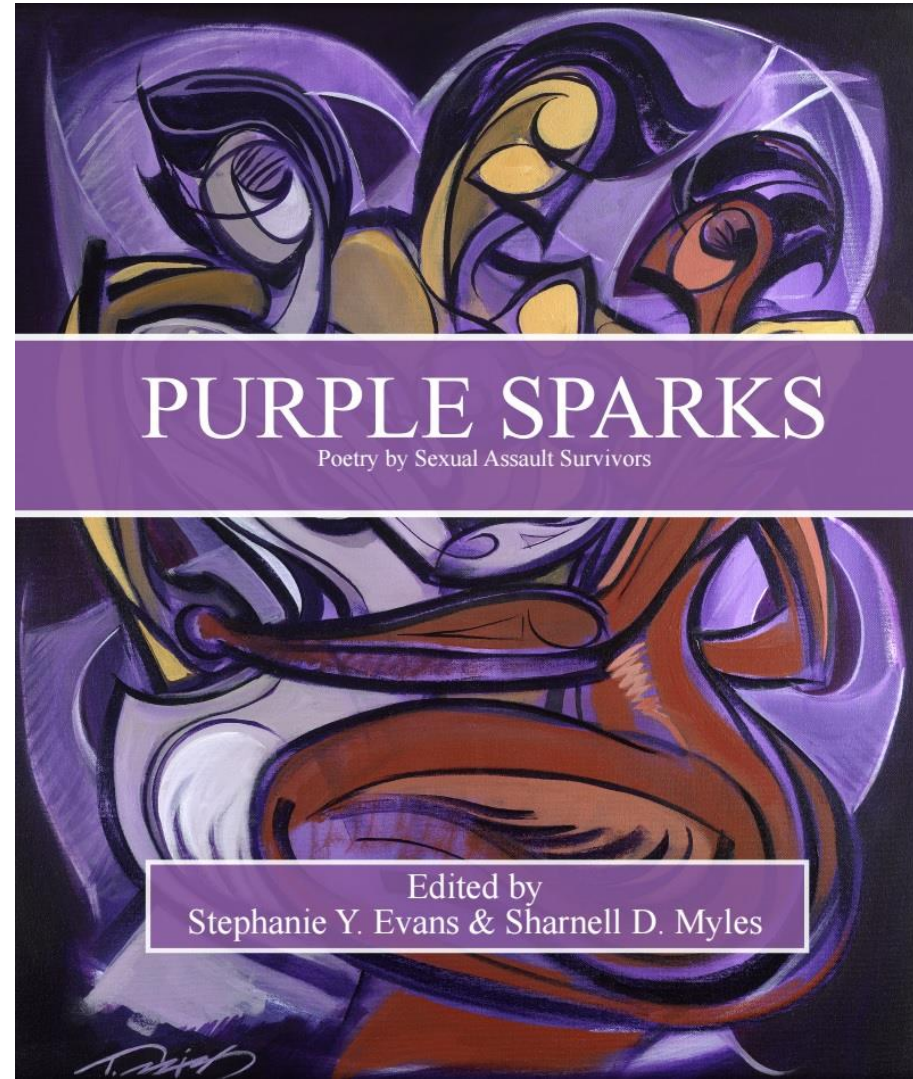
STAR Purpose

Eliminate **STIGMA**

Share **TESTIMONY**

Encourage **ACTIVISM**

Provide **RESOURCES**



Black Women's Wellness Foundations

- Center for Black Women's Wellness
- Black Women's Health Imperative
- Annie Lee Foundation
- UNICEF