

HISTORICAL WELLNESS



Blue Monday & My Cup Runneth Over, Annie Lee
Used by Permission

BLACK WOMEN'S SELF-CARE & FIVE HEALING TRADITIONS IN CENTENARIAN MEMOIRS

A Discussion of Applied Intellectual History

Dr. Stephanie Y. Evans
Association of Black Women Historians
Saturday, December 8, 2018

2018 © SYE

HOW DO YOU TAKE CARE OF YOURSELF?*

...TAKE A DEEP BREATH. THEN ANOTHER, AND ANOTHER**

*BWHI, *HEALTH FIRST!* A GUIDE TO BLACK WOMEN'S WELLNESS

**ALICE WALKER, *CUSHION IN THE ROAD*

Historical Wellness: A Threshold Concept

“Black women’s self-care despite generations of oppression.” (Evans)

Part I **MY HEALING JOURNEY**

Histories of Survival

Self-consciousness, Violence, and Resistance (Hine)

Flat-footed Truths

The Beautiful, The Ugly, & The Healing (Bell-Scott)

Autobio Agency

Writing against Oppressive Scripts (Smith & Watson)

Part II **BLACK WOMEN’S WELLNESS BOOKS**

Mental Health, Self-Care, & Music Meditations

Part III **WELLNESS WORKSHOP**

Rock Steady, Baby: Applied Intellectual History

OUTLINE

STEPHANIE YVETTE EVANS

PASSPORT



UNITED STATES
OF
AMERICA

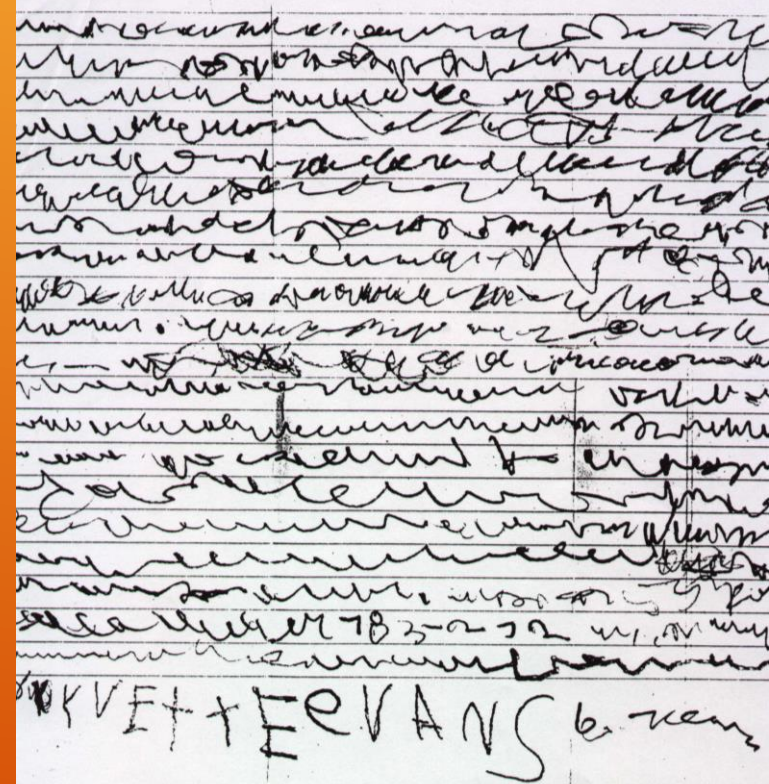
BICENTENNIAL 1776-1976

Stephanie Yvette Evans
By Stepfather
William Curtis Volley



Self-Consciousness

THE BEAUTIFUL DANCING, SINGING, & WRITING WELLNESS





SECOND JUDICIAL DISTRICT COURT
 COUNTY OF BERNALILLO
 STATE OF NEW MEXICO

STEPHANIE Y. EVANS
 Petitioner,

VS.
 JOHN [REDACTED] (MAYOR)
 Respondent.

FILED IN MY OFFICE THIS
 JUN 11 1989 PM
 LESLIE L. MARTINEZ
 DEPUTY CLERK
 DR-89-
 CLERK DISTRICT COURT

DOMESTIC VIOLENCE ORDER AND ORDER TO APPEAR

THIS MATTER came before the Special Commissioner on the 11 day of JULY 1989, on petitioner's allegations of domestic violence. Petitioner was present in person; Respondent was not present. The Special Commissioner, having considered the petition/affidavit, and finding probable cause therefrom to believe that an act of domestic abuse has occurred, enters the following order:

Respondent shall appear before the Special Commissioner in the Special Commissioner's Hearing Room in the Basement of the Bernalillo County Courthouse, 445 Tijeras N.W., Albuquerque, New Mexico, on July 24, 1989, at the hour of 1:30 pm to respond to allegations of domestic violence. Failure to appear will result in the issuance of a bench warrant for your arrest. Failure of Petitioner to appear will result in dismissal of action. Either party can be represented by an attorney at the hearing.

The parties are prohibited from having any type of contact with one another pending the hearing. Respondent shall not go within 100 yards of Petitioner's home at 1244 STANFORD NE, or VISTA DE LA CIUDAD - TRAMWAY & MONTGOMERY.

~~The County Sheriff shall assist Petitioner in retrieving her personal belongings at _____.~~

~~Respondent shall not have visitation with the parties' children pending the hearing.~~

~~Respondent shall have visitation with the parties' children, subject to:~~

~~Visitation cannot take place at Petitioner's home or workplace
 Other _____~~

The Parties shall not add debt to, sell, remove, hide, destroy or damage any property owned by either party.

~~The County Sheriff shall immediately evict respondent from _____ . Respondent is to surrender all keys to that dwelling to the sheriff.~~

IF ANY LAW ENFORCEMENT OFFICER ARRESTS EITHER OF THE PARTIES FOR VIOLATION OF THIS ORDER, THE VIOLATOR IS TO BE HELD WITHOUT BOND AND BCDC SHALL IMMEDIATELY NOTIFY THE SPECIAL COMMISSIONER AT 841-7483.

Earl A. Martin
 SPECIAL COMMISSIONER

Monsters, Demons, Dragons, Sharks, & Vultures
 Rape and Domestic Violence: #MeToo

THE UGLY
 6, 11, 16, 19, 21

WELLNESS CERTIFICATIONS

CONTINUING EDUCATION & LIFELONG LEARNING

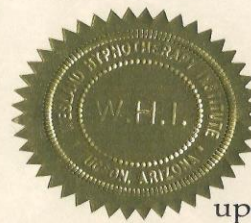
- 1988 Westland Institute, Clinical Hypnotherapy
- 1992 Mueller Massage Therapist Certification
- 2001 AFAA Cardio Kickboxing/ Spinning
- 2017 Mindfulness-Based Stress-Reeducation
8-week course, Atlanta Shambhala (MBSR)
- 2017 Kemetic Yoga, 200-hour Certification
- 2017 Yoga Alliance, Registered Yoga Teacher
(RYT, 200)
- 2019 Cognitive-Based Compassion Training
8-week course, Emory University

Creative Resistance
Learning to “clap” for myself



THE HEALING

A 30-YEAR JOURNEY



Westland Hypnotherapy Institute
Tucson Arizona

To all whom these letters come Greeting, on the
recommendation of the faculty, the Director of the
Institute has awarded

Stephanie Yvette Evans

this

DIPLOMA

upon satisfactory completion of the prescribed curriculum in the
principles of

Clinical Hypnotherapy

In witness thereof,
we do hereby affix our seal and
signature on this
3 of December 1988

Certificate Number 123885

Richard Covino, M.A.
Director of Education

- Balancing Vulnerability
- Balancing Strength
- Strategies for Balance

BREATHE MODEL

- Balance
- Reflection
- Energy
- Association
- Transparency
- Healing
- Empowerment

BWMENTALHEALTH.NET

FROM INTELLECTUAL HISTORY TO MENTAL HEALTH



BLACK WOMEN'S MENTAL HEALTH

BALANCING STRENGTH
& VULNERABILITY

EDITED BY
STEPHANIE Y. EVANS, KANIKA BELL,
& NSENGA K. BURTON

FOREWORD BY LINDA GOLER BLOUNT



OASIS

OLDWAYS AFRICANA SOUP IN STORIES

Edited by Stephanie Y. Evans
with Sade Anderson & Johnika Levi



A DISCUSSION OF BLACK WOMEN'S FOODWAYS

autumn,
a bonfire of leaves, morning peels us toward
pomegranate festivals,
and in the evening i bring
you soup cooled by my laughter.
—Sonia Sanchez



Sisters on Sisters

Inspiration/ Possible
Network
Ask for Help
Declutter
Forgive*
Spirituality
Nurture Thyself
Liberation Ideology
Practice/
Teach Traditions

IndexUS

Meditation
Movement
Emotional Support
Nutrition
Get Help
Rest
Say No

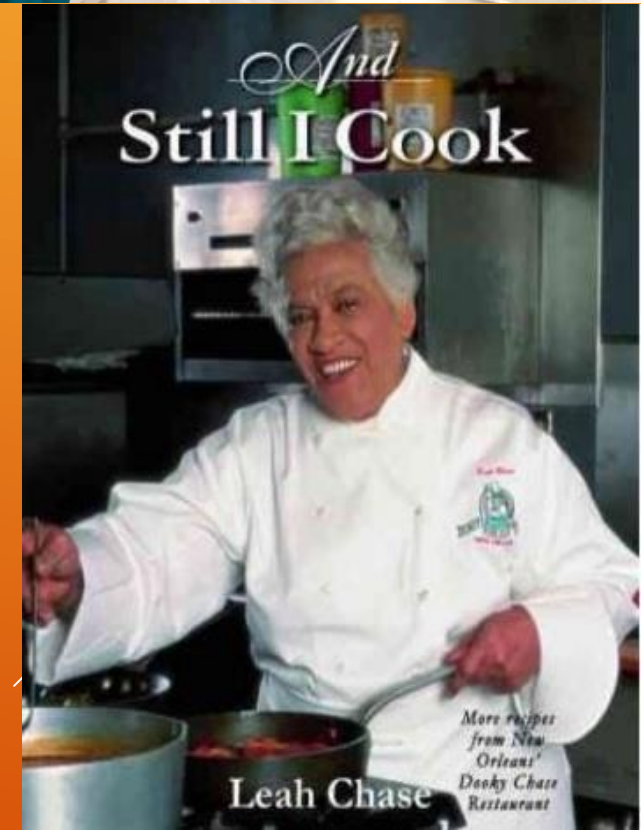


SASSIN' THROUGH SADHANA:

BLACK YOGINI JOURNEYS TO MIND, BODY
AND SPIRIT WELLNESS

Blue Zones

Move naturally/ regularly
Cut calories
Avoid meat/ processed foods
Drink red wine
Find life purpose
Relax & relieve stress
Prioritize love & family
Build a social network
Have faith



DEFINING WELLNESS

MESSENGERS OF HEALTH

PERSONAL BLUE ZONE GUIDELINES INSIDE

"A must-read if you want to stay young!"
—DR. MEHMET C. OZ

New York Times Bestseller

THE Blue Zones

SECOND EDITION

9 LESSONS FOR LIVING LONGER
from the people who've lived the longest

DAN BUETTNER

Health FIRST!
THE BLACK WOMAN'S WELLNESS GUIDE

A Black Women's Health Imperative Project
Eleanor Hinton Hoytt and Hilary Beard

"At last, solid sister-to-sister information, advice, and no-nonsense straight talk about our health and how to really be good to yourself!"
—Marci Ann Gillespie
Essence

INDEXUS

What Healthy Black Women Can Teach Us About Health

BLACK WOMEN'S HEALTH IMPERATIVE

TEXTS & METHODS NAMING HEALING TRADITIONS





SARAH BRADFORD

Scenes in the Life of Harriet Tubman

HERAKLION PRESS



AFRICANA MEMOIRS.NET

Database of Black Women's Autobiography

DR. S. Y. EVANS

[HOME](#)

[CONTACT](#)

Resources

[ABOUT](#)

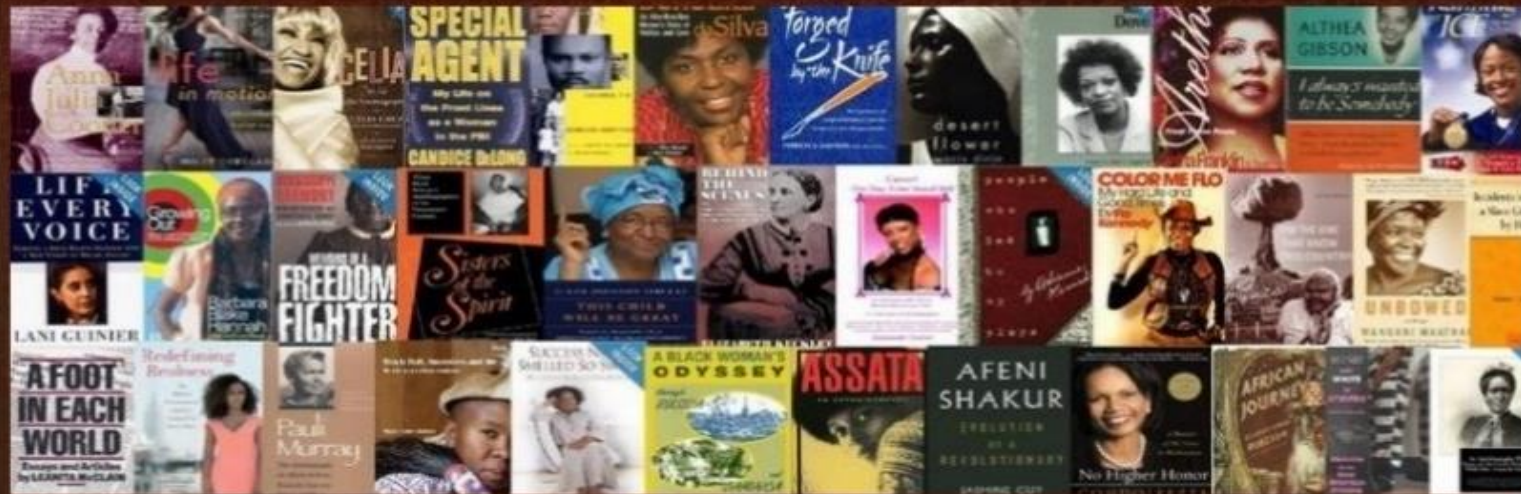
[LIBRARY A-H](#)

[LIBRARY I-Z](#)

[MEDITATION MEMOIRS](#)

[FOOD MEMOIRS](#)

[TRAVEL MEMOIRS](#)



OVER 500 BLACK WOMEN'S NARRATIVES FROM AROUND THE WORLD

- | | |
|---|--|
| 1. Ella Mae Cheeks Johnson 106 | <i>It Is Well with My Soul: Extraordinary Life of a 106-Year-Old Woman</i> |
| 2. Anna Julia Cooper 105 | <i>The Voice of Anna Julia Cooper</i> |
| 3. Ann Nixon Cooper 107 | <i>A Century and Some Change</i> |
| 4. Sarah Delaney 109 & Elizabeth Delany 104 | <i>Having Our Say</i> |
| 5. Ida Keeling 103+ | <i>Can't Nothing Bring Me Down</i> |
| 6. Dovey Johnson Roundtree 104 | <i>Justice Older Than the Law</i> |
| 7. Ellen Tarry 101 | <i>The Third Door</i> |
| 8. Susie Mae Williams White 101 | <i>Determined, In Spite of...</i> |

DATA SET
AFRICANAMEMOIRS.NET

“I am the source for everything you're seeking...”.

A NOTE ON SOURCES

REAL BAD NEWS

RESEARCH AND TEACHING RESOURCE

Dr. Stephanie Y. Evans | www.professorevans.net

I created the tool below for my research courses. I require *at least* 10 different source types for final papers in all of my classes (graduate and undergraduate). Below is an expanded list of required primary, secondary, and tertiary sources for research papers along with my evaluation criteria.

Evaluation Criteria: Content, Structure, & Sources

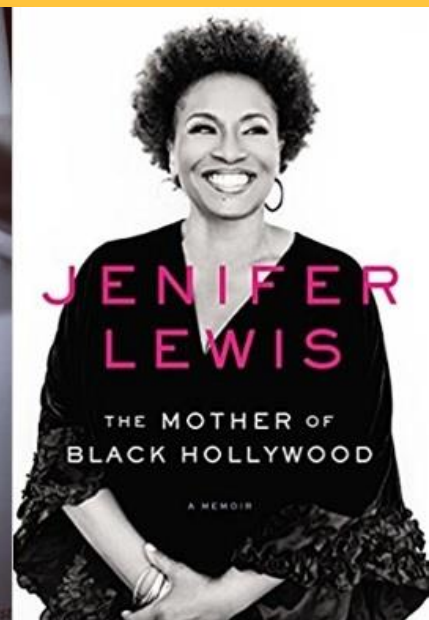
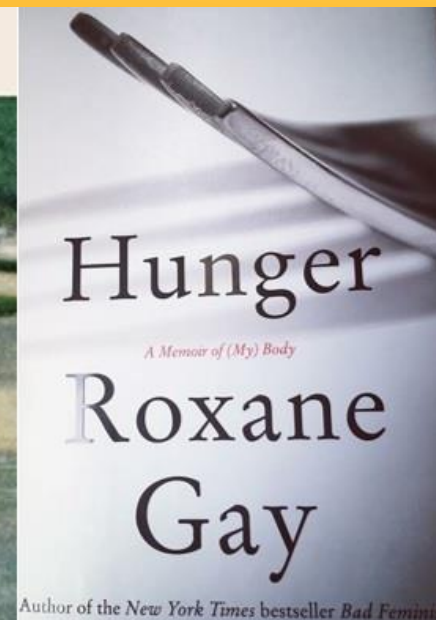
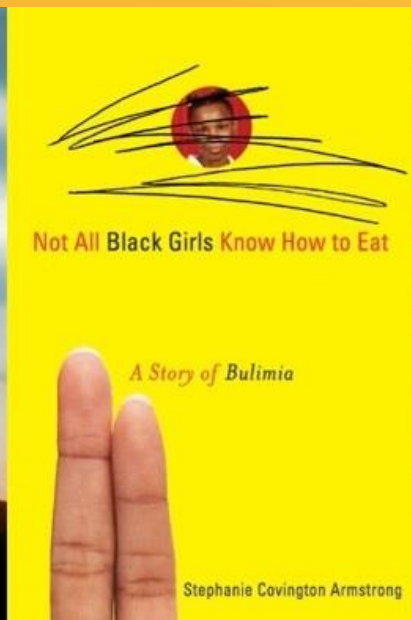
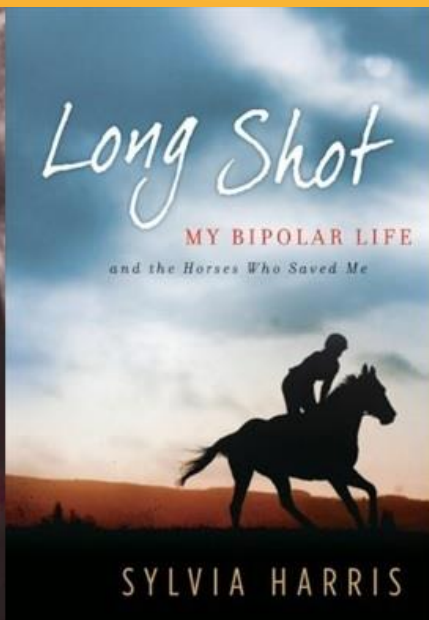
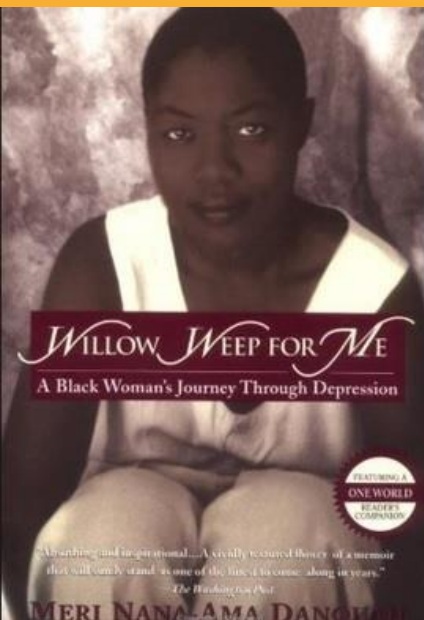
- **Content:** Clear main idea; relevant question; answer that directly addresses the question; thesis statement; theoretical frame; methodology; argument development; relevant evidence; provides detailed points about time and place as well as context; point of view; style; originality; addresses several parts of Bloom's taxonomy (KCAASE)
- **Structure:** Organization with unified beginning, middle, and end; clear flow of ideas by effective use of sections and subsections; appropriate transitions; paragraphs and sentence structure; proper punctuation; appropriate language; mechanics; evidence of editing; flow
- **Sources:** Valid sources that support but also complicate argument; appropriate scholarly weight; primary documents with nuanced interpretation; correct citation in text and bibliography; correct citation for academic discipline: Turabian, Chicago, MLA, or APA.
Scholars without sources are REAL BAD NEWS.

RLL BBAAADD NNEWS

1. **R**eport/ government document/ database
2. **L**ive source/ oral history/ interview/ video
3. **L**aws and legal journals

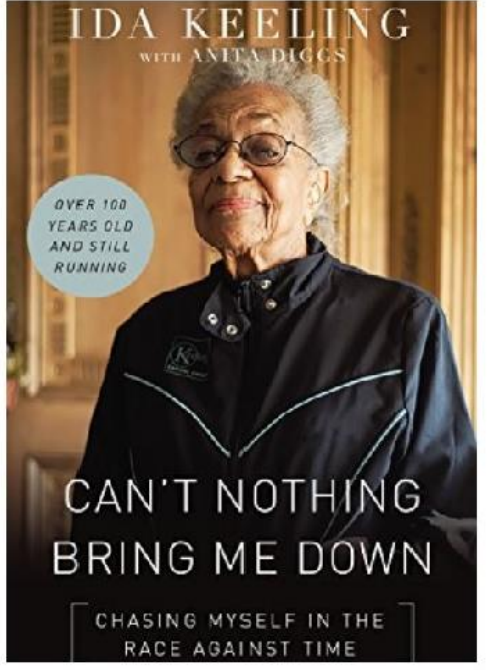
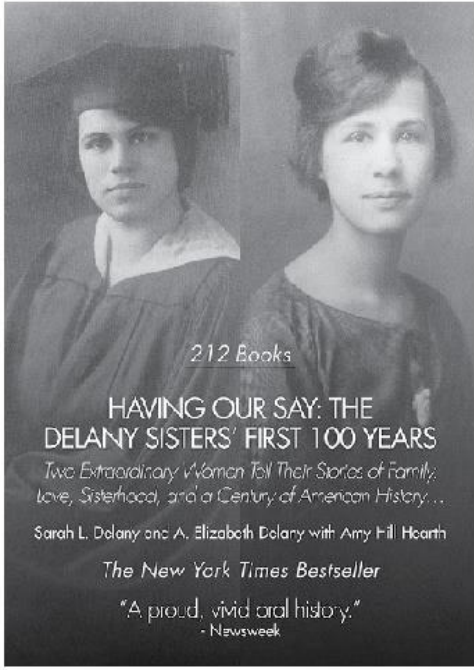
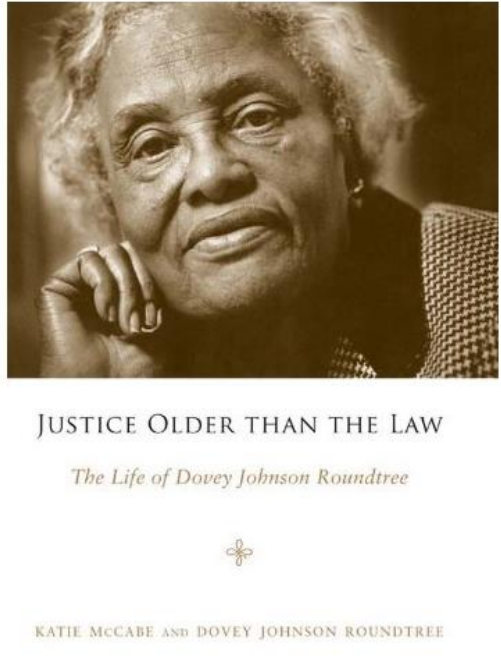
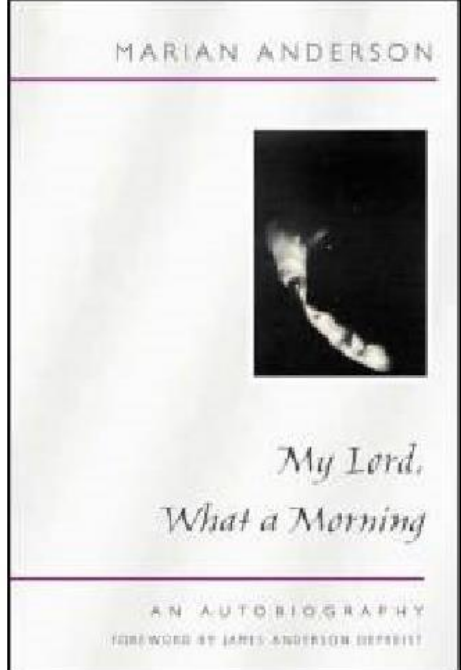
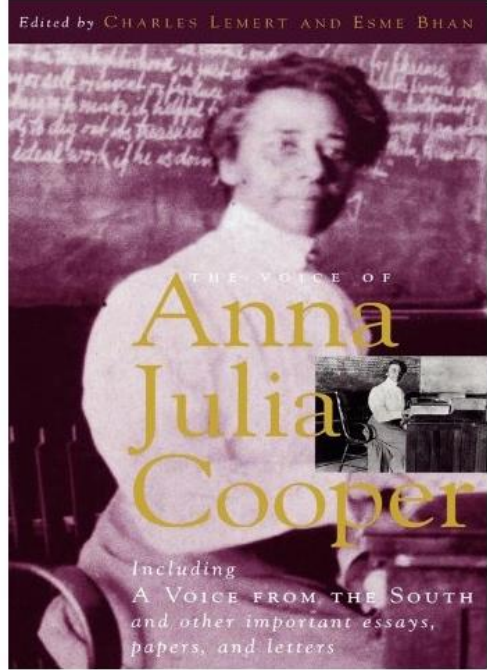
4. **B**ooks (nonfiction, scholarly, two disciplines)
5. **B**ook reviews
6. **A**rticles (scholarly journals and magazines)
7. **A**rchives
8. **A**gency, professional association, or organization
9. **D**issertations/ theses
10. **D**ocumentary or movie

11. **N**ewspapers (one prior to 1945, one contemporary)
12. **N**ovel or short story
13. **E**ncyclopedia/ bibliography/ anthology
14. **W**eb site/ internet/ multimedia/ blogs/ social media
15. **S**ongs or poems



MENTAL HEALTH IN MEMOIRS

NARRATIVES OF ILLNESS & WELLNESS



Meditation

Music

Prayer

Yoga

Exercise

Alice Walker
 Jill Nelson
 Chana Kai Lee

Etta James
 Celia Cruz
 Sheryl Lee Ralph

Immaculée Ilibagiza
 Gabrielle Douglass
 Angel Kyodo Williams

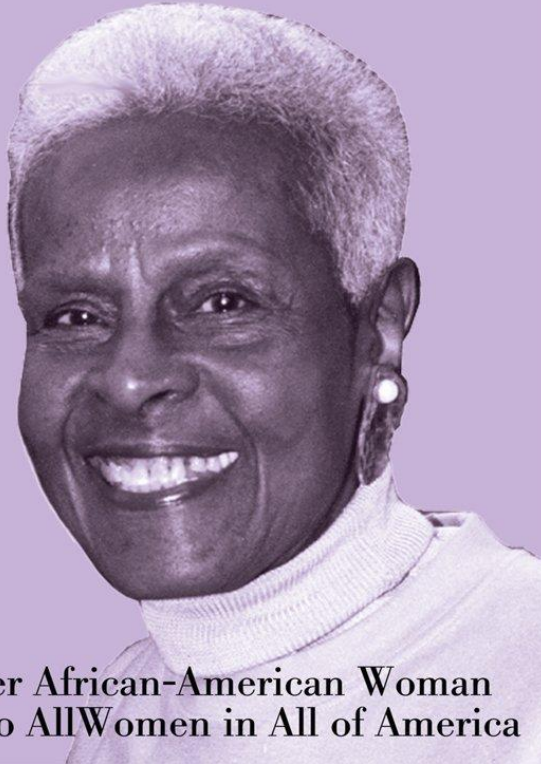
Ann Petry
 Rosa Parks
 Queen Latifah

Layla Ali
 Misty Copeland
 Ula Taylor

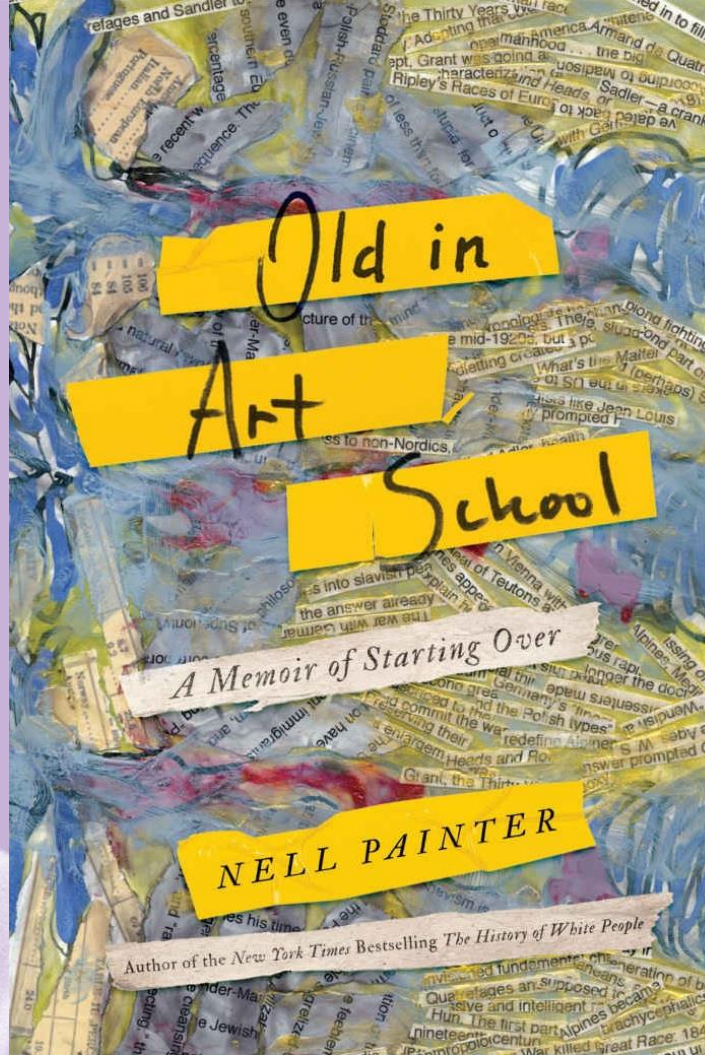
CENTENARIAN MEMOIRS
 FIVE HEALING TRADITIONS

I HOPE I LOOK THAT GOOD WHEN I'M THAT OLD

Dona L. Irvin

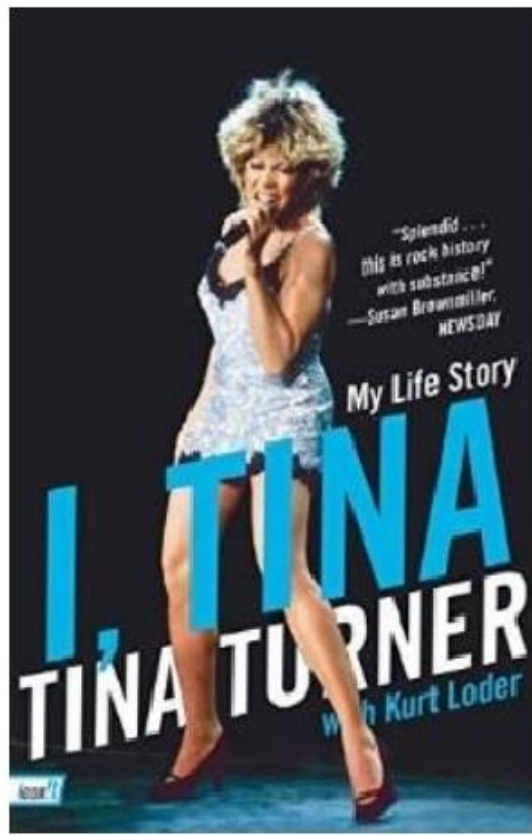


An Older African-American Woman
Speaks To All Women in All of America



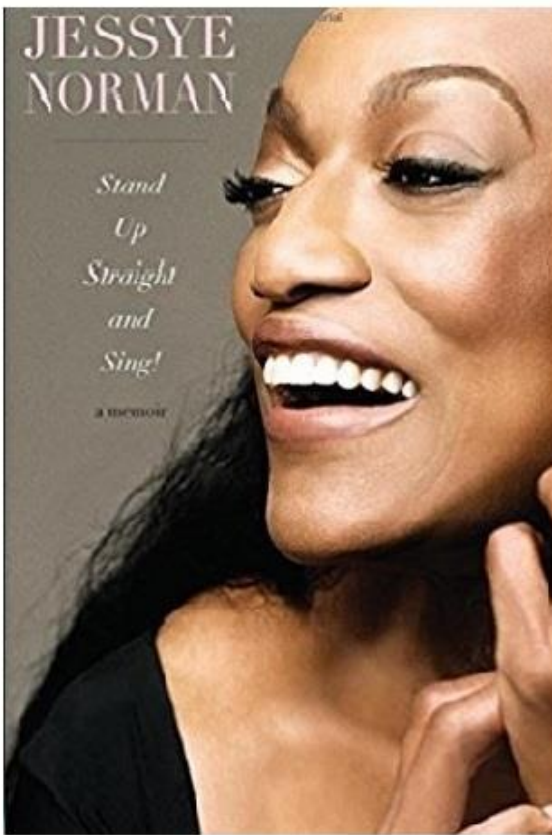
INTERGENERATIONAL WELLNESS

TALES OF TWO "OLD" WOMEN



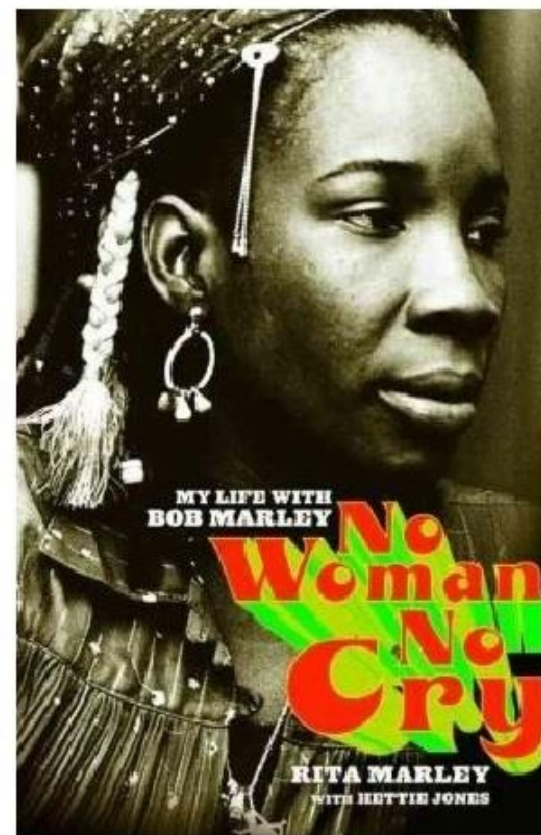
Personal Violence

Chanting



Structural Violence

Hatha Yoga



Cultural Violence

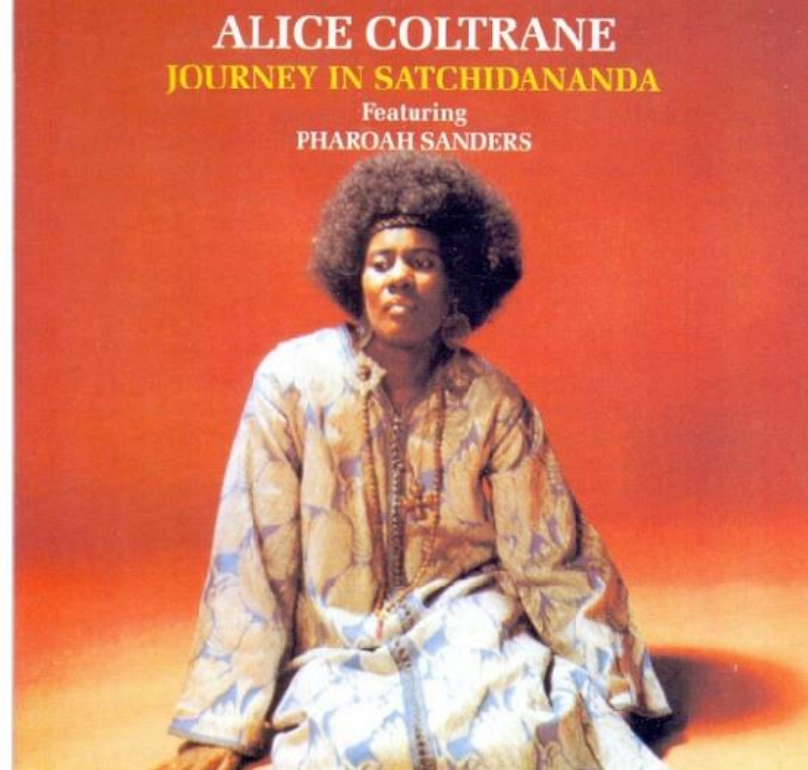
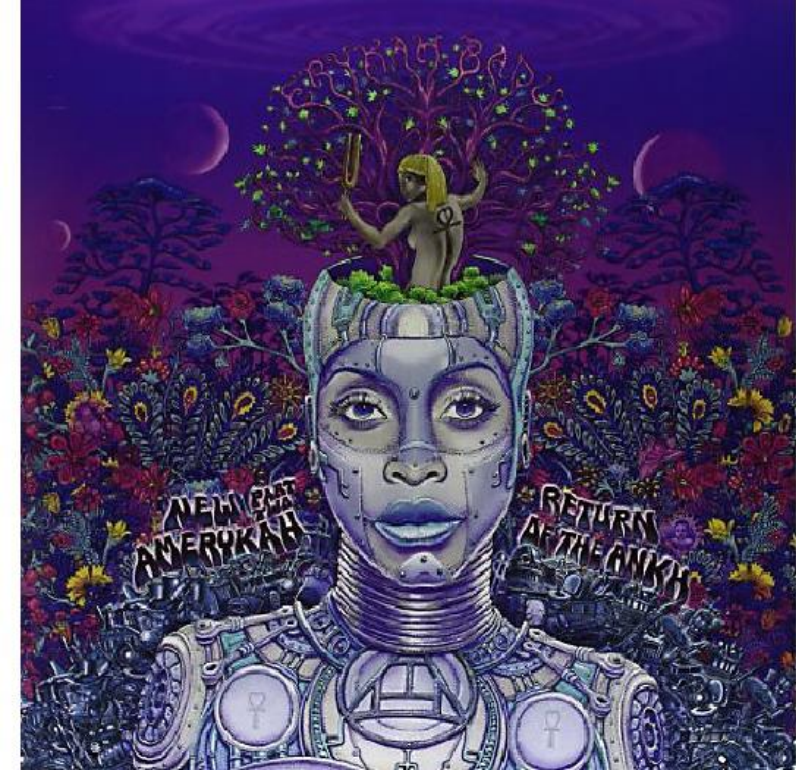
Tea & Herb

JOY IN MY SOUL
BLACK WOMEN SINGERS DATABASE



ROCK STEADY, BABY
APPLIED INTELLECTUAL HISTORY &
TEACHING WELLNESS

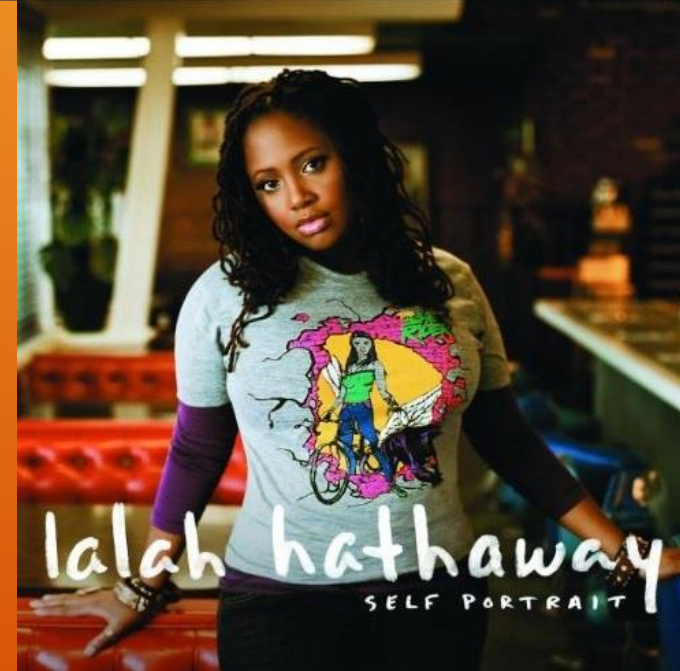




FINAL POINT

REMEMBER TO BREATHE

MUSIC MEDITATION FOR THE MIND, BODY, & SPIRIT



Black Women's Self-Care

A Study of Mental Health and Wellness



NEW DIRECTIONS: BLACK WOMEN'S WELLNESS

PROFESSOREVANS.NET
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#CITEASISTA #CITEBLACKWOMEN

**THANK YOU
ABWH!
...Be Well...**

