

RITE OF JOY

Tracy (T-Spirit) Stanton

COMMUNITY AGREEMENTS

PROCESS

Participate * Respect * Open * Confidentiality * Embrace * Share Space * Silence Cell Phones

WHEN IT RAINS IT POURS

“The Black community suffers from an increased rate of mental health concerns, including anxiety and depression. The increased incidence of psychological difficulties in the Black community is related to the lack of access to appropriate and culturally responsive mental health care, prejudice and racism inherent in the daily environment of Black individuals, racial trauma, and historical trauma enacted on the Black community by the medical field ” - Thomas A. Vance, Ph.D.

When It Rains It Pours

– Unfortunate events occur in quantity

- To have bad news enlarged by circumstances*
- Something bad occurring multiple times within a short span of time*
- It is used when several issues come together on a consistent basis*

What is Anxiety –

- Intense, excessive, and persistent worry about everyday situations.*
- Is a feeling of fear, dread, and uneasiness*
- Anxiety is a complex mental health issue, with many triggers*

The image features a close-up view of a window pane covered in numerous water droplets of varying sizes. The background behind the glass is a soft, out-of-focus green, suggesting a natural setting. The lighting creates bright highlights on the droplets, giving them a shimmering appearance. At the bottom of the image, there is a solid purple rectangular banner. Inside this banner, the text "When It Rains It Pours" is written in a yellow, serif font. The text is underlined, and the underline is also yellow.

When It Rains It Pours

Anxiety disorders affect 40 million people in the United States. It is the most common group of mental illnesses in the country. However, only 36.9 percent of people with an anxiety disorder receive treatment.



SOME COMMONS CAUSES ACROSS RACIAL GROUPS

- ***Early trauma or abuse***
- ***Family history, including genetic and early environment***
- ***Shy or inhibited temperament***
- ***Certain medical conditions, including heart arrhythmias and thyroid disease***

BLACK FOLKS HAVE ADDITIONAL RISK FACTORS

- ***Exposure to racism and racist abuse***
- ***The effects of racism, such as fewer opportunities and less safe communities***
- ***Higher rates of trauma, including sexual assault, and police violence***

“But all our phrasing—race relations, racial chasm, racial justice, racial profiling, white privilege, even white supremacy—serves to obscure that racism is a visceral experience, that it dislodges brains, blocks airways, rips muscle, extracts organs, cracks bones, breaks teeth. . . . You must always remember that the sociology, the history, the economics, the graphs, the charts, the regressions all land, with great violence, upon the body.”

TA-NEHISI COATES, BETWEEN THE WORLD AND ME”

“No man can know where he is going unless he knows exactly where he has been and exactly how he arrived at his present place.” – MAYA ANGELOU”

“There is deep wisdom within our very flesh if we can only come to our senses and feel it.”

ELIZABETH A. BEHNKE

“History is not the past, it is the present. We carry our history with us. We are our history.”

JAMES BALDWIN”

“Once you start approaching your body with curiosity rather than with fear, everything shifts.”

BESSEL VAN DER KOLK



GET IN YOUR BODY:



The Joy is in the Knowing

SELF AWARENESS-

Learn your triggers

Paying attention to your bodily sensations.
Understanding that this is happening to you
and through you.

BREATH IS MEDICATION

Learn Breathing Techniques

LOVE
JOY
PEACE

- **Therapy:** Therapy can help a person better understand their anxiety, identify triggers, develop coping skills, and gain an outlet for their pain. Techniques that help a person better control their thoughts and emotions, such as cognitive behavioral therapy, may prove helpful.
- **Good self-care:** Regular exercise, quality sleep, and a balanced diet may ease anxiety and help someone remain in good health.
- **Activism:** People who experience anxiety because of racial trauma may find an outlet in activism.
- **Supportive community:** A support network can prove invaluable. Connect with people who understand the intersection of race and anxiety, and treat anxiety as a serious challenge.
- **Alternative and complementary remedies:** Meditation, **acupuncture**, and **yoga** may help ease an anxious mind.
- **Medication** that may help include anti-anxiety drugs, **antidepressants**, and sleeping remedies.

DO THE WORK
