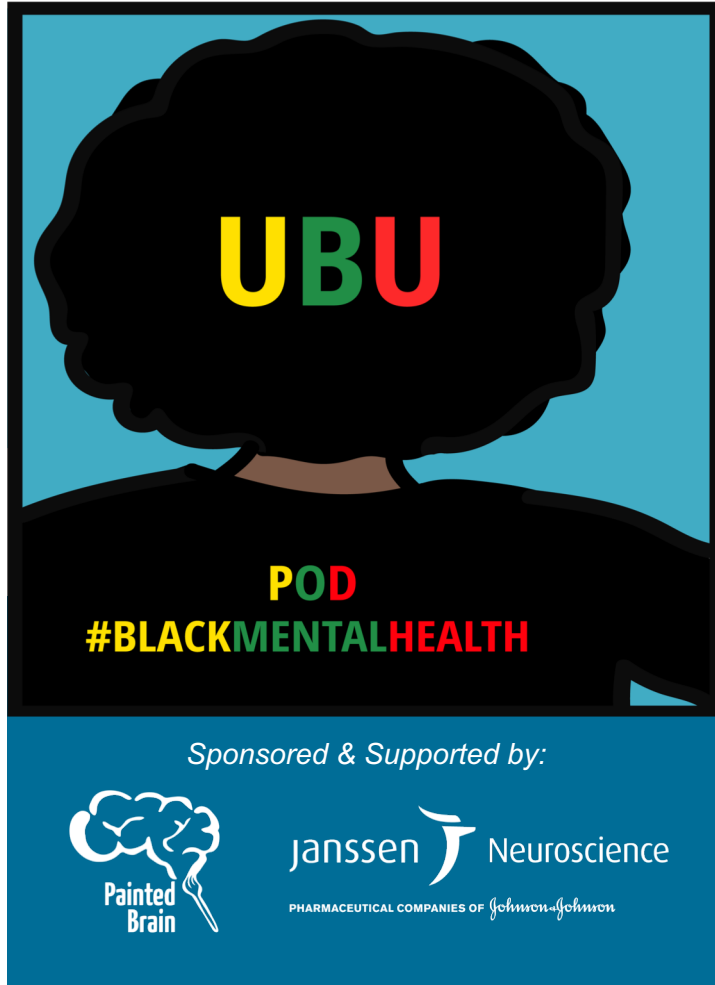


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #10

Dr. Kristee Haggins



Dr. Kristee Haggins (she/her) is a community healer, African-centered psychologist and the Executive Director of Safe Black Space. This episode focus is on creating spaces a and opportunities for Black people to heal and thrive for our #BlackMentalHealth. Based on our conversation – here are some things to think about and discuss:

1. Why is your/our Black mental health important? What resonated with you from the conversation with Dr. Kristee?
2. Dr. Kristee shares that Safe Black Space focus on three main things – Attending to Black Health and Wellness; Understanding impacts of anti-Blackness and racism on Black people and tap into our cultural wisdom and Identifying ways to cope and thrive in a world that may not see our humanity.

Where and how do you find ways to do any of the above? Who do you do this with? How do you align these things with your #Black Mental Health?
3. Why do you think people who are Black need a safe black space (Dr. Kristee discusses -Time stamp 4:40 on the podcast episode)?
4. Dr. Kristee shares this quote “I wasn’t born in African but Africa was born in me” to share her feelings about the essence of Africans as innate and a part of us and why drumming can be a meaningful part of our healing. Have you used drumming, music, food and or other cultural practices to support your wellbeing? Write down what you do and how it helps? Share this with your loved ones, your supporters and even if you feel comfortable share with your treatment providers so they can know what helps you be and stay well.

Example – I like to drum because the rhythm helps me re-connect to myself, center myself and slow down when I am feeling anxious

Now you give it try and write down (or draw) how a cultural practice may help you? Do this in a group and share .

Podcast: <https://linktr.ee/UnapologeticallyBlackUnicorns>

Website: <http://www.paintedbrain.org/ubu-black-mental-health>