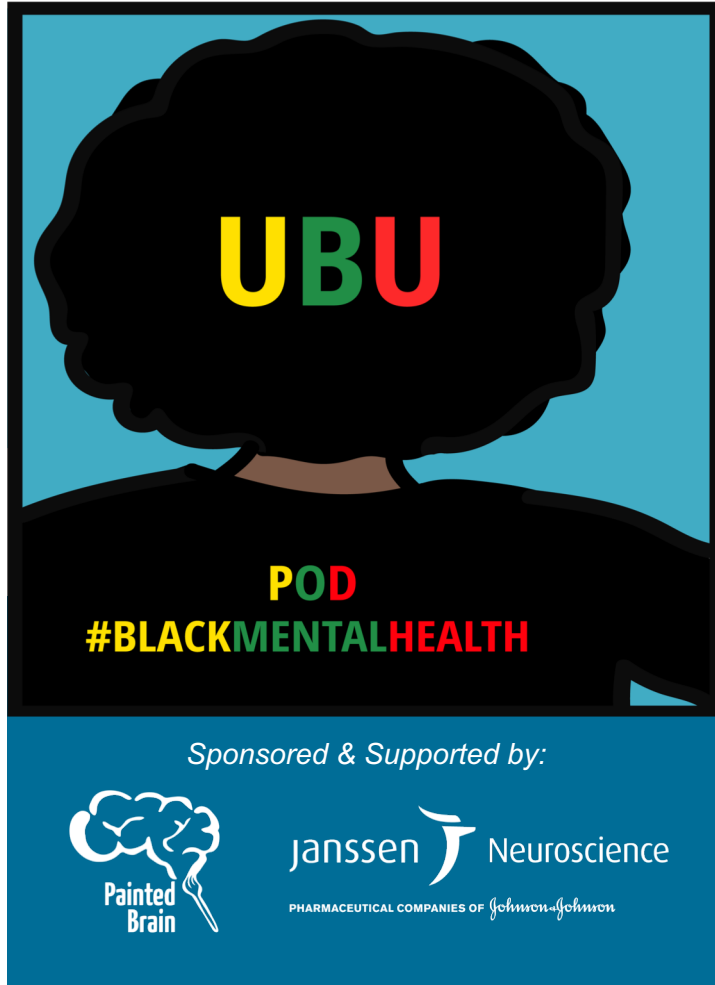


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #11

Dr. Teah Hairston



Dr. Teah Hairston (she/her) is the founder of Be Love Holistic among many other roles. In this episode Dr. Hairston walks us through her journey and we talk about recovery for Black women, the need for being with people who have been on similar journeys, the impacts of Sister Circles and making room for self-care. Our focus is on Black women’s need 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. Teah?
2. Dr. Teah shared her personal story of life before and after miscarriage and the advice from others to “keep it going” however she discovered she also needed space for grief and healing.
Have there been times when you experienced grief but “kept on going”? How can you make time for yourself: discuss with your family, friends and or peers – what to you need as a Black woman to be supported?
3. Dr. Teah stated that when she was on her journey she needed a circle of people to wrap their arms around her. Where do you find your circle of support, other Black women, sisters and peers? Make sure to write it down so when needed you can revisit and call on your circle when needed:
4. In this episode Dr Teach shares the outcomes of Sister Circles (TIME STAMP: 12:55-14:51).
List some of the outcomes she describes and how those outcomes resonate with you:
5. We discussed concrete things we as Black Women can do to break the stereotype of the ‘strong Black woman’ and engage in self care – What are some of the things you can do to make self care a priority? Remember to write it down and try to put those actions into practice 😊

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

Website: <https://paintedbrain.org/about/unapologetically-black-unicorns-podcast>