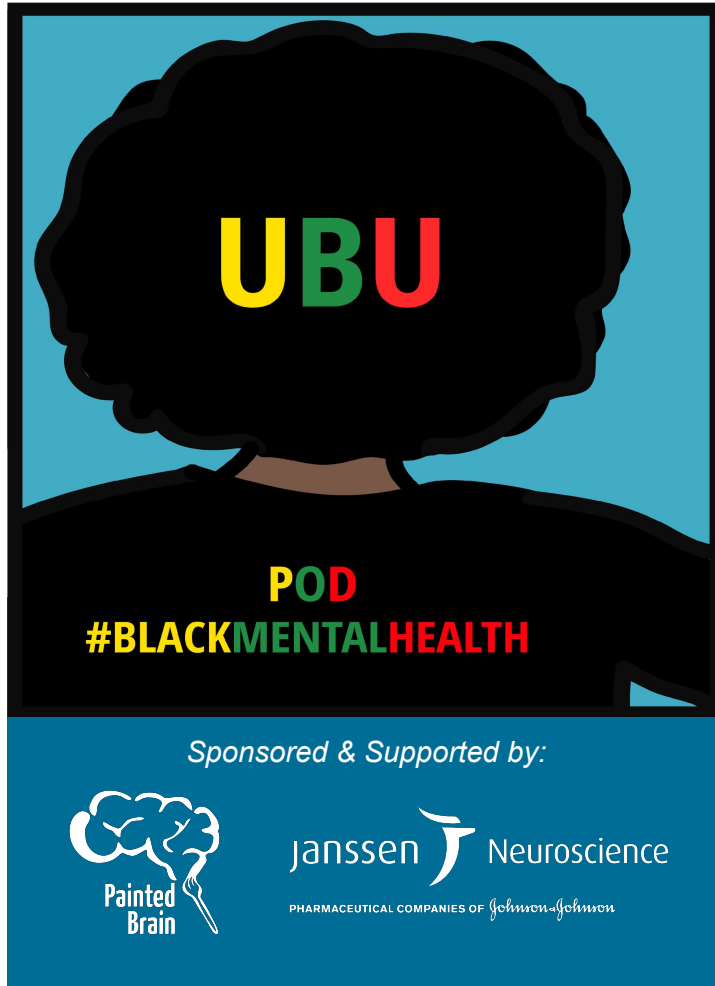


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #1

Jonathan Edwards and Rayshell Chambers



Jonathan Edwards and Rayshell Chambers share about their **#BlackMentalHealth**: from their personal and professional experiences. Based on their 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 Jonathan and Rayshell?
2. Rayshell stated that “mental illness” may not resonate with black folks yet culturally “healing” is more aligned with the black community. What words and or terms do you prefer for “Mental Health”?
3. Jonathan spoke about a friend who always told him about the strengths he has and how that helped him to reshape his reality. List your strengths and discuss with others asking them to identify your strengths as well.
4. Planning is important for mental wellbeing and healing. Both Rayshell and Jonathan touched on the approaches they use to keep and stay mentally healthy and support mental healing including things like: WRAP ©, Vison Boarding, Poetry, Arts, Meditation etc. What would you include in your personal mental health and wellbeing plan to help you stay well and to help improve healing when you are not emotionally well? Who are the people who can help you and how can each person you list support you?
5. Rayshell shared what she would say to her younger self about emotional health. It is also important to speak into being what we want for our future older selves . What would you say to your younger and older self to help you be empowered in focusing on and addressing your mental health and wellbeing?

Podcast: <https://linktr.ee/UnapologeticallyBlack Unicorns>

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