

July 2021

Minority Mental Health Awareness Month

# QOZ DIGITAL

The official newsletter of Omega Omicron Zeta

No Matter Your Struggle...

You Are Not Alone

JULY '21

*Minority Mental Health Month*

*Zeta Phi Beta Sorority, Inc.*



ZETA SINGS THE BLUES



# We've been through a lot Sis, Your Mental Health Matters

*Written by Soror Sheneke harris*

It is hard to believe that we have been at home due to the global pandemic for over a year now. That day in March of 2020, our lives changed forever. At a moment's notice, we were told to stay home until further notice. Please don't leave the house unless it is for an emergency or to purchase the necessities to live. Our children were sent home for spring break, not knowing it would be the last time they saw their friends in person for the rest of the year. Some of us were told to work from home without ever being in this environment, and for some of us, this was the first time in years that we were all at home with our children and spouses at the same time. The entire situation was an adjustment in itself. We had to learn who the people within the four walls were, and we had to re-learn ourselves. In some cases, some of the attributes and skills that laid dormant in us were awakened. What seemed like a journey that would last for a few weeks turned into 14 months. By the second month of living in the "new normal," we had our routines down and learned to live during COVID. Then in May, the unthinkable happened. On top of living in a historical event, we experienced another tragedy. The murder of another unarmed black man, Mr. George Floyd. While we were confined to our homes, we were exposed to his senseless murder in the form of police brutality. We watched a police officer take the life of a human being without remorse or any type of compassion. The video footage was on every media and social media platform. While people were dying in droves because of the COVID-19 virus, one man died at the hand of another. We all watched the events unfold on our phones, tablets, and televisions. There was no way you could escape the heartbreak, pain, suffering, or the feeling of worthlessness as a human being or black person without literally unplugging from



*Soror Sheneke Harris, Air Force Senior Non-Commissioned Officer and Entrepreneur*

the world (turning off your devices or choosing to not log on to social media). The way you chose to disengage did not stop the emotions that were also within the walls of our homes. Anger, sadness, fear, hate, anxiety, depression, etc. Let's not forget the sleepless nights, the uncontrollable tears, the disbelief, and the lack of self-worth. For some of us, it was days before we could find the words to articulate how we felt. Let alone be the voice at our jobs to explain what was happening to those who "didn't understand". Needless to say, these events amongst other things we have experienced in our lives were and may still be damaging to our mental health. Some of us are still trying to recover from certain experiences along our life journey and are unsure if we ever will. However, there are many ways for us to keep our mental health intact. Even if we think we have a long road ahead of us.

1. **Embrace your emotions.** You are allowed to feel the way that you do about what you have experienced. Don't keep your emotions bottled up. That is one of the unhealthiest things you can do. Cry when you need to, yell when you need to, and most importantly, know that it is okay to express your emotions. They are a part of life, and suppressing them is unhealthy.

2. **Find a safe space.** Find someone or a group of people you trust to share your most intimate thoughts and feelings. These people should make you feel safe, are not judgemental, and are available when you need them. You should also be a safe space for others.

3. **Seek help.** Reach out to a mental health professional to help you work through your life challenges. Remember, it is okay to keep searching for the right therapist until you find the right one. This is an important relationship, and you deserve someone who has your best interest at heart.

4. **Give yourself grace.** Don't be too hard on yourself. Remember, healing is a process that takes time. You have been through a lot emotionally, mentally, physically, and spiritually. Some days will be better than others. The goal is to live for the day and embrace the progress, no matter how small it may be.

5. **Make mental wellness a community matter.** Take steps to advocate for mental wellness. Recent events have and still affect everyone differently. Please encourage your friends and family to take steps to improve their mental health. This can be done by encouraging them to seek professional help, limit their time on media and social media platforms, and making time for self-care. What can you incorporate into your daily routine to ensure your mental wellness is at the top of your list? The past year has shown us that our mental health is an important asset. To show up every day and be who we are destined to be, we have to make sure our mental health is a priority.

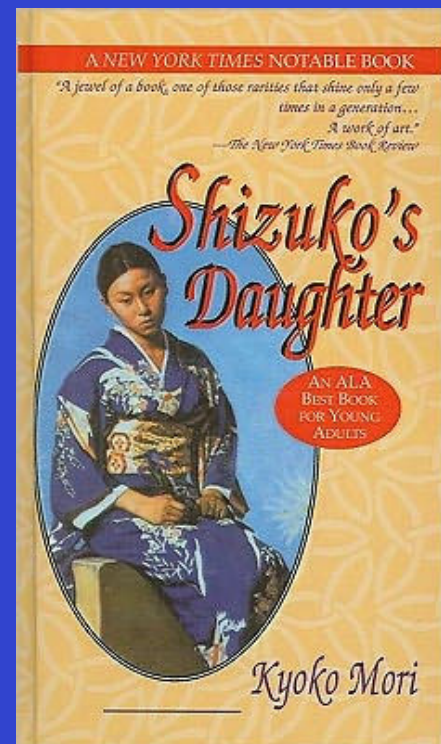
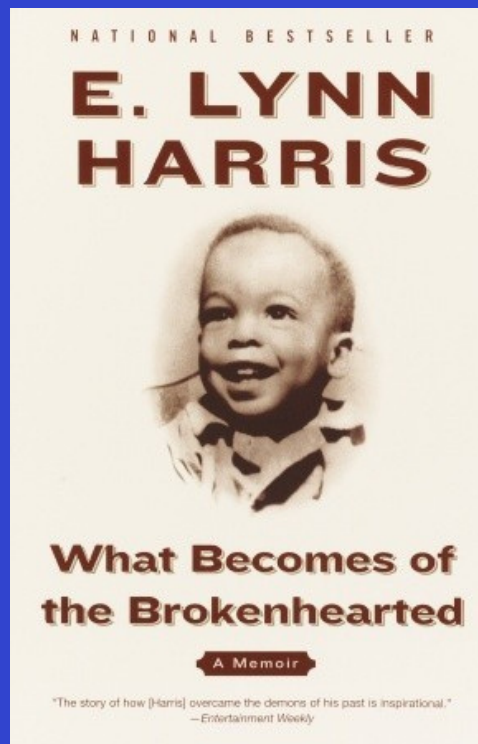
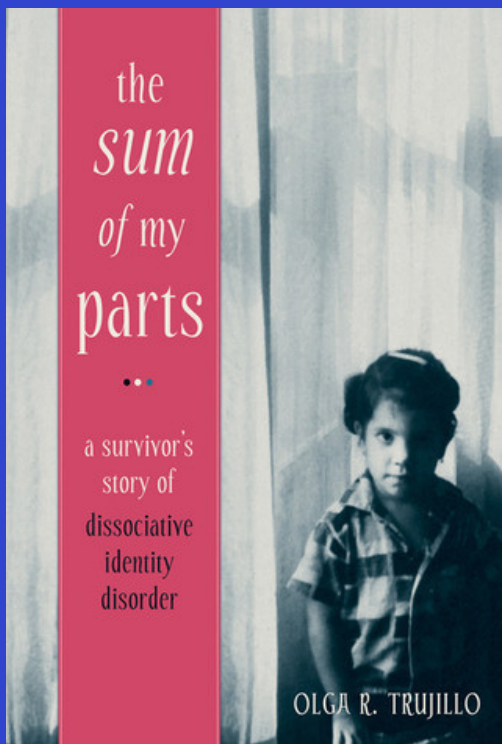
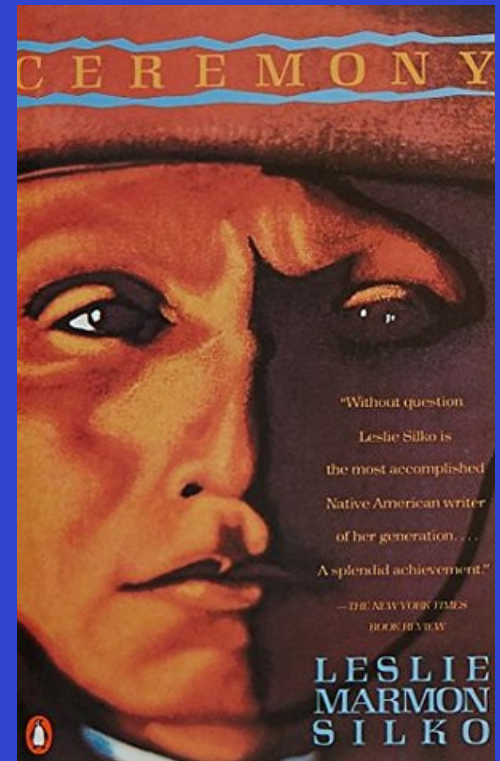
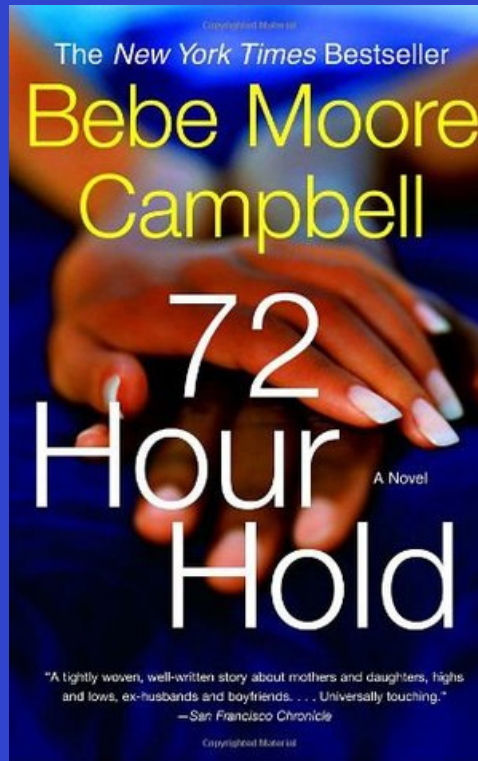
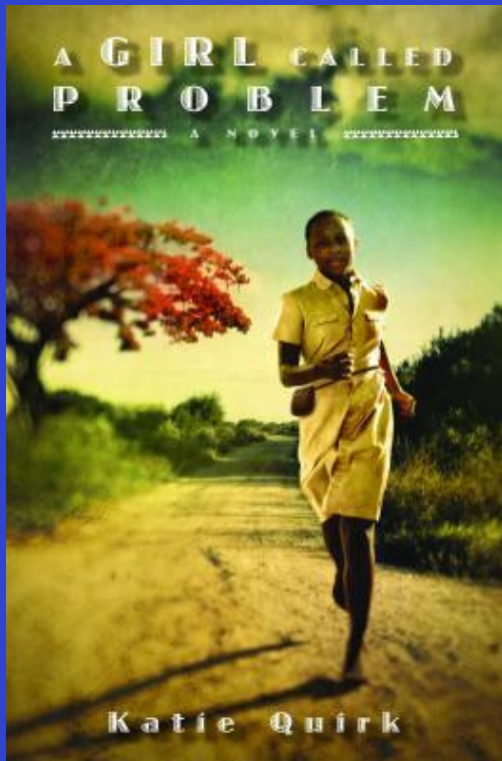
Remember, on this journey; you are not alone. Are you ready? For more information and resources on Minority Mental Health Month, check out the U.S. Department of Health and Human Services Office of Minority Mental Health at <https://minorityhealth.hhs.gov/default.aspx> and National Alliance on Mental Illness website handbook at <https://www.nami.org/NAMI/media/NAMI-Media/downloads/Stigmafree%20Company/MMHM-2021-Partner-Guide-Addendum.pdf>





READING LIST RECOMMENDATIONS FOR  
MINORITY MENTAL HEALTH MONTH

SPECIFIC BOOKS ON PEOPLE OF COLOR AND TRAUMA, EATING  
DISORDERS, DEPRESSION, AND OTHER MENTAL HEALTH CONCERNS IN  
THEIR COMMUNITIES.



# Sample self-care check-in

CHECK THE BOXES OF THE ACTIVITIES  
YOU DO TO TAKE CARE OF YOURSELF.

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA  
DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- CUDDLE A PET
- TRY SOMETHING NEW
- READ A BOOK