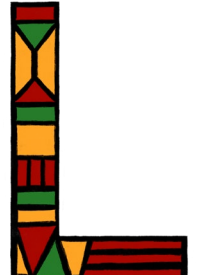
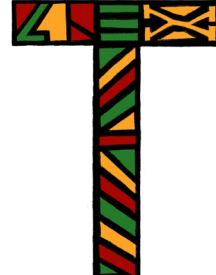
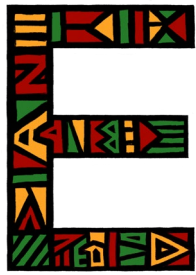
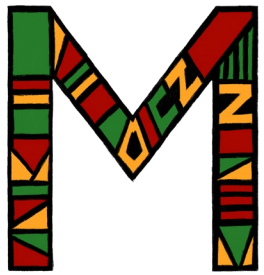


Mental Health and Our Life of the Mind

Lessons from Black Women's Intellectual History

Black women's memoirs reveal a tradition of inner peace (mental, physical, and spiritual self-definition) serving as a pathway to outer peace (social, political, and economic resistance).

—Stephanie Y. Evans, *Black Women's Yoga History*



MEDITATION

Spiritual

EXERCISE

Social

NETWORKING

Physical

TRUST

Economic

ACTIVISM

Political

LEARNING

Mental



WRITING

BLACK

FEMINIST

WRITING

BLACK

writing

BLACK

FEMINIST

WRITING

Stephanie Y. Evans

Preface: *Time to Think*

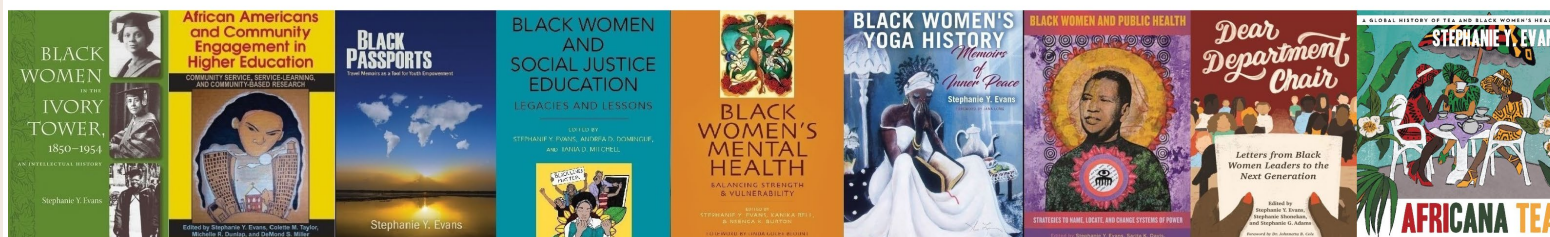
1. Introduction: **Academic Stress**
2. **Regenerative Writing:** Learn, Create, and Teach the Practice of Collective Self-Care
3. **Voice:** *Personal Practice*
4. **Argument:** *Professional Practice*
5. **Editing:** *Publishing Practice*
6. **Community:** *Public Practice*
7. **Institution:** *Political Practice*
8. Conclusion: **Academic Wellness**

Coda: *Feeling Good*

Questions

Tasks

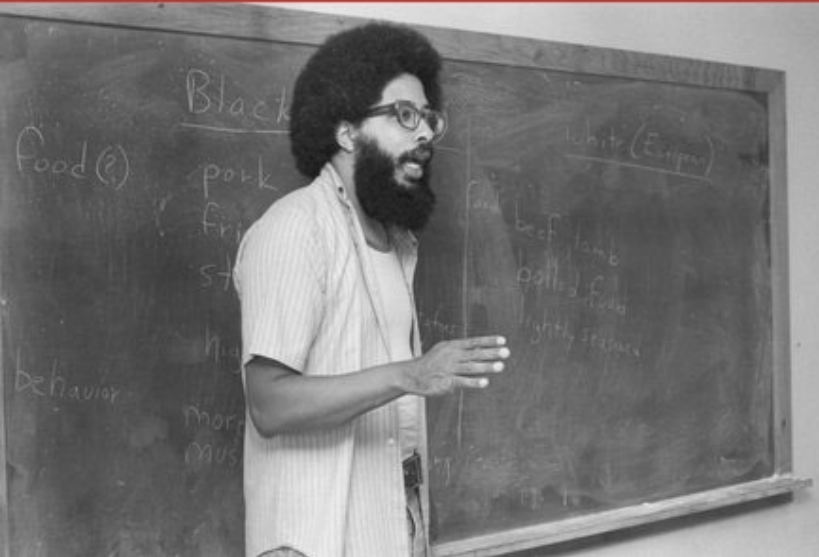
Playlists



The Journal of
**AFRICAN
AMERICAN
HISTORY**

A Journal of the Association for the Study of African American Life and History
FOUNDED BY DR. CARTER G. WOODSON

Volume 108 Number 4 Fall 2023



Credit: University Photograph Collection, Robert S. Cox
Special Collections and University Archives Research Center,
UMass Amherst Libraries.

PREFACE

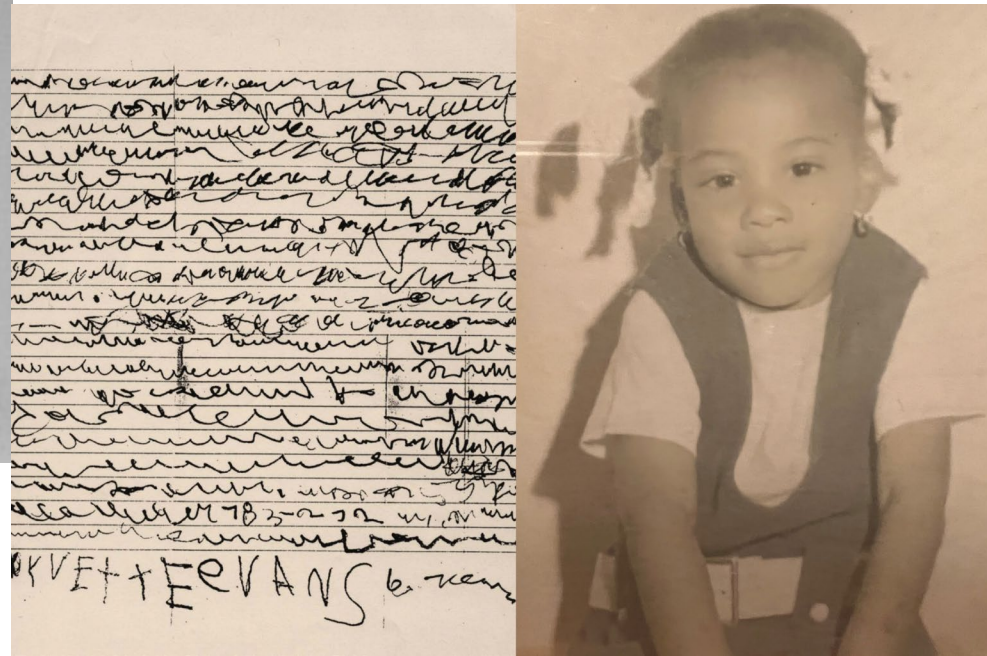
Time to Think (A 1972 Retrospective)

“The most important luxury we have on this planet is the time to think.”

John H. Bracey, Jr. (1941–2023)

UMass-Amherst, 1972

W. E. B. Du Bois Department of Afro-American Studies



LETTER TO GRAMMS

- DC to ABQ
- Military “Brat”
- First Gen, Adult Re-entry
 - St. John’s, CSULB, UMass
 - Stanford & Brown
 - UF, CAU, GSU

1. INTRODUCTION

Academic Stress as a Black Woman Scholar



Hypocrisy

Extraordinary scrutiny, Lies, & Character Assassination

Hanna **Nicole-Jones**, UNC Chapel Hill (denied tenure), July 15, 2022

Claudine **Gay**, Harvard (harassment, lies, & character assassination), Jan 3, 2024

Exclusion

WHEN study, 2019: 35 **UK Black** women faculty out of 23,000

Abuse

Overwork: Joanne A. **Epps**, Temple University, (died on stage), Sept 19, 2023

Early Death: Orinthia T. **Montague**, Volunteer State Comm College (age 56), Sept 22, 2023

Depression

Antoinette “Bonnie” **Candia-Bailey**, Lincoln U (suicide), Jan 11, 2024

“Ring the Alarm”

Nadria Njoku & **Dannie Marshall**, *Diverse Issues*, Jan 15, 2024

BW Highest suicide risk among women ([Boston University](#))

Maternal mortality rates ([Johns Hopkins](#))



The Black
Academic's
Guide to
**Winning
Tenure**
—Without
Losing
Your **Soul**

KERRY ANN ROCKQUEMORE AND TRACEY LASZLOFFY

HOW CAN WE PUBLISH AND FLOURISH

Collective Self-Care in Academe

Applied Intellectual History

Though it is conventional wisdom in academe that faculty must either publish or perish, there is precious little discussion about either the process of academic writing or the development of healthy pathways to publication. . . . In short, *how do you publish and flourish?*

Kerry Ann Rockquemore and Tracey Laszloffy



CORE CHAPTERS: MAIN THEME

Sesa Wo Suban

Change and Transformation (through practice)



Five Locations of Practice

Writing Every Day with the Morning Star

- Personal Practice FIND YOUR **VOICE**
- Professional Practice STATE YOUR **ARGUMENT**
- Publishing Practice **EDIT** AND ORGANIZE YOUR STRUCTURE
- Public Practice ENGAGE YOUR **COMMUNITY**
- Political Practice **INSTITUTIONALIZE** BWST



2. REGENERATIVE WRITING

Learn, Create, and Teach the Practice of Collective Self-Care

AFRICAN FEMINIST VALUES Self-Care and Collective Care

“Perhaps the two most dominant values in the African feminist theory, which can be traced through a time perspective into the New World, are **developing survival strategies** and **encouraging self-reliance through female networks.**”

Dr. Rosalyn Terborg-Penn

Co-Founder, ABWH

Founder ASWAD

Women in Africa and the African Diaspora (1996)

LEARN (The Gift)

Celebrating Black Women's Historical Wellness

Memoirs are mentors.

Maya Angelou, author of the most popular survivor narrative of the twentieth century, suggests memoirs are **“letters to our daughters”** that convey vital lessons.

LEARN



MAYA ANGELOU

Art: Dania Wright

CREATE (The Lesson)

The Courage to Care for Your Academic Mental Health

Angela Davis reflected on her attendance at the United Nations Forum '85 that ended the UN Decade for Women, “my own experiences throughout those two weeks abundantly confirmed the fact that **we had finally created a firm foundation—but only a foundation—for a more influential and more politically mature international women’s movement.**”

~ Angela Davis, “Finishing the Agenda, Reflections on Forum ‘85, Nairobi, Kenya”

~ “Sick and Tired of Being Sick and Tired: The Politics of Black Women’s Health” (1987)

CREATE



ANGELA DAVIS

Art: Dania Wright

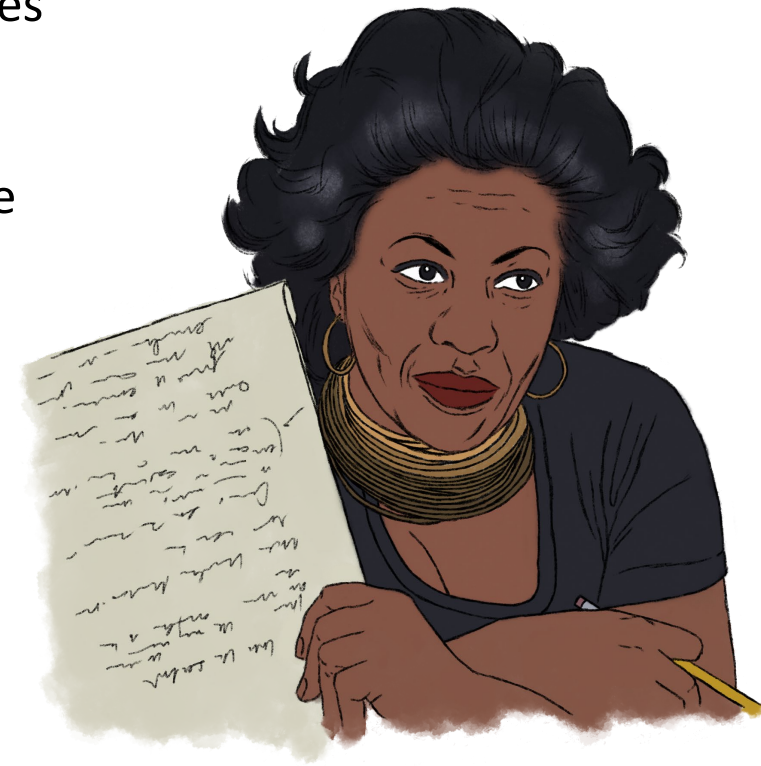
TEACH (The Work)

Cultivating Collective Care

“Certain disciplines pride themselves on the value-free nature of their intellectual inquiries, and the pursuit of “objectivity” is at the heart of their claims, claims which are understood to place the stature of these disciplines far above interpretive ones. Nevertheless, explicitly or implicitly, **the university has always taught (by which I mean examined, evaluated, posited, reinforced) values**, and I should think it will always follow or circle the track of its origins....What I think and do is already inscribed in my teaching, my work. And so should it be. We teach values by having them.”

~Toni Morrison, "How Can Values be Taught in the University" (1991)

TEACH



TONI MORRISON

Art: Dania Wright



John H. Bracey, Jr. – Toward A Complete Bibliography



Image: © S. Y. Evans, 2023

LOCATIONS OF STRESS

Layers of Challenge since 1994

1. Working while entering college (1994)
2. Transferring schools to focus on BWST (1995)
3. Proposition 209 outlawing diversity in CA (1996)
4. CSU system strike (1999)
5. September 11 (2001)
6. Iraq War (2003)
7. Economic recession (2007)
8. Threats to cut African-American studies (2007)
9. Appointed department chair (2010–2021):
10. Miscarriage (2013)
11. Family deaths (2013–2015)
12. Election of the 45th US president (2016)
13. Denied application for research leave (2018)
14. COVID-19 (2020)
15. Election of 46th US president (2020)
16. Denied application for research leave (2022)
17. Book bans, attack on BWST (2022)
18. Spouse health issue (2022)
19. Denied application for research leave (2023)
20. Passing of Bracey (2023)
21. Hair loss (2023)
22. Human Rights crises: Ukraine, Gaza, Sudan, Congo, and Haiti (2023)
23. Threats to cut African American /women's studies (2023)

Personal stress

Professional stress

Professional stress

Professional stress

Global stress

Global stress

National stress

Professional stress

Professional stress

Personal stress

Personal stress

National stress

Professional stress

Global stress

National stress

Professional stress

Professional stress

Personal stress

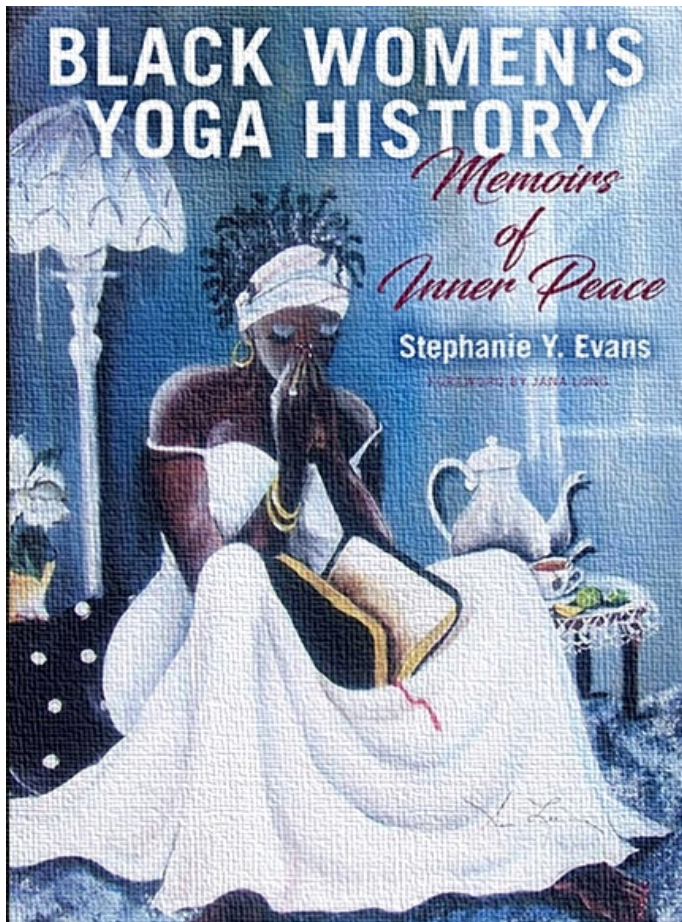
Professional stress

Personal stress

Personal stress

Global stress

Professional stress



OUR AUNTIE ROSA: The Family of Rosa Parks Remembers Her Life and Lessons (2015) "Rosa Parks practicing yoga at an event, 1973"

© Library of Congress





What: Intellectual History **Historical Wellness**



SO WHAT?: ACADEMIC WELLNESS

Applied Intellectual History

BLACK WOMEN IN THE IVORY TOWER, 1850–1954 AN INTELLECTUAL HISTORY

Stephanie Y. Evans



MID-TERM MEDITATION

TEA w/ DR. E

VIRTUAL check
in for WGSS
students:
BA, MA,
Minors, &
Concentration

FRIDAY
FEBRUARY 25
@ 9:30 AM



100 BLACK
WOMEN
PROFESSORS
NOW.

CHAIR
AT THE TABLE
RESEARCH COLLECTIVE

100BWPN and Chair at the Table Network Conference

100 Black Women Professors NOW and Chair at the Table Network are pleased to partner to host our first international conference. This hybrid event will allow our members to build international networks with Black women academics and identify areas of collaboration for research.

Friday, 29th March 2024



Please note that you must be a member of the 100 Black Women Professors NOW or the Chair at the Table Network to be eligible to attend this event.

Location:

In-person or virtual
Vanderbilt University,
Nashville, TN, United States

Time:

10.00-14.00 CST
16.00-20.00 GMT



[Register Here](#)



NOW WHAT?

GLOBAL WELLNESS

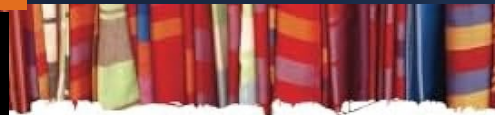
Community-Based Intellectual History

EYES OFF THE PRIZE

THE UNITED NATIONS AND THE
AFRICAN AMERICAN STRUGGLE
FOR HUMAN RIGHTS, 1944–1955



CAROL ANDERSON



ACTIVIST SCHOLARSHIP

Antiracism, Feminism, and Social Change

Edited by Julia Sudbury and Margo Okazawa-Rey



CENTER FOR CONSTITUTIONAL RIGHTS

f i n t YouTube



Southern Justice Rising!

We've launched a new hub for one of our newest initiatives, Southern Justice Rising, the Center for Constitutional Rights' deepened, renewed commitment to liberatory movements in the South. Through Southern Justice Rising, we aim to strengthen the defense of our Southern partners, support the advancement of movement goals, and amplify stories of resistance and righteous pursuit of Justice.

READ MORE

CREDIT: Photographer unknown, 1

Justice Takes a Fight



LET'S DO MORE. TOGETHER. 



Doctors Without
Borders/Médecins Sans
Frontières (MSF) 

11M likes

Donate

Message

Like

TEACH:

Five Ways to Care for Your Academic Mental Health and Collective Well-Being

- | | |
|-------------------------|---|
| 1. Personal Health: | Make Time Out of No Time |
| 2. Professional Health: | Weather Academia |
| 3. Publishing Health: | Tend the Roots, Spill the Tea, and
Harvest the Fruit |
| 4. Public Health: | Embrace Collective Self-Care |
| 5. Political Health: | Study the Power of Black Women's
Healing Traditions |

8. Conclusion

Academic Wellness

[illegible]

wellness practice.
mindfulness practice.
compassionate practice.
mentoring practice.
everyday practice.
soulful practice.
creative practice.
celebratory practice.
courageous practice.
caring practice.
private practice.
referential practice.
generational practice.
formal practice.
relational practice.
problem-solving practice.
persistent practice.
liberatory practice.
lifelong learning practice.
healing practice.
rising practice.
regenerative practice.
working practice.

Coda

Feeling Good

The longer you can pull yourself out of a kind of rat race and out of an economic kind of depravation and can sit still and let your mind flow freely, then the better the world will be for everybody. —John H. Bracey, Jr. (2017)

- Despite numerous challenges, Nina Simone sang about the hope of a new dawn, a new day, a new life, and feeling good. The song has been covered by everyone from Lauren Hill, Jennifer Hudson, Ledisi, and Chlöe to George Michael and Michael Bublé. Feeling good does not mean the absence of pain, sorrow, empathy, horror, rage, or grief. To the contrary, flourishing is about feeling the full range of emotions, facing each new dawn, and committing to your practice each new day in spite of life's struggles.

FUTURITY AND FINDING MY FAVORITE THINGS

And I hope that every day you rise and salute the sun that you cultivate a practice of writing and feeling good.
Breathe.

Chapter 1

Reflection Questions

- Question 1: What does flourishing look like for you?
- Question 2: What types of educational stress have you faced? What has been your main source of stress in the writing process?
- Question 3: How do you want your writing to change institutions and policy and transform the quality of life for you and others around you?

Chapter 1

Practical Tasks

- Assess your career path thus far. Decide which direction you would like to move after publishing your book. Identify campus, inter-campus, local, national, and international publics who might benefit from discussions about your work.
- What recurring questions do you want to explore in more depth? How are you creating a research agenda in ways that are emotionally and intellectually sustainable?
- Read a book—from cover to cover—that takes your mindfulness practice to the next level.
- Review existing scholarship on your topic. Read historical research as well as new contributions. What are the patterns that have remained consistent or changed over time?
- Name a historical scholar who is a publishing inspiration. Identify gifts your intellectual ancestors granted you. Name a writing tradition you are carrying forward.



WRITING

BLACK

FEMINIST

WRITING