

# WHY IT IS SO IMPORTANT FOR BLACK AMERICANS TO HEAL

Black Americans have collectively undergone some of the worst forms of slavery, torture and oppression in history. Furthermore, Black people continue to be oppressed socially, psychologically and physically. Despite this, there has been very little done to promote collective healing amongst Black people.

## PSYCHOLOGICAL & PHYSICAL EFFECTS OF RACISM

- Symptoms of Generational Trauma
- Increase Probability of Experiencing Trauma
- Chronic Stress
- Lower Life Expectancy
- Poor Health Outcomes
- Increased Infant Mortality



## WHAT IS HEALING?

Healing involves the process of restoration that comes from freeing oneself of anything that prevents or interferes with one's physical, mental and spiritual well being.

## WHAT ARE THE BENEFITS OF HEALING?

- Better Health
- Longer Life Expectancy
- Increased Happiness
- Higher Self-Esteem
- Better Parenting Skills
- Higher Productivity & Better Life Management



## HOW CAN WE HEAL?

The first step to healing is making it a priority. Setting aside time to dedicate to our healing can make a huge difference. Healing can take place individually, in groups and/or with our loved ones. Below are a few examples.

INDIVIDUAL HEALING	GROUP HEALING	HEALING IN RELATIONSHIPS	HEALING IN FAMILIES
Daily Meditation and/or Prayer	Group Meditation and/or Prayer	Couple Meditation and/or Prayer	Family Meditation And/or Prayer
Writing your feelings in a journal or diary	Attending groups focused on healing or personal growth	Talking to partner about stressors in a healthy way, Commit to working on solutions together	Talk to family about stressors in a healthy way, Commit to working on solutions together
Artistic Healing (writing, poetry, rap, art, music, drumming, etc.)	Attending classes, events or workshops focused on healing and growth	Engaging in enjoyable activities together (beach, travel, parks, couples retreats, etc.)	Engaging in enjoyable activities together (beach, travel, parks, etc.)
Engaging In Self- Care Activities (reading/watching inspirational info, spending time in nature, baths etc.)	Engaging in group healing events (i.e healing retreats)	Engaging in relaxation techniques with each other (massage, meditation, aroma therapy, hot baths, etc)	Engaging in healthy family outings (i.e nature retreat)
Starting Professional & Culturally Competent Healing (Counseling, Professional Healing, etc.)	Joining Healing Groups, Therapy Groups or Support groups	Starting Professional Couples Counseling or alternative healing together	Participating in Family Counseling or alternative healing as a family

**LION HEART LIFE HEALING**

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