



Office of African American Affairs

BLACK MENTAL HEALTH

July is BIPOC Mental Health Awareness Month

In 2016, the U.S. News and World Report released an article declaring "Being Black is bad for your health." Research determined "Blacks get sick at younger ages, have more severe illnesses and are aging, biologically, more rapidly than whites. Scientists call this the 'weathering effect', or the result of cumulative stress." Black people, then, are investing in the practice of physical and mental health not just because of a want to, but because there is truly need for it.

For many, choosing activities around self-care can be as simple as choosing what yoga studio fits for their needs or attending a spin class. For black people, we understand the choices are not always that simple. There's a great chance that the newest fitness studio and the best local gyms and running trails aren't accessible, comfortable or even an option, because of structural racism.

What do we do? We want to hear from you. What ways are you making your health and wellness a priority? We know that black people are at a higher risk for health-related issues compared to our white counterparts. Have you found ways to address your mental and physical health that could help others?

Creating Black spaces in wellness for us, by us, is vital to being seen, to addressing issues, and to creating places both online or in-person where we find safety, comfort, and community. Where we can relax and enjoy the pursuit of wellness and healing without having to explain or be questioned.

Send your response to us via email at admin@oaaa.state.nm.us or via social media using the links on this article.

We will be sharing your responses in the coming week via social media to highlight the amazing creative ways you all are tending to your health.



Photo Credit: Unsplash

*Share your self care techniques
with us*



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