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2018 Women of Color Summit
The College at Brockport

From...
STRESSED
DESSERTS
WHEN YOU'RE STRESSED, YOU EAT ICE CREAM, CAKE, CHOCOLATE & SWEETS. WHY?

BECAUSE STRESSED SPELLED BACKWARDS IS DESSERTS. MIND = BLOWN.
Feeling

STRESSED

???
Medical science now recognizes that our biology is intimately intertwined with our emotions, thoughts and lifestyles.

Science has admitted, after long denials, that the emotional challenges we face due to stress can make us ill.
We are particularly vulnerable to the impacts of race-related stress, given our socially constructed identities as African Americans and as women.
AFRICAN-AMERICAN WOMEN

Micro-inequities

• Small events
• Often momentary
• Hard-to-prove
• Covert
• Often unintentional
• Frequently unrecognized by the perpetrator
• Occur wherever people are perceived to be ‘different.’

SOUND FAMILIAR???
Black women have a shorter life expectancy and carry the highest mortality rate for many diseases that can kill us:

- Diabetes, heart disease, cancer, infant mortality, HIV/AIDS and more
Compared to women of other races, Black women are also least likely to get MARRIED!!!
STRESSED

- Bills
- Sick
- Worry
- Responsibilities
- Can't sleep
- Expectations
- No time
- Late nights
- Debt
- Work
- Tired
- Fear
- Anxiety
- Overdue
- Confusion
Time for your....

DESSERTS

YUM YUM YUM YUM YUM YUM YUM
WE ARE GONNA ADD SOME....

SPICES

THE

“BALANCE & LIBERATION”

DESSERT RECIPE!!!
Spices

Hysical
SPICES

INTELLECTUAL
SPICES

REATIVE
spices

motional
SPICES

PRITUAl
Through your hard work and careful attention, you will then be able to enjoy your DESSERTS... unapologetically and without guilt!

This recipe is not only DELICIOUS... ... it is calorie free, in fact, it BURNS CALORIES!!!!
Often, we don't recognize our confinement until we experience freedom. Considering what occurred to cause you to lose access to your prerogative requires deep and honest contemplation.

What is revealed is often self-imposed, Bad choices in people, places, things, our thoughts...

The thing is, if we placed it in our lives, we have the ability to REMOVE it!
HEALING OURSELVES

• Be Intentionally Grateful
• Exist in Fascination
• Visualize your Success
• Live Enthusiastically
• Accept Other’s Truth
HEALING OURSELVES

• Forgive Those that Hurt You
• Accept that Mistakes are Part of the Journey
• Realize that you have gotten through every challenge that came into your life!
SELF-REFLECTION

SPICES

WORKSHEET

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