



## MICROLEARNING - 10 MINUTES TO EXPAND YOUR KNOWLEDGE

### BLACK HISTORY MONTH: BLACK HEALTH AND WELLNESS

\*Disclaimer- topics of racial discrimination, sexual assault, mental health disorders, self-harm and suicide. Wellbeing support provided [here](#) \*

Black History Month is an annual celebration in October where we learn about the contributions the black community has made over the years in shaping the dynamic and diverse country we have today.

For the third edition of Black History Month Microlearning, we will be focusing on the Black History Month 2022 theme, "*Black Health and Wellness*". This focus will celebrate the contributions and breakthroughs of Black professionals as well as learning the cultural richness of those health and wellness practitioners.

We hope to take this knowledge and use it in our everyday lives beyond this month, as recognising and celebrating our Black community is something we must do throughout the year.

#### ARTICLES



- [Life or Death: The Role of Doulas in Improving Black Maternal Health](#) (5-minute read)
- [12 Black American Pioneers that Changed the Course of Global Health](#) (8-minute read)

As part of Black History Month, St Mary's will be hosting [exciting events](#) to commemorate this important time.

Learn more about St Mary's inclusion efforts and become an active ally by joining our [Race Equality Charter](#) team. To share your interest in joining or getting connected, please email [equalitycharters@stmarys.ac.uk](mailto:equalitycharters@stmarys.ac.uk).

Thank you joining us in this week's Microlearning!

#### VIDEOS



- [BLM: Black Physical Health Matters](#) (4-minute video) \**Top Pick of The Week*\*
- [Mental health within the black community | Davonte Sanders-Funches | TEDxNorthCentralCollege](#) (4-minute video)

#### LONGER ACTIVITIES TO FURTHER EXPAND YOUR KNOWLEDGE



- [Therapy for Black Girls | An Oral History of Minority Mental Health Awareness Month](#) (47-minute podcast) (weekly release podcast)
- [Black Mental Health Matters | Phillip J. Roundtree | TEDxWilmington](#) (13-minute video)