

Strong Black Don't Crack

**I  
Feel  
Un-**

**Seen  
Through  
Shadowed  
Cast**

**Behind...  
Relevance**

**Main Staged  
Upstage  
Over-  
Look-**

**Left- Burnt  
Invisible**

**Un-Seen  
By Sees**

**Silenced  
In my fullness  
Yet unwaivered**

**For I am  
Strong  
Black  
Woman**

**Honey  
My Black.. Don't Crack!**

...

Welcome to The Black Box News.

I'm Cyrah Ward.

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TBB News is a platform rooted in challenging the traditional functions of the black box in American Society and its interdependence on stereotypes to survive. I seek to dismantle racially influenced restrictions of the assimilated mind or what I call "box-like thinking". Through

research triggered by my experiences as a black woman and performing artist I welcome you to a journey of busting the box.

Today's segment will dig deep into the roots of the strong black woman archetype and its denial of physical stress to survive.

...

(Theme music plays)

“Your piercing gaze.  
Makes my blood boil.  
I feel so out of place.”

...

Silenced since the beginning of time Black Women have been at war with societies obsession with defining her. Out of defiance for the never ending caricatures birthed from negative Black woman stereotypes--we have settled on declaring that the Honor of the Black Women rest in her ability to endure. Anything less than bonafied endurance is weak and weakness is unacceptable.

The saying Black Don't Crack has been the slogan defining the Black woman's ability to defy the aging process overtime.

But what about the aging process happening underneath?

The Strong Black Woman Archetype has served as the offense and defense to surviving a society sick with racial disparities. The unfortunate byproduct however, is chronic stress.

Unfortunately, exposure to Chronic stress activates dangerous levels of cortisol, leaving the body constantly in fight or flight mode. High levels of cortisol can cause cancer, obesity, accelerated aging, susceptibility to infection, and cardiovascular diseases such as stroke, heart failure, heart disease, high blood pressure and irregular heartbeats. Because Cortisol is the hormone released during stressful situations it temporarily shuts down unnecessary systems in the body such as digestion and reproduction therefore making its management important during fetus development.

It may come as a surprise that by age 30 black women have the highest levels of stress induced wear and tear on the body. But if we examine the world we force Black Women to survive in can one truly be surprised? After all, Black Women have defaulted to being the life line of the Black family unit as she is often responsible for the social and economic survival of her family. Not to mention the unfortunate fact that our ill-famed white forefathers brainwashed folks into believing that Black bodies have thicker skin and don't bleed as easily.

Dr. Samuel Cartright himself expressed that blacks “bore a Negro disease making them insensible to pain when subjected to punishment”. As a result, black women are four times more likely to die in childbirth than White women due to patient neglect. 22% of African American patients are less likely than white patients to receive pain medication. AND 40% of 1<sup>st</sup> and 2<sup>nd</sup>

year medical students still believe that Black bodies are stronger and therefore can tolerate surgical operation with little to no pain at all.

It's sad to say that at some point most Black people will experience a doctors' implicit bias leading to untreated and underestimated pain. AND while yes honey, Black Don't Crack ... black women between the ages of 49 and 55 are biologically 7.5 years older than White women of their same age.

One MUST also NOTE, that Black Women are constantly forced into a habitual state of emotional suppression so to avoid the loud, lazy, angry, ill-mannered, and ghetto stereotypes while simultaneously navigating the pressure to fulfill multiple caregiving roles, interpersonal and structural discrimination in housing and employment and lack of fair and equal access to basic needs

I mean the list goes on and trust me it just gets more stressful.

So if we as a society are going to praise the beauty of the black woman outer-shell enough to make it a stereotype we ought to do a better job at caring for the health and beauty of what lies beneath the surface as well.

Now I want you to ask yourself...

Have You Checked Outside The Box?

....

(Theme music plays)

“Cause I'm not hiding anymore..”

...

Thank you so much for listening. Our Vibes is a song called The Table provided by April+Vista.

AND Today's episode was sponsored by Brianna Johnson! Thank You so much Brianna for your financial support. If you feelin so called, go ahead and let the Lord use you— support TBB News by taping the links in my description.

...

(Theme music plays)

“And though you keep me  
From the table  
When company comes knockin”

...

To heighten your Black Box experience make sure to visit my Instagram @theblackboxnews or EnthronedOne.com/theblackbox to gain access to my Research essentials list. It is suggested that when listening to all TBB News segments that you cue up the advised music selection so to provide a more immersive experience. The Essentials List is also where your own research

journey can begin by starting with my personal list of recourses utilized to create each news segment.

Now, remember if you identify as white or have come to be called white, researching is a way in to better understanding yourself 1<sup>st</sup> and then your role in our path to collective liberation.

It does not give you access to truly understanding racism first hand through the eyes of my people.

Nor is it a "black card".

BUT it is the key to undoing the racist structures held in place by your implicit bias.

I'm Cyrah Ward.

Artist |Black Woman| Griot

Ya'll stay blessed now!

...

(Theme music plays)

“Cause I'm not hiding anymore.  
You see I have got a reason to be  
And I'm gone keep on movin movin shakin  
You won't ever get ahold of me”

(Music fades out)