



# Artistic Healing Options for Care

Black people have a long history of using the arts as a form of healing. Art provides ways for us to tell our stories and express our pain through the written, verbal, and visual expression. Healing through the arts is therapeutic and supports improving one's mental wellness.

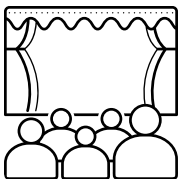
## Here are some Artistic Healing Options for Care:



- **Spoken Word & Poetry:** Spoken word and poetry are deeply rooted in the Black tradition of the arts. People use poetry and spoken word as a way to illustrate their experiences through rhyming and storytelling.



- **Narrative Therapy/Storytelling:** Storytelling has long been away for Black people to keep their history and to share experiences currently or those in the past. Storytelling and narrative therapy focus on the story of self as a form of healing and empowerment.



- **Drama/Theater:** Theater comes in the form of plays and productions that use one person or multiple characters to tell a story or focus on a specific issue/theme. One of the most notable playwrights that focus on Black women's stories is Ntozake Shange who wrote *For Colored Girls Who have Committed Suicide/When the Rainbow wasn't Enuf*.



- **Music:** Whether it is a music artist, playing an instrument, or listening to soothing music - music is a form of healing, offers space to relax, and reflect on one's life.



- **Painting/Drawing:** Painting and drawing offer people to use visual images and pictures to express one's ideas and experiences. Painting is also a form of relaxation and mindfulness.