

JUNE 15, 2020



# From the Grove A MENTAL WELLNESS NEWSLETTER

by Dr. Wanda Hall-Myers

## I CAN'T BREATHE!

These words bring an array of emotions each time we hear them. Unfortunately, we've heard them too often and for reasons that certainly can be controlled. These past few weeks have been tough for most of us, as we've witnessed the video of yet another unarmed, non-resisting, African-American man, George Floyd whose crime was "being Black."

Rightly so, many of us feel anger, rage, sadness, frustration, pain, despair, emptiness, cynicism, hurt, and the list goes on. Perhaps some of us see a glimmer of hope or feel a better day is coming. No matter where you are with your feelings, my question to you is... "Now what?"

## NOW WHAT?

How will you effect change and make the world a better place, a world with more justice for all, a world with more peace, a world with more opportunities for people of color? Remember, "the world" and change can start with you, your family, your community, your workplace, and your circle of influence.

*If you have no answers to the "Now what?" question, allow me to give you some suggestions.*

### **Register to vote, and vote in every single election held.**

Our ancestors didn't give their lives *just* for us to vote for president. We must also vote in state and local elections for meaningful impact. Remember to educate yourself on the candidates and the issues.

### **Talk about the importance of voting to those in your circle of influence.**

Believe it or not, some people don't think their vote makes a difference.

### **Call or email your local, state, and national legislators.**

You can use the links below to find contact information for your representatives. Then share with them what is important to you. You can also find a variety of other helpful information on these sites.

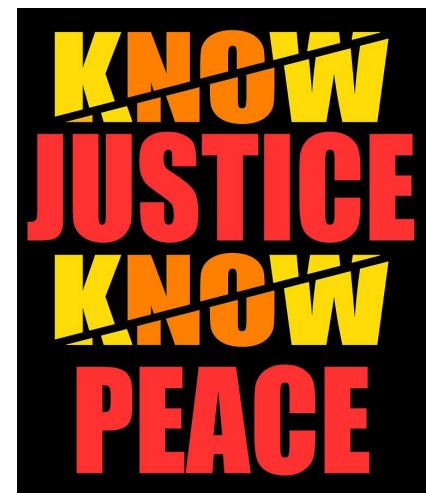
*Memphis:* [memphistn.gov/government/city\\_council](http://memphistn.gov/government/city_council) or 901-636-6786

*Shelby County:* [shelbycountyttn.gov/902/District-Map](http://shelbycountyttn.gov/902/District-Map) or 901-222-1000

*Tennessee General Assembly:* [capitol.tn.gov/legislators](http://capitol.tn.gov/legislators)

*United States Senate:* [senate.gov/general/contact\\_information/senators\\_cfm.cfm](http://senate.gov/general/contact_information/senators_cfm.cfm)

*United States House of Representatives:* [house.gov/representatives](http://house.gov/representatives)



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**Join a movement.**

Here are a few to consider...National Action Network (nationalactionnetwork.net), Black Lives Matter (blacklivesmatter.com), Repairers of the Breach (breachrepairers.org)

**Mentor a young person.**

Share your story and experiences.

**Conclusion**

Addressing racism, which is a deep rooted and systemic problem, can feel daunting and overwhelming. Realize that one person alone cannot fix the problem, but one person can make a difference. Determine how you will make your contribution wherever you are.

To reference one of Pastor's favorite movies, *John Q*, and in the voice of actress Kimberly Elise, **“DO SOMETHING!!!”**

