**CHAPTER 13  
Still Standing: Black Women’s Mental Health and Well- Being**

**Question:** The stereotype that has been positively associated with depression and anxiety symptoms and psychological distress among Black women.

**Answer:** The Strong Black Woman

**Question:** Bulimia

**Answer:** excessive rapid binging followed by purging through self-induced vomiting, laxatives, restrained eating, or excessive exercise

**Question:** Excessive dieting coupled with a misperception of body size based on an obsessive fear of becoming fat.

**Answer:** anorexia

**Question:** Of the 70 years of literature examining autism spectrum, only \_\_\_\_\_\_peer- reviewed case studies focused on Black women and girls.

**Answer:** Three

**Question:** \_\_\_\_\_\_\_\_\_\_\_\_\_ addicts spend 20 to 40 hours per week online, which is three to eight times more internet usage than normal users.

**Answer:** Social media

**Question:** When a person uses a substance, or engages in a behavior, that is rewarding enough for an individual to repeat the activity despite detrimental consequences

**Answer:** Addiction

**Question:** Resiliency

**Answer:** The ability to cope adaptively (mentally and behaviorally) in the face of adversity or to bounce back following adverse experiences by navigating to and negotiating for social, psychological, physical, and cultural resources

**Question:** Major Depression

**Answer:** The leading cause of mental illness in the United States. Some symptoms of depression include sleep disturbances, chronic fatigue, fluctuations in weight, changes in eating, frequent incidents of anger, physical exhaustion, frustration, and suppressed anger

**Question:** An early appearing (usually within the first two years of life) neurological and developmental disorder caused by differences in the brain and impacts how people interact with others, behave, communicate, and learn

**Answer:** Autism Spectrum Disorder

**Question:** Mental Disorders

**Answer:** Conditions that affect one’s emotions, mood, thinking, or behavior and can affect one’s day-to-day activities

**Question:** A process of restoration to increase ones understanding of health. It has seven aspects: Balance, Reflection, Energy, Association, Transparency, Healing, Empowerment

**Answer:** BREATHE method

**Question:** Problem-focused coping

**Answer:** Engaging in behaviors to change the source of stress such as asking for support from a friend, seeing a therapist, or establishing healthy boundaries

**Question:** Behavioral or cognitive efforts to stop thinking about a stressful problem or situation or acting on it , such as procrastination, rumination (excessive worry), or doing nothing

**Answer:** Avoidant coping

**Question:** Behaviors that individuals engage in to lessen the impact of a particular stressor

**Answer:** Coping Strategies

**Question:** Black feminist therapeutic theory

**Answer:** An intersectional analysis of Black women’s identities, such as their race, gender, sexual orientation, age, religion, ability, and class, that offers a way to address these oppressions simultaneously

**Question:** A condition based on the trauma resulting from centuries of slavery and the belief that Black people were inherently/ genetically inferior to Whites, which continues to persist and impact the emotional, spiritual, psychological, and behavioral concerns of Africans and their descendants

**Answer:** Post Traumatic Slave Syndrome

**Question:** Hair Stress

**Answer:** Harmful physical and psychological effects of hairstyling methods used to transform hair from its natural state to achieve and maintain an unnatural texture or appearance

**Question:** A state of mind consisting of emotional well- being, good behavioral adjustment, freedom from anxiety, and the ability to establish healthy relationships and to effectively cope with everyday demands and life stressors

**Answer:** mental health

**Question:** The standard tool for classification of mental disorders used by mental health professionals in the United States

**Answer:** Diagnostic and Statistical Manual of Mental Disorders

**Question:** African American historical trauma

**Answer:** The collective spiritual, psychological, emotional, and cognitive distress perpetuated intergenerationally deriving from multiple denigrating experiences originating with slavery and continuing with pattern forms of racism and discrimination to the present day

**Question:** Mental Illness

**Answer:** Negative changes in emotions, thinking, or behavior

**Question:** Meditation

**Answer:** A mental health practice that teaches an individual to slow down ruminating thoughts, let go of negativity, and calm the mind and body