

CALL FOR ABSTRACTS

Power and Pain: The Black Superwoman and Mental Health

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Despite the popular notion of Black Superwoman, when it comes to mental health Black women often experience a life that is “less than.” Emotional ups and downs happen to everyone, but research has shown that Black women tend to find themselves more stressed and depressed than others. The Anxiety and Depression Association of America (2021) reports that there are a number of situations that impact the mental health of Black women. This book will focus on the problematic role of superwoman leading to the mental health issues of many Black women in today’s society.

For this collection of work, we are seeking a broad range of submissions such as research, essays, poetry, short stories, and other creative projects collected from both academic and creative spaces. *Power and Pain: The Black Superwoman and Mental Health* will highlight Black women who find themselves fighting and striving to succeed. We are looking for abstracts in the topical areas below, however, please contact us if you have an additional idea that can be considered.

Chapter Summary

- 1 Introduction
- 2 Swimming in an endless pool (going nowhere)
- 3 Everything and everybody sucks (mood disorder)
- 4 Media stereotypes (problematic representations)
- 5 Tired of being tired (fatigue)
- 6 A thick fog of ugly (isolation)
- 7 Being your own personal bully (self-criticism)
- 8 The fear of risking anything (severe anxiety disorder)
- 9 Demons whispering in your ear (suicidal thoughts and actions)
- 10 Faith can move mountains (God, belief, and spirituality)
- 11 Less stress more joy (grateful and positive)
- 12 Black Superwoman (power and pain)

Send a 500-word abstract to venise-berry@uiowa.edu by April 30, 2022. Submissions must be original and should not be under consideration anywhere else while being evaluated for this anthology. If your abstract is accepted, the final submission will be due no later than December 1, 2022. We plan for the book to be published in late 2023.