

Spoken Word Poem

“Resilience” Unveiled

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Abstract

“Resilience” Unveiled is a spoken word piece that touches on the experiences, challenges, and triumphs of people of African descent and its linkages to health outcomes. The piece delves into impact of systemic racism on the wellbeing of these communities in the historical and contemporary context of health disparities.

Keywords: Black Wellness, Systemic Racism, Health Disparities

Here goes a tale of Black wellness, one that
must be told
More than numbers or stats
A story about strength, existence and
resilience
In the heart of society where soil meets soul

See, we have been here, still here
Living, Surviving, Striving, Thriving
From the rising of the sun to the days of our
past
Through battles we have won
In a place that treats us like we don’t belong

Our wellness, constrained by systemic
injustices
From street checks to food deserts
From burnout to unemployment
Can’t you see the lies, of a system that
burdens us

The barriers we face, a constant war
The disparities that linger, in the system and
more
With the odds not in our favor, yet we rise
Reaching for the stars, Blackscellence shining
through

A stark disparity in health
A light that cuts through is our strength
We are more than just stats
We overcome; survivors, warriors

The chains must break to change the narrative
For our wellness is a treasure
We find grace in our stories
We stand in unity

Despite it all, despite you
In spite of you
We are here
We been here

O to be gifted and Black
Black is king
Black boy joy
Black girl magic

Our truth never dies
A tale of us
For our lives matter
Alas! We hope to never be called resilient
again!