

# Your Story Matters, and Sharing It Does Too!

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Throughout the histories of communities of color, narratives have always held power. The sequence of creating a story about your personal journey can help you to clarify your thoughts, process your emotions and experiences, and create connections.

Whether you share your story in person, through a video, social post, or in writing, telling your story can also help others who may be going through a similar experience. And if your personal narrative is one you hold too close for public consumption, creative writing can be an alternative for sharing with others – until you're ready!

## Seven Thought Starters and Writing Prompts

To help you get started, here are some questions to prompt your writing or storytelling process. Grab a pen or your phone and get ready to jot down the memories and ideas that come to you. You can write down your responses or create a video or audio recording on your phone.

- 1 Can you share a time when you felt overwhelmed by stress while pursuing an important goal?** How did you navigate those difficult moments? How did you care for your mental health?
- 2 How has hope played a role in your life, particularly during times of adversity?** Are there specific moments or experiences where you felt and acted with high levels of hope despite the odds?
- 3 How do you set goals and identify pathways for your future despite barriers you may face?** How does this process empower you to take control of your narrative and shape your future?
- 4 Can you reflect on a time when you challenged negative self-talk or internalized messages of inferiority?** How did you overcome these thoughts? How did you cultivate a sense of hope, healing, and self-worth?
- 5 How do you find strength in your cultural identity and community connections?** Are there specific cultural practices or traditions that bring you comfort and support your mental health and resilience during challenging times?
- 6 What tips would you give to other young people of color** who may be struggling with experiences of discrimination, oppression, or challenges to their mental health and emotional well-being? How can they tap into their reservoirs of hope and resilience?
- 7 Describe some of your happiness habits,** like having a positive morning routine, eating healthy food, getting regular exercise, playing a musical instrument, practicing kindness, expressing gratitude, and spending time with friends.

## Share Your Story With Us!

We'd love to possibly include your story on My Digital Sanctuary. Once you have a short story or video, please share it with us by emailing us at [info@stevefund.org](mailto:info@stevefund.org) If the video is more than 2MB, let us know, and we'll provide a DropBox link where you can drop the video.