

# BLACK FEMALE FORM

## (Ekifaananyi ky'omukazi)

S A R A H N A K I I T O

Black Female Form is an artistic exploration that examines themes of mental illness, minority stress, and methods of healing with decolonizing practices.

The project will be presented in a series of exhibitions that include textiles, installations, a room for rest, black women's testimonies about their mental health and treatment from health services, photo and film and a sound piece.

- A room for rest will be created with textiles, cushions and include soothing scents of essential oils and a soft soundscape.
- Photo series with black female bodies with a focus on decolonizing beauty.
- Short film about traditional healing methods from southern Uganda. A trip there will be made to film and collect material.
- Collected texts and quotes from Afro-Swedish women.
- Installations and garments of used medicine carts will be produced.
- Foraged and plant-dyed textiles will be produced with the above-mentioned texts.
- Anxiety and stress blanket (weighted blanket) - commonly found in anxiety and depression care. A physical weight that covers the body and the visitor is welcome to try hanging over themselves.



[www.sarahnakiiito.com](http://www.sarahnakiiito.com)



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“Feeling so damn sad and powerless. I soon can't take it anymore. I was supposed to send money home this month. I feel so fucking scared and threatened. feel worthless...

I can not take it.

The occupational health psychologist was surprised when I started talking about my problems. About the unsustainable situation at work. About the stress. About the racism and "little comments" from both the boss and some colleagues. About the fact that my competence is constantly being questioned, even though I hold the same position as the person asking. She said "but I thought you Africans who are so colorful don't get depressed like the rest of us" ... followed by laughter..."

good girl.

...so frustrating to be the one who always has to struggle to climb half a step, and to then accidentally slip off. Fall of. Get pushed off. To constantly have to prove that you are good enough. That they can certainly trust everything on your CV. That your life contains more than what can ever fit on a CV. It is frustrating to know that you are more qualified than your boss. And your boss's boss. But you have to prove that you place on your allocated small area. That you are a

We want to be able to see ourselves, our problems as we ourselves express them, our experiences and how we experience the society in which we contribute, live and work in. And how that same society continues to make those of us with black and brown female bodies invisible.

Many of us live in isolation.

There are many of us who seek care, want to talk to professionals who understand or can relate to our background, but the few who exist are busy. Cannot take in more patients.

structural problems and injustices.

Many of us feel a threat to our existence. Many of us have left our home countries for reasons such as war, economic migration, as anchor children or simply with a desire to reduce the frustration gap. There are also many of us who get sick leave with symptoms of mental illness but with an illness background rooted in

Racism, sexism and exotification against the black and brown female body have caused mental illness and colonial legacy to leave deep traces and limitations in how we can navigate in this society with the predetermined conditions that apply to (especially the foreign-born) immigrant woman today. We have inherited deep colonial psychological memories that go back several generations where we systematically disguise ourselves (code switching) and are forced to assume a role, especially in white rooms. There are deep traces of internalized racism in many of us which, in combination with strong racist forces, class divisions, a satisfaction of the (black) female role, a growing gap of frustration between what we want for ourselves and what we possibly can get.

your silence.”

salary negotiation will reflect You shouldn't take up too much space. But if you take up too little space, your next wearing gray.

You shouldn't be too black. Too angry. Too colorful because then they get low self-confidence when