

# BLACK JOY AS

The SIP | @Katie\_lcsw

# RESISTANCE

**Black joy is not a distraction from the struggle—it's a rejection of the idea that struggle is all we're meant to know.**

Black people are often expected to be strong, to keep pushing, to survive without softness. We are praised for our resilience but rarely allowed to rest.

And while we hold pain, protest, and power in our bones, we also carry rhythm, laughter, creativity, and love.

That's why Black joy is not a luxury—it's a form of protest.

In a world that profits from our pain, joy is a declaration:

"You cannot take all of me."



There's a reason our culture is rooted in music, movement, storytelling, and soul. Why we find joy in cookouts, slick comebacks, perfectly laid edges, and a beat drop that hits just right.

It's not about ignoring struggle—it's about remembering who we are outside of it. Joy is how we stay human in systems designed to dehumanize us.

It is how we reclaim our time, our bodies, and our right to rest. It is how we remind each other that life is more than survival.

This Juneteenth, I invite you to ask:

Where do I feel most free to laugh out loud?  
What soft moments have I earned but still deny myself?  
What would joy look like if it didn't need to be justified?

Because freedom isn't just the absence of chains. It's the presence of pleasure, peace, and play.

This month, take up space.  
You deserve joy that doesn't apologize for itself.

You've earned it just by being here.