

# One-woman show to shed light on anxiety



By Anai'a Jackson, student writer

According to a 2020 University of Michigan study, 47 percent of college students polled showed significant symptoms of depression and/or anxiety.

On Sept. 29, Wingate students will have the opportunity to hear from North Carolina native Mia Love as she shares her own struggles during “This is My Brain on Anxiety: The Detailed Experience of an Anxious, Black Woman.”

Love, who has dealt with anxiety since her early teens, is the creator and producer of the web series “So Anxious.” She says that she came up with the idea in 2017 in the parking lot of a Food Lion as she chatted with a friend who now works with her to produce the show.

It wasn't until 2020, when the pandemic spurred even more anxiety, that she launched the series, in which she details her thoughts in real-time. She says the show has given her a platform to bring awareness to mental health and provide a space for those who struggle with it, especially those in the Black community. Studies show that Black Americans are more likely to experience mental health issues but less likely than their White peers to access resources such as therapy or counseling.

The free Mia Love Live! production, a five-part one-woman show including storytelling, creative graphics and audience participation, is set for 6:30 p.m. at McGee Theatre in Wingate's Batte Center. It is an Arts Lyceum.

Learn more about [Mia Love](#) or [RSVP](#) for the event, which is open to the public.

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