COPING WITH RACIAL TRAUMA

"Many minorities report their stress is not because of one event; but a series of emotional wounds and blows experienced"
Racial Trauma Response

- Invasive/negative thoughts related to racial discrimination & harassment
- Sadness/Depressed mood
- Feelings of anxiety- difficulty breathing, muscle tension, panic, avoidance, etc.
- Flashbacks: re-experiencing racial trauma
- Irritability/Rage
- Feelings of powerlessness/ hopelessness
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- Acknowledge that you have been triggered
- Take time to process; Allow yourself to sit with the emotions you are feeling
- Acknowledge your power- "what's within my control?"

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- Disconnect from media, news and environments that are triggering

- Express your feelings-storytelling/journaling, music, song & dance/movement

- Practice racial trauma meditations

- Engage in fearless conversations about race

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- Evaluate your risk level- "what can and can't I handle when resisting racism?" (many can march; others can write)

- Connect with organizers & community members who are doing work to resist racism

- Speak with a racial trauma-informed therapist

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