grieving from racial trauma

grieving the loss of Black folk who are murdered at the hands of whiteness is a painfully traumatic, exhausting and confusing experience.
grieving from racial trauma

**release:** give yourself permission to express rage, sadness and fear.

**check in with loved ones:** go where you feel supported and respected.

**prioritize self-care:** if you can take a personal day from work, do it.

**talk it out:** speak to a therapist who can make space for your racial trauma.

**get empowered:** support or engage in local anti-racist activism.