

DE-STRESS FROM RACIAL TRAUMA

You cannot control racism
but you can control your response to it



BE MINDFUL

Silence the racial noise.

Whether you use yoga, sitting in lotus position and repeating a mantra, or visualizing a peaceful place, a regular mindfulness practice is a scientifically proven way to clear your mind and relax your body.



LIMIT MEDIA

No trauma.

Avoid traumatic images of violence against black bodies. Limit news consumption, and consider listening to, or reading, news instead. Then spend time enjoying media that is positive and uplifting.



BREATHE

Calm yourself.

When micro-aggressions or generalized racism strike, take a long, deep breath to feel centered and grounded. Close your eyes, breathe in through your nose for a count of 5, hold for 3, then breathe out through your mouth for a count of 5.



LOVE YOUR BODY

Black health is revolutionary.

Eat healthy for optimal mental & physical performance. Move for fitness, stress reduction, and the joy of the pleasure hormone dopamine. Dance. Stretch. Lift weights. Skip. Take a walk. Practice yoga. Just do it. And if you can, take it outside for a mental health boost.



GO OUTSIDE

Claim your space.

Being outside has powerful impacts on our mental health. Grow things. Work outside. Sit on your porch. Aside from the fresh air and the sunshine - which supports production of needed Vitamin D, greenery reduces stress, depression and anxiety.

don't let racism steal your joy

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AFFIRM YOURSELF

Positive Vibes.

If you experience imposter syndrome, or you're tired of the negative narratives about black lives, fortify your psyche with positive self-talk. Any time you need a boost, repeat statements of positivity that boost your confidence..



JOURNAL

Write it down.

Clear your mind and put all your feels and thoughts on paper to process them. Black stories need to be written and passed on, so think of this as a gift to your future self and the people who come after you.



CONNECT

Reach out and touch.

Schedule time with friends & family to share and care. Zoom. WhatsApp. Talk by phone. Send an email/text/letter/card to surround you and your loved ones with a circle of love. Engage in supportive communities - whether virtual - or in real life - that lift you up.



CELEBRATE THE CULTURE

Black Joy.

Counteract the invisibility and negative social narratives by immersing yourself in literature, music, visuals, and events that make you feel good about who you are.



BE GRATEFUL

Count your blessings.

Sometimes it feels as if it's all bad news, so flip the script and find at least 3 things to be grateful for at the end of everyday. Giving thanks increases feelings of optimism and hope. Add them to your journal to put some positivity on your perspective.

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