

# 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.

*don't let racism steal your joy*