

"Healing the Hidden Wounds of Racial Trauma"

Resources for BIPOC & Allies

The Steve Fund Crisis Textline- If you are a young person of color who is feeling stressed, depressed, or anxious, please know you can text STEVE to 741741 to connect with a trained crisis counselor 24/7.

Information about Racial Trauma

- Talking About Race
- Racial Trauma
- Psychological Toll of Racism
- What is Systemic Racism?

For Latinx Americans

- Therapy for Latinx
- Latinx Therapy
- Behavioral Health Equity: Hispanic/Latino
- Latinx Identity and Cultural Dimensions
- Latinx Americans Anti-Racism Guide
- Unidos Us
- Latinx Communities & Mental Health

For Black Americans

- Black Mental Health Alliance
- Black Mental Wellness
- Brother You're on My Mind
- Dear Black Women Project
- Hurdle: Culturally Intentional Teletherapy for Black Americans
- Impact of Racial Trauma on African Americans
- Coping While Black: A Season of Traumatic News Takes a Psychological Toll
- Sista Afya Community

For Asian Americans & Pacific Islanders

- APIDA Anti-Racism Resources
- Asians Do Therapy
- Asian Mental Health Collective
- Asian Mental Health Project
- South Asian Therapists
- Anti-Islamophobia

For Indigenous/Native Americans

- Indigenous/Native American Health Network
- Strong Hearts Help Line
- We R Native
- One Sky Center
- Remembering Resilience
- Video: The Wellbriety Journey to Forgiveness

For Allies

- Guide to Allyship
- Implicit Bias Test
- Asian Allyship for the Black Community
- How to Be an Anti-Racism Activist
- Advice for White Individuals Following a Shooting of a Black Individual
- White Americans Education on Race and Racism
- How White People can be Allies
- Latinx People Allyship for Anti-Black Racism

Racial Trauma: Recognizing Your Symptoms & Plan

1. Racial Wellness Toolbox

Describe what you feel like when you are managing and responding to racism in a healthy manner (How do you feel emotionally? How do you feel physically?).

2. Daily Maintenance of Centeredness in the Face of Racism

Describe some ways you can stay grounded, healthy, and caring of yourself, when encountering racism. Connect with friends who are equally or able to engage in conversations about racial awareness.

3. Racial Trauma Triggers and Response Plan

When do you experience racial trauma? List types of experiences that tend to result in racial trauma symptoms (e.g., anger, isolation, sadness). After each experience, identify a specific grounding strategy that you can use to help you cope.

4. Racial Trauma Early Warning Signs & Response Plan

What does it feel like when you encounter racial trauma? List early warning signs that you are experiencing racial trauma (e.g., body aches, fatigue, anxiety, irritability, depression, difficulty sleeping) and identify Centeredness Strategies (i.e., RRP Item # 2) you can use to combat your symptoms.

5. Acute Racial Trauma & Response Plan

List signs that you are experiencing acute racial trauma (e.g., hypervigilance; heightened emotional experiences, such as depression, anxiety) Identify an action plan to cope with your symptoms using Centeredness Strategies (e.g., meet with a mental health provider or spiritual leader, meet with an activist group).

6. Crisis Planning

Ask yourself, how would you know if you were experiencing a crisis due to racism (e.g., thoughts of harm to others and/or self; inability to care for self and/or others; acute racial trauma symptoms that last longer than a specified duration). List a person(s) or additional resources to contact in the event you experience such a crisis.

7. Post Crisis Planning

List ways of reconnecting with yourself and your communities to regain your sense of centeredness in the face of racism.

Grounding Strategies

Body Practice Exercise

- Take a few deep breaths. Let your body relax as much as it wants.
- Think of a person, an animal or a place that makes you feel safe and secure. Now imagine that this person or animal is beside you right now or that you are in that safe place.
- Breathing naturally, let yourself experience that safety and security for a minute.
- Feel into your body. Where does it seem constricted, uncomfortable or unwell in any way? Note each of these locations.
- Pick one of these locations and focus on it. For a few seconds, let yourself fully experience the constriction or discomfort.
- Then, once again, visualize the person, animal, or place that helps you feel safe and secure. Imagine you are in that place or that the person or animal is beside you. Experience that safety and security for a minute.
- Do this for each part of your body that feels uncomfortable or constricted.

Source: Menakem, R. (2021). My grandmother's hands: Racialized trauma and the pathway to mending our hearts and Bodies. Penguin Books.

4-7-8 Breathing Exercise

- Find somewhere comfortable to sit
- Breathe in through your nose to the count of 4.
- Hold the breath to the count of 7.
- Exhale through your mouth to the count of 8.

Grounding 5 Senses Exercise

- Acknowledge FIVE things you see around you.
- Acknowledge FOUR things you can touch around you.
- Acknowledge THREE things you hear
- Acknowledge TWO things you can smell.
- Acknowledge ONE thing you can taste