
Coping with Anti-Asian Racism and Xenophobia

COMMON REACTIONS:

Experiencing racism for some people can lead to psychological distress, it can be viewed as a form of trauma.

You might be experiencing:

- Alterations in mood and cognition
- Anger
- Avoidance
- Denial
- Dissociation
- Fear
- Helplessness
- Heightened/Increased Anxiety
- Hypervigilance
- Retreating Inwards And Further Self-Isolation
- Shame

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WHAT CAN YOU DO?

- Build a **support** network. **Connect** with other people with similar experiences and feelings.
 - Because we're physically distancing, social bonds are more important now than ever, especially if you're emotionally exhausted from this current wave of Anti-Asian racism and xenophobia.
- Find **pride** in your community. When you experience racism, you can feel shame. Seek out or create literature, art, films, shows, and music that highlight your community in a positive light.
- **Lean into literature** written for and by Asians & Asian Americans. It allows us to bring in different models that can help lead to how we can think and act during this time.
- **Pull yourself away** from the TV and headlines once in a while.
- Try to find **modes of healing** that you think might work for you and help you process trauma, such as **meditation**.

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WHAT CAN YOU DO?

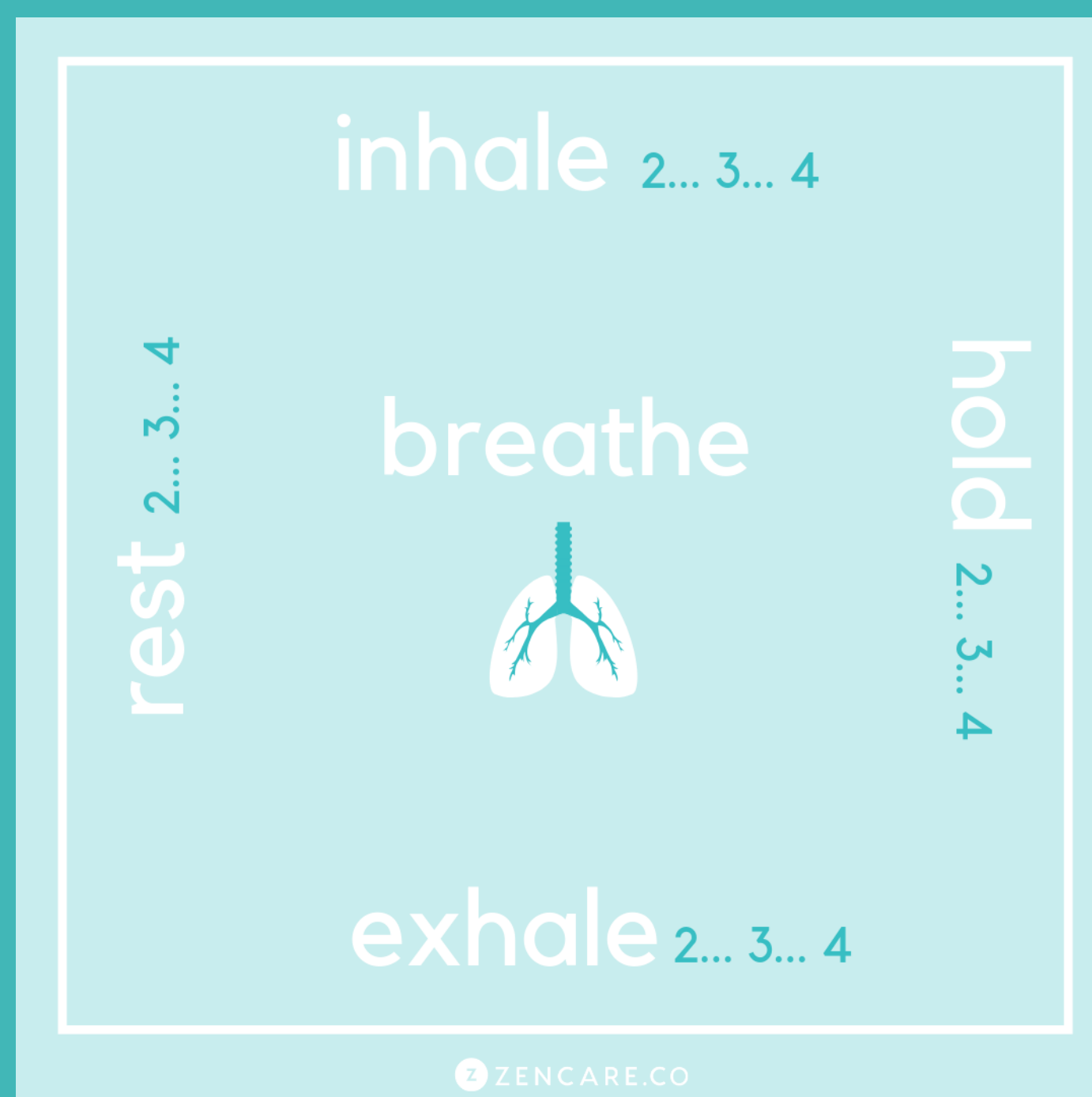
- Identify **habits** that make you feel safe, and do them at least weekly if possible.
- When you are out, **be aware** and **vigilant** of your surroundings.
 - If provoked or attacked either online or in-person, try your best to take a moment and decide how you want to engage. Your **physical safety and emotional well-being** are the most important.
- Remind yourself that this is part of **a larger story**.
 - Try to keep a wide lens when you consider the current wave of xenophobia and racism that Asians and Asian Americans are dealing with.
 - These microaggressions and macroaggressions feel painfully personal, but they're reflective of a larger legacy of oppression against Asians in the U.S.
- If you have the energy and capacity, find purpose. **Donate, Organize, Activate**.
 - Make sure to do something healing after taking action against racism. It's healing to release tensions in our bodies and minds through movement and laughter.

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Racism and discrimination chip away at our inherent sense of worth.

Consciously and purposefully try to restore your sense of wholeness, goodness, and pride.

- **1)** Take deep breaths and repeat affirmations such as “**I am whole. I am good.**”
 - Let the words and intention sink in to every part and cell of your body. Try it slowly, intentionally, and with much gentleness and love.
- **2)** Find what brings you **pride** in your ancestry and identities. **Hold on to it.**



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STEPS TO SELF CARE AFTER EMOTIONAL AND PSYCHOLOGICAL TRAUMA

Race-based trauma can create symptoms and experiences much like PTSD. Repeated race-based trauma puts your emotional, psychological, and physical well-being at risk

Mindful Isolation

Disconnect from triggering interactions or other situations that might elicit the fight-or-flight response

Discharge Energy

Find ways to exert physical energy. go for a brisk walk or run. Find (safe) ways to discharge intense anger that includes physical movement.

Ask For Help

If you find yourself unable to cope, find a trauma support group or therapist to assist you. You matter.

Community

Connect with people who you've identified as your empathetic and open support. Process your feelings with them.

Well-Being

- Feed yourself well
- Get good rest
- Avoid toxins
- Breath deep

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A COMIC ON RESILIENCY BY MONYEE CHAU

FOR WING LUKE MUSEUM // FULL COMIC AT [@MONYEEART](https://www.instagram.com/monyeeart)

Sometimes, when things get rough, I try to remember what this neighborhood and community has experienced before.



I WORRY FOR THE SAKE OF THIS NEIGHBORHOOD, ESPECIALLY BECAUSE IT'S IN A VULNERABLE PLACE DUE TO GENTRIFICATION...



I worry for the sake of this neighborhood, especially because it's in a vulnerable place due to gentrification...

Will we be able to bounce back from this?

But I remember the resiliency that lies within the streets and the people here, my community keeps me strong and so does the legacy and stories of all those who came before us. I know we're going to be okay.



SEE MORE OF MONYEE'S ART: CHINESEBORNAMERICAN.COM



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The logo consists of the words "STOP", "AAPI", and "HATE" stacked vertically in a bold, yellow, hand-drawn font. The letters are thick and have a slightly irregular, brush-stroke appearance.

Our communities stand united against racism. Hate against Asian American Pacific Islander communities has risen during the COVID-19 pandemic. Together, we can stop it.

Encourage those who experience or witness acts of hate towards the Asian American and Pacific Islander communities to report an incident via the STOP AAPI HATE website. The reporting form is available in 11 languages. Reporting incidents helps us understand what is happening and guides us in developing policies to advocate for.

Report an incident [here](#)

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Additional Reading and Listening

Asians Do Therapy - 02 - How to lessen anxiety amidst COVID-19 (Jenny Wang, Ph.D.)

<https://asiansdotherapy.buzzsprout.com/850996/3281665-02-jenny-wang-phd-how-to-lesser-anxiety-amidst-covid-19>

Asians Do Therapy - 03 - Healing from Racism (Anneliese Singh PhD, LPC.)

<https://asiansdotherapy.buzzsprout.com/850996/3688708-03-anneliese-singh-phd-lpc-healing-from-racism>

Coronavirus/COVID-19 Resources to Stand Against Racism

<https://advancingjustice-aaajc.org/covid19>

Asian American Feminist Antibodies: Care in the Time of Coronavirus.

https://static1.squarespace.com/static/59f87d66914e6b2a2c51b657/t/5e7bbeef7811c16d3a8768eb/1585168132614/AAFCZine3_CareintheTimeofCoronavirus.pdf

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Additional Mental Health Resources for Students

The **CAPS on-call service** is available 24/7 for any student in distress who needs to speak with a clinician. Please call us at **860-685-2910** anytime for support.

Support Hotlines:

- **Asian LifeNet Hotline – Hotline: 877-990-8585**

(Cantonese, Mandarin, Japanese, Korean, Fujianese are offered)

- **National Suicide Prevention Hotline – Crisis hotline: 800-273-TALK (8255)** (More than 150 languages are offered)

- **Crisis Text Line – Text 741741** to speak with a trained Crisis Counselor.

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References

https://www.huffpost.com/entry/self-care-advice-asian-americans_l_5e83a656c5b6a1bb764f0e45

<https://medium.com/@yintheralane/surviving-racism-amidst-covid-19-8b18473c3675>

<https://www.self.com/story/anti-asian-racism-coronavirus>

<https://www.racialequitytools.org/resources/fundamentals/resource-list/covid-19---racial-equity-and-social-justice-resources>