Coping With Racial Trauma

A Holistic Toolkit for Coping With Signs & Symptoms of Racial Trauma Exposure

Physical Health
- Rest
- Mindful Movement - walking, yoga, stretching, dancing
- Breathe & feel - deep breathing, progressive muscle relaxation or body scan

Emotional Health
- Feel and process emotions - journaling, talking with a trusted loved one
- Create & express externally - art, crafting, poetry
- Engage in activities that bring you joy & relief

Mental Health
- Engage with purposeful intellectual content - literature, podcasts, videos
- Seek trauma-informed professional help
- Disconnect from news cycle and social media

Social Health
- Find community - surround yourself with peer and mutual support
- Develop a strong cultural identity - reading, research, finding community
- Engage in anti-racist activism, research and activities

Spiritual Health
- Reconnect with nature
- Develop a spiritual identity - reading, research, finding community
- Prayer and meditation - setting intentions, utilizing mantras and affirmations