

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
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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**
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Mental Health

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

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

