

Processing Racial Trauma

ibisanmi - Relational Health



Put Words to Your Feelings



It's okay to be angry, sad, enraged, anxious, fatigued, along with many other emotions that may come up for you. These are natural emotional responses to racial injustices and discriminations.

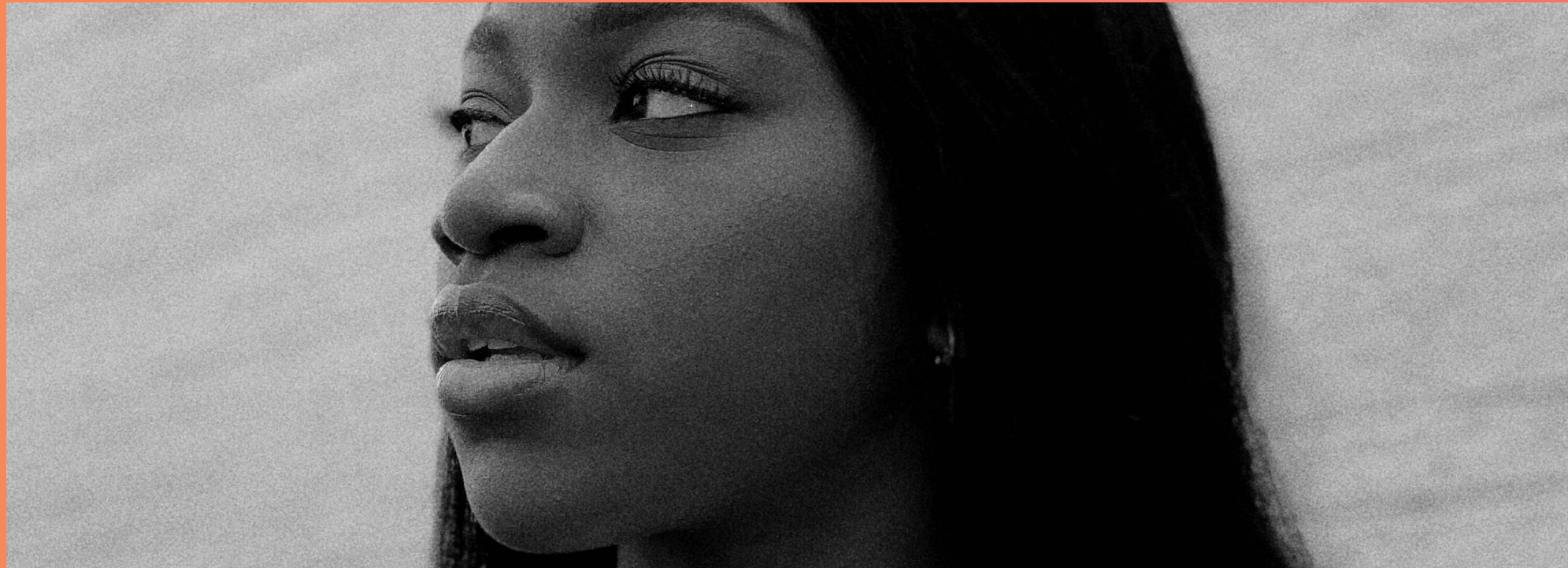


**Continuous racial trauma
sits in our bodies.**

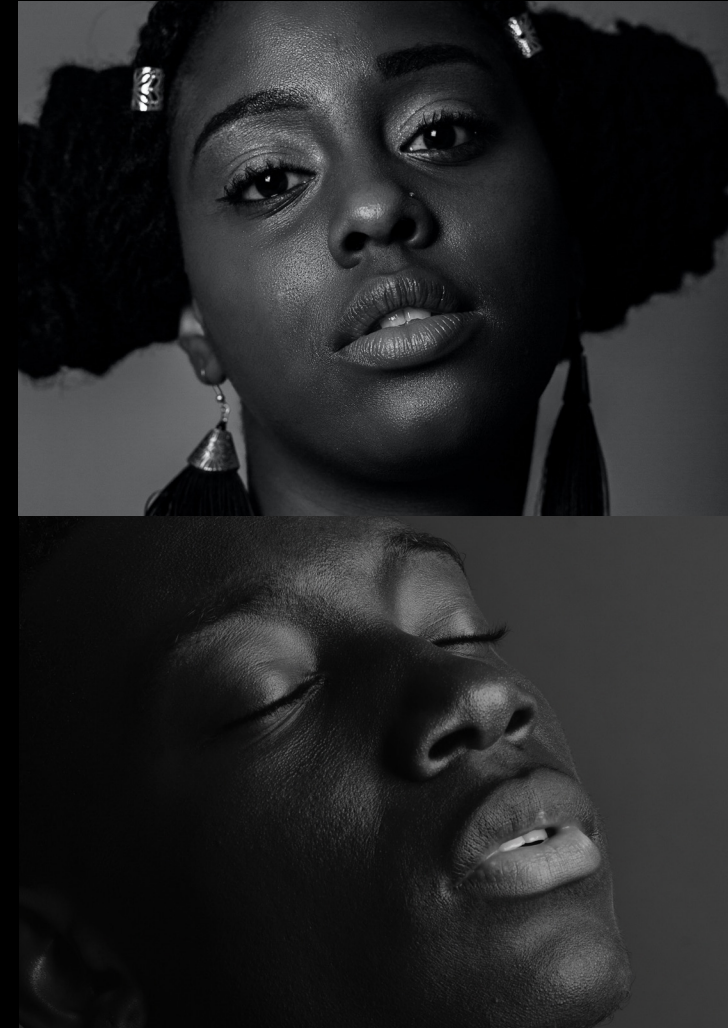


Pay Attention to Your Body

Continuous racial trauma sits in our bodies. Pay attention to the sadness in your chest, the heaviness in your shoulder, the queasiness in your stomach, the lump in your throat and the restlessness in your legs.



Get Professional Support



Make an appointment with a culturally affirming therapist to talk about and process what you are witnessing and learn positive coping skills.



Healing practices serve to promote mental, emotional, relational and spiritual well-being.



Take Care of Yourself

Mindfulness practices, meditation, reading, prayer, spending time with those who affirm your dignity and other healing practices serve to promote mental, emotional, relational and spiritual well-being.

Prioritizing Connecting with Your Tribe



Connecting with family, friends and your community that create space for you to share your experiences. Talk about what happened and how you are feeling about it. Support and spend time with each other.

**Cumulative Race-Based
Stressors = Racial Trauma**



Move your body

Pay attention to what your body is telling you! Physical activity can combat symptoms of insomnia, anxiety, and irritability related to racial trauma.



**Find ways to have
authentic discussions.**



**Do Something
That Empowers You!**

Racial trauma can lead to feeling of helplessness and hopelessness. Find ways to have authentic discussions and promote change that are comfortable for you.



Be Mindful of Who You Engage with Online



Delete, block, unfollow as needed on your social media feeds that are injurious to your dignity and humanity. It is okay to look away and not engage with internet trolls.





Racial Trauma is Real! Please Take Care of Yourself!

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