

WHAT IS RACIAL TRAUMA?

ibisanmi - Relational Health



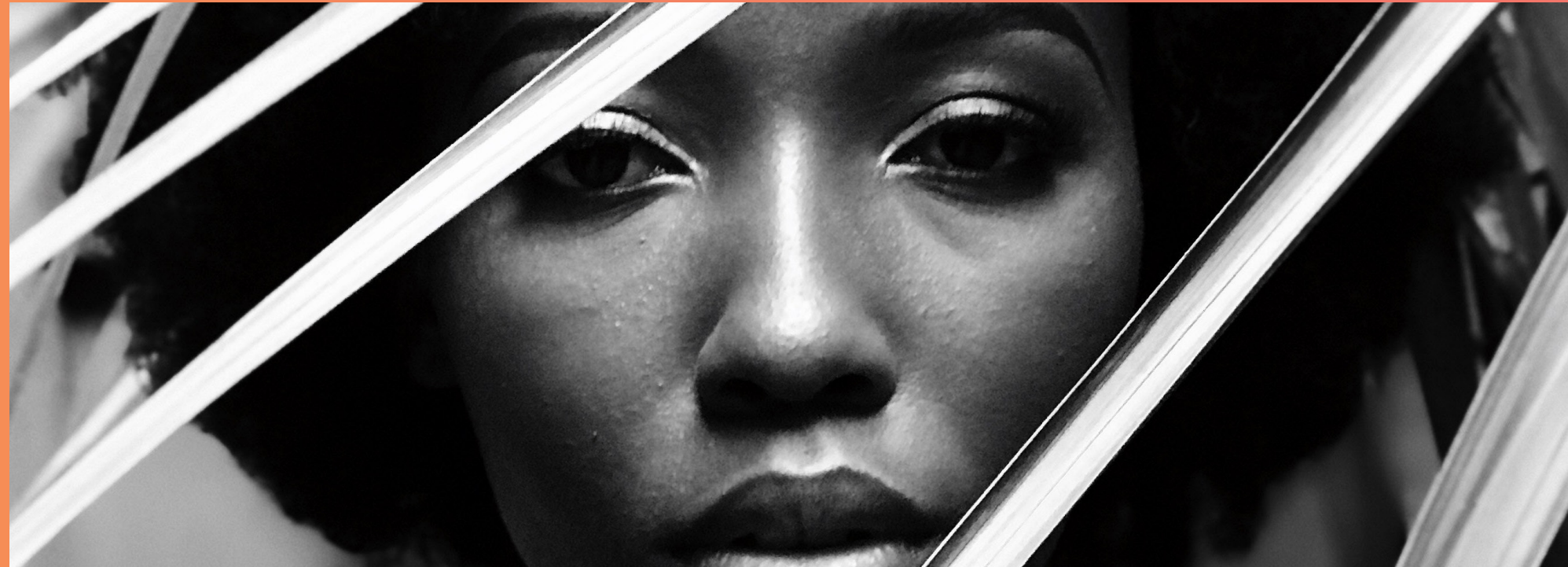
Racial Trauma Can result from experiences of racism or it can be the result of an accumulation of many small occurrences, such as everyday discrimination and microaggressions.



Cumulative Race-Based Stressors = Racial Trauma



Daily Experiences with Race-based Stressors



Police harassment and assaults

Overt and covert racial slurs

Workplace discrimination

Lack of presentation or dismissal of BIPOC's experiences

Institutional racism

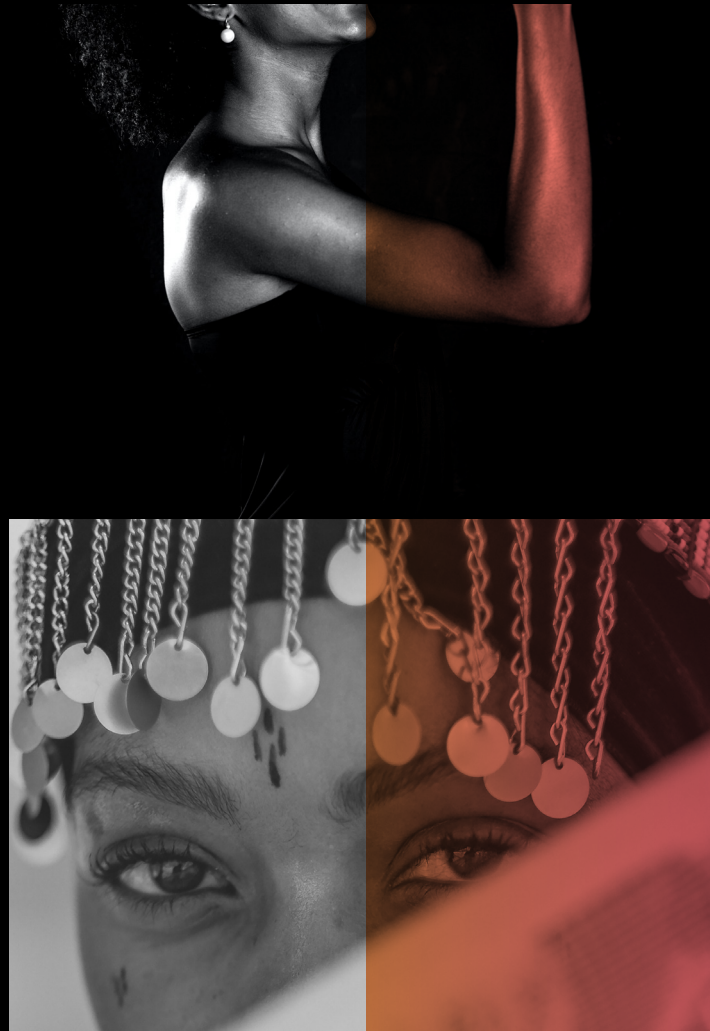
Immigration difficulties

Incarceration

Deportation

Lack of acknowledgement of BIPOC's experiences in medical settings

Physical Effects of Racial Trauma



Panic attacks

Risk of hypertension

Sleep Difficulties

Hyper-Vigilance

Lower back pain

**Increased blood
pressure heart rates**



Emotional Effects of Racial Trauma



- Anxiety
- Depression
- Sadness
- Intrusive thoughts
- Difficulties concentrating
- Irritability and anger outburst
- Persistent avoidance fears
- Restricted range of emotions



Racial Trauma is Real! Please Take Care of Yourself!

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