

WAYS TO CARE FOR YOURSELF IN THE MIDST OF

ANTI-ASIAN RACISM & XENOPHOBIA

DON'T APOLOGIZE FOR BEING IMPACTED/AFFECTED. YOU DO NOT NEED TO APOLOGIZE OR MINIMIZE THE IMPACT OF RACIAL TRAUMA. FULL ACKNOWLEDGMENT OF WHAT IS HAPPENING TO YOU IS A VITAL PART OF THE HEALING PROCESS.

HONOR YOUR EMOTIONS

MANY OF US HAVE LEARNED TO STUFF AND AVOID FEELING OUR EMOTIONS AS A MEANS OF SURVIVAL. DURING TIMES OF REPEATED TRAUMA EXPOSURE, IT IS NECESSARY TO CARVE OUT MOMENTS TO ALLOW YOURSELF TO FEEL WHAT YOU FEEL WITHOUT APOLOGY.

TAKE SLOW, DEEP BREATHS

TRAUMA, OF ANY KIND, ACTIVATES YOUR NERVOUS SYSTEM'S FIGHT/FLIGHT/FREEZE RESPONSES. SLOW, DEEP BREATHS CAN HELP TO PRESS THE BRAKES ON YOUR BRAIN TO HELP YOU REGAIN CONTROL OF YOUR BODY.



LIMIT EXPOSURE AND ENGAGEMENT, AS NEEDED **KNOW YOUR LIMITS**. REPEATED TRAUMA EXPOSURE CAN SEVERELY IMPACT YOUR MOOD, MENTAL HEALTH, AND EMOTIONAL STABILITY. TAKE BREAKS FROM ACTIVITIES (I.E. ADVOCACY, NEWS, SOCIAL MEDIA, ETC.) THAT REPEATEDLY EXPOSE YOU TO TRAUMATIZING CONTENT, INFO, AND IMAGES.

CHOOSE SAFE WAYS TO BECOME INVOLVED

IF YOU CAN MANAGE IT EMOTIONALLY, MENTALLY, AND PHYSICALLY, IT MIGHT BE HELPFUL TO WORK THROUGH RACE-RELATED STRESS BY BECOMING INVOLVED IN ACTIVISM, ADVOCACY, AND HEALING EFFORTS. BUT, KNOW YOUR LIMITS!

RACISM & DISCRIMINATION CAN DEGRADE YOUR SENSE OF WORTH. IT IS CRUCIAL TO INTENTIONALLY **CELEBRATE AND TAKE PRIDE** IN YOUR CULTURE AND IDENTITIES.



MENTAL HEALTH + RESOURCES

ON CAMPUS

Wellesley College Stone Center Counseling Services

URGENT SUPPORT: ProtoCall is in effect 24/7, 365

Please call 781.283.2839

Press 1 to talk to the On-Call Clinician

Press 2 to connect with Campus Police

Press 3 to leave a NON-URGENT message for the Stone Center

OTHER

Racial Trauma Toolkit by Boston College

AAPI Commission

Asian Mental Health Collective

Subtle Asian Mental Health

Crisis Text Line: Text CONNECT to 741741

Text STEVE to 741741 to access a culturally trained Crisis Text Line Counselor

Crisis Line 1.800.273.TALK

Asian Languages 1.877.990.8585

FIND A THERAPIST

Thriving Campus

Open Path Collective

Psychology Today

Inclusive Therapists

Therapy for QPOC

Ayana Therapy