

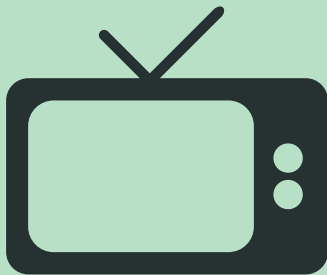


# HOW TO COPE WITH RACE-BASED TRAUMA

Practical strategies to cope with the ongoing psychological toll of experiencing and witnessing race-based violence.

STRATEGIES FOR PROTECTING YOUR MENTAL HEALTH

# How to Cope with Race-Based Trauma



## CONSIDER THE IMPACT OF MEDIA

Research has shown that watching videos of violence towards Black people is traumatic. Consider avoiding these videos altogether and filtering out stories that are too painful or triggering.

## ACCESS SOCIAL SUPPORT

There is no one right way to cope but social support has been demonstrated to offer helpful space to debrief difficult experiences and process tough news events. While isolating and going internal may feel OK, sometimes it's important to seek out like-minded folks for support.



## FIND JOY & CELEBRATE LIFE WHEN YOU CAN

It is, without question, difficult to find joy and love when we're surrounded by so much violence, hostility and grief. Find joyful moments in humor or with others when you can to give your mind a break.