



SELF-CARE



Take a break from social media and news

Do things that make you feel safe and happy



Acknowledge and validate your own feelings (anger, fear, and sadness are normal responses to racial trauma)



Communicate/share your feelings with those who can support you



Plan activities that promote a healthy mind, body, and spirit

Journal your thoughts and feelings



Share personal stories of racial experiences with people you trust

WHAT IS RACIAL TRAUMA?

Emotional or physical pain that results from experiences of racism. It involves ongoing and collective injuries due to exposure and re-exposure to experiences of racial discrimination.

YOU MIGHT EXPERIENCE

- Anger
- Sadness
- Fear
- Numbness
- Disconnection
- Hypervigilance
- Increased sensitivity to threat
- Anxiety
- Tension
- Intrusive thoughts or images
- Decreased immune system functioning
- Difficulty focusing or concentrating
- Irritability

RESOURCES

University Counseling Center

www.gvsu.edu/counsel | (616) 331-3266

- Teletherapy for currently enrolled GVSU students
- Black Student Support Resources at www.gvsu.edu/counsel/blacksupport

Office of Multicultural Affairs

www.gvsu.edu/oma

Division of Inclusion and Equity

www.gvsu.edu/inclusion