

grieving from racial trauma

grieving the loss of Black folk who are murdered at the hands of whiteness is a painfully traumatic, exhausting and confusing experience.

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release: give yourself permission to express rage, sadness and fear.

check in with loved ones: go where you feel supported and respected.

prioritize self-care: if you can take a personal day from work, do it.

talk it out: speak to a therapist who can make space for your racial trauma.

get empowered: support or engage in local anti-racist activism.