@OGO ACHUA

Tacial
battle
fatigue
definition and coping strategies



## / racial battle fatigue /

## what is it?

feeling mentally, physically and emotionally drained from continuously having to navigate spaces with racial stressors.



## / racial battle fatigue /

## how to cope — REST

Resist the stories that you are inferior.

Empower yourself through social activism.

Seek support from people who understand.

Take time off for self-care.