




What is racial trauma?

Physical and psychological symptoms that People of Color often experience after being exposed to stressful experiences of racism.

Common Symptoms

Similar to other survivors of trauma, People of Color may experience the following after constant exposure to racism:

- headaches
- insomnia
- body aches
- memory difficulties
- shame
- depression
- anxiety
- self-blame
- increased vigilance
- hyper sensitivity
- intrusive and painful memories
- dissociation
- burn-out and irritability



What is racial battle fatigue?

Exhaustion and fatigue from hearing, seeing, and experiencing incessant racism and racial discrimination. If this is not addressed, it could lead to serious physical + mental health problems.



Feel. Allow yourself to acknowledge and feel any emotion. All emotions are valid.

Safe Space. Surround yourself with people who give you a safe space to express emotions. Stay connected with people who will support you and offer empathy and understanding.

Journal. Find the time and space to record feelings and experiences. This might give you a sense of relief.



Physical health

Move your body. Engage in physical movement that you enjoy. Walk, run, dance, or stretch your body.

Rest. Allow yourself to get the adequate rest that you need. Unplug from devices at least an hour before bed.

Eat regularly. Nourish your body regularly with food and stay hydrated.



Mental health

Unplug. Be intentional with the time you spend on and offline. Take regular breaks.

Talk. Find a clinical therapist that you can process your experience with racial trauma.

Set boundaries. You get to decide when, where, and who you want to engage with online and in-person about racial issues.



Spiritual health

Meditate. Center your thoughts to the present moment.

Pray. If you believe in a higher power, find ways to strengthen that relationship.

Find meaning and purpose. Explore your values to inform your decisions.