

Coping With Discrimination Guide

Discrimination-Induced Trauma and Stress.

Self-Care Tips for

news can create symptoms similar to post-traumatic stress disorder: shock, anger, sadness, guilt, or other feelings.

During these times, one of the best things you can do is to practice self-care, and

to help others do the same.

Use the tips below to find

Experiencing discrimination

or even seeing it on the

what strategies work for you, and share the guide with friends and family to help them cope too.

Do you need immediate help or know someone

Crisis Text Line is free, 24/7 support for those in crisis. Text Crisis Text Line from anywhere in the US to text with a trained Crisis Counselor.

Take deep breaths.

who does?

Text

which can help reduce stress and anxiety.
 Disconnect (aka practicing mindful isolation).

For example, turn off your

for yourself to process.

phone and take a break from

social media if all the noise is

making things harder instead of

easier. It's important to take time

Try to disconnect from situations

that might feel triggering for you.

Taking a deep breath has been

shown to lower cortisol levels,

Ask for help.

Find a support group, therapist, or a trusted adult to assist you.
Asking for help is a brave and powerful step in the coping process.

Hugging someone you care

about releases chemicals that

are shown to help reduce stress

Writing about your feelings can

have meditative and reflective

effects which can reduce stress.

Nap.
Taking a quick snooze has been shown to reduce cortisol levels which then reduce stress and anxiety.

Release energy.

Find ways to exert physical

clear your head with a walk

around the neighborhood.

Studies show that physical

to release anger in a safe,

Focus on nutrition and sleep.

especially important during

times of high stress.

Volunteer.

Eat well and get a good night's

sleep. Making healthy choices is

controlled environment.

movement can serve as a way

energy. Try going for a run or

Hug it out.

and anxiety.

Journal.

Helping someone else out can actually reduce your own stress. DoSomething.org is a good place to start.

■ Find or create safe spaces.

their lived experiences.

■ Rechannel your rage.

Connect with people who make

you feel safe and supported,

and process your feelings with

them. You can also help create a

safe space for others to discuss

If you're feeling angry, find ways

playing a sport or going on a run

to use that anger in ways that

feel productive instead of

destructive. For example,

or taking a kickboxing class can help you direct that all that energy into safe places.

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