

#RacialTraumalsReal



Racism Recovery Plan Steps

Racial Wellness Toolbox

Describe what you are like when you are managing and responding to racism in a healthy manner.

Daily Maintenance of Centeredness in the Face of Racism

List connections or tools that help you maintain your centeredness in the face of racism. Such items can include, but are not limited to: a) Review Racial Identity Theory (see Helms); b) Connect with friends who are equally or better able to engage in conversations about racial awareness; c) Engage in prayer, spiritual practices or use of mantras; d) Engage in activism; and e) Practice self management, such as healthy eating, exercise, and favorite activities that help you feel centered



Racial Trauma Triggers and Response Plan



List items or experiences that tend to result in racial trauma symptoms (e.g., anger, isolation, sadness). After each item or experience identify a specific centeredness response (e.g., calling a friend, writing in your journal, activism).

Racial Trauma Early Warning Signs & Response Plan

List early warning signs that you are experiencing racial trauma (e.g., body aches, fatigue, anxiety, depression, difficulty sleeping) and related ways of coping from your Daily Maintenance of Centeredness (item #2) coping skills list.



Acute Racial Trauma & Response Plan

List signs that you are experiencing acute racial trauma (e.g., hypervigilance; heightened emotional experiences, such as depression, anxiety, and anger, which compromise your ability to engage in chosen activities of work, sleep, or school). Identify an action plan for each item on your list.

Crisis Planning

Ask yourself how you would know if you were experiencing a crisis due to racism (e.g., thoughts of harm to others and/or self; inability to care for self and/or others; acute racial trauma symptoms that last longer than a specified duration). List a person(s) or additional resources to contact in the event you experience such a crisis.



Post Crisis Planning



List ways of reconnecting with yourself and your communities to regain centeredness in the face of racism.

http://www.bc.edu/content/dam/files/schools/lsoe_sites/isprc/pdf/racialtraumaisrealManuscript.pdf

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