HONOR YOUR EMOTIONS

Many of us have learned to stuff and avoid feeling our emotions as a means of survival. During times of repeated trauma exposure, it is necessary to carve out moments to allow yourself to feel what you feel without apology.

DON’T APOLOGIZE

For being impacted/affected, you do not need to apologize or minimize the impact of racial trauma. Full acknowledgment of what is happening to you is a vital part of the healing process.

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TAKE SLOW, DEEP BREATHS

Trauma, of any kind, activates your nervous system’s fight/flight/freeze responses. Slow, deep breaths can help to press the brakes on your brain to help you regain control of your body.

LIMIT EXPOSURE AND ENGAGEMENT, AS NEEDED

Know your limits. Repeated trauma exposure can severely impact your mood, mental health, and emotional stability. Take breaks from activities (i.e., advocacy, news, social media, etc.) that repeatedly expose you to traumatizing content, info, and images.

CHOOSE SAFE WAYS TO BECOME INVOLVED

If you can manage it emotionally, mentally, and physically, it might be helpful to work through race-related stress by becoming involved in activism, advocacy, and healing efforts. But, know your limits!

MENTAL HEALTH + RESOURCES

ON-CAMPUS

Wellesley College Stone Center Counseling Services

URGENT SUPPORT: ProtoCall is in effect 24/7, 365

Please call 781.283.2839

Press 1 to talk to the On-Call Clinician

Press 2 to connect with Campus Police

Press 3 to leave a NON-URGENT message for the Stone Center

OTHER

Racial Trauma Toolkit by Boston College
AAA Commission
Subtle Asian Mental Health
Crisis Text Line: Text CONNECT to 741741
Text STEVE to 741741 to access a culturally trained Crisis Text Line Counselor
Crisis Line 1.800.273.TALK
Asian Languages 1.877.990.8585

FIND A THERAPIST

Thriving Campus
Open Path Collective
Psychology Today
Inclusive Therapists
Therapy for QPOC
Ayana Therapy

REPORT

If you see something, say something
@STOPAAPIHATE

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WAYS TO CARE FOR YOURSELF IN THE MIDST OF

ANTI-ASIAN RACISM & XENOPHOBIA

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Take slow, deep breaths

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Limit exposure and engagement, as needed

Know your limits. Repeated trauma exposure can severely impact your mood, mental health, and emotional stability. Take breaks from activities (i.e., advocacy, news, social media, etc.) that repeatedly expose you to traumatizing content, info, and images.

Choose safe ways to become involved

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Mental health + resources

On-campus

Wellesley College Stone Center Counseling Services

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Press 1 to talk to the on-call clinician

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Other

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