COMBATING RACIAL TRAUMA
#RacialTraumaIsReal

**Definition**
Physical and psychological symptoms that people of color often experience after exposure to particularly stressful experiences of racism

**Symptoms**
Fear, hypervigilance, headaches, insomnia, bodyaches, memory difficulty, self-blame, confusion, shame, and guilt

**Contributing Factors**
Historical race-related events, inter-generational trauma from cross-generational exchanges, cumulative personal/vicarious encounters

---

**Ways to Combat Racial Trauma**

---

**Acknowledge**
Actively reflect in order to identify your range of emotions. Accept those feelings and thoughts. Do not discount them. Individuals respond to experiences of trauma differently.

**Discuss**
Utilize sources of support - friends, family, confidants, colleagues - in order to minimize the tendency to internalize negative racial experiences.

**Seek Support**
Seek personal support and self-explore through a counseling professional. Seek collective support and guidance from trusted mentors.

**Self-Care**
Balance mental/physical rest and activity/social interaction to offset the effects of race-based stressors.

**Empowerment through Resistance**
Engage in activities that make you feel empowered. Seek to promote change through community outreach.

---

Thea Bowman AHANA and Intercultural Center

Community Research Program (CRP)
Advising & Counseling
Racial Identity Development Experience (RIDE)
Dialogues on Race (DOR)
SANKOFA Male Leadership Program
Ethnic Heritage Months
Benjamin Elijah Mays Mentoring Program
Campus of Difference
Karen Campbell Severin Book Award

Boston College
Thea Bowman AHANA and Intercultural Center
140 Commonwealth Ave
21 Campanella Way
Maloney Hall | Room 455

www.bc.edu/BAIC
617.552.3358
617.552.4313
bowmancenter@bc.edu
BowmanCenter
BCTheaBowmanAIC
BC_BAIC

www.bostoncollege.edu