

# COMBATING RACIAL TRAUMA

#RACIALTRAUMAISREAL

## *Ways to Combat Racial Trauma*

### 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



Jernigan, M. M., Green, C. E., Perez-Gualdron, Liu, M. M, Henze, K. T., Chen, C....Helms, J. E.

(2015).#racialtraumaisreal. Institute for the Study and Promotion of Race and Culture, Chestnut Hill, MA.

Retrieved from:

<http://www.bc.edu/schools/lsoe/isprc/manuscript415.html>

### 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.

# BOSTON COLLEGE



## 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](http://www.bc.edu/BAIC)

617.552.3358

BowmanCenter



617.552.4313

BCTheaBowmanAIC



[bowmancenter@bc.edu](mailto:bowmancenter@bc.edu)

BC\_BAIC

