Experts Say – Summer 2019

Some ways to deal with the stress, anxiety and overall emotional toll racism can take

June 3, 2019 By Kate Ferguson

Acknowledge your emotions. Accept that your feelings in response to racist language and actions are valid, and don't suppress your emotions. Talk to a trusted family member or friend about how racism affects you, or jot down your thoughts in a journal.

Don't internalize the negative messages racism sends. Realize that this systemic oppression creates barriers unrelated to your value as a person. Surround yourself with people who know your worth, and celebrate the achievements that make you proud.

Control what you can. Racism sparks frustration and anxiety because we're unable to govern the conduct of others. Focus on responding to racist ideas and behavior in positive ways that are meaningful to you and that support your values and efforts to be your best self.

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