

# Be an Ally

## Against Racism

### RACIAL STRESS

Racial stressors include **microaggressions, discrimination,** and **violence** fueled by *racial prejudice*. These can be experienced directly OR indirectly (like witnessing an event or seeing it on social media).

Knowing this, you can better identify *when* and *how* racism is happening to ethnically marginalized groups.

### RACIAL TRAUMA

Racial Stressors may lead to negative physical and mental health symptoms.

**Racial Trauma** acts a lot like PTSD.

Symptoms may include:

- High blood pressure
- Anxiety, anger and hopelessness
- Withdrawing from activities
- Substance use
- Delinquency
- Distressing memories

### WHAT ALLIES CAN DO

Get involved! As an ally, your job is to **LISTEN, SUPPORT,** and **ACT.**

- Participate in conversations about race and listen openly.
- Stay informed about social justice issues
- Use your privilege to amplify the voices of those who are affected.
- Challenge acts of discrimination that you witness.

### HOW TO ADVOCATE

Advocating for change may help an entire community. Remember, though, to not let your voice stifle those who experience racism and racial trauma.

- Read literature by diverse authors *and* about their experiences
- Support BIPOC-owned businesses
- Demand anti-racist education
- Support the community through voting and peacefully protesting



SCAN FOR RACIAL  
TRAUMA GUIDE

### ADDITIONAL RESOURCES

1. [https://www.ptsd.va.gov/understand/types/racial\\_trauma.asp](https://www.ptsd.va.gov/understand/types/racial_trauma.asp)
2. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American/The-Effects-of-Racial-Trauma-on-Mental-Health-Deaths-Captured-on-TV-and-Media>
3. <https://www.mhanational.org/racial-trauma>



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