"cumulative result of a natural race-related stress response to distressing mental and emotional conditions. These conditions emerged from constantly facing racially dismissive, demeaning, insensitive and/or hostile racial environments and individuals" - William Smith
TRADITIONAL COPING METHODS

- John Henryism - working twice as hard to prove oneself
- Grit - Persistence of effort to achieve a goal
MENTAL & PHYSICAL IMPACTS

- Reduced immunity
- Tension headaches
- Jumpiness
- Chronic pain
- Elevated blood pressure
- Anxiety
- Ulcers
- Insomnia
- Depression
- Thoughts of Suicide
- Hair Loss
- Fatigue
- Digestive Concerns
ALTERNATIVE COPING METHODS

- Be part of a supportive network
- Participate in relaxing activities (movement, meditation, creative outlets, cooking, aromatherapy, nature walks)
- Create a wellness plan for yourself
- Identify racial trauma triggers and centering strategies for each
- Engage in social justice causes
- Engage your spiritual practices
- Remove harmful people from your life/social media
- Talk with a counselor

LUTHER COLLEGE
Counseling Service
• William Smith
• Georgia Southern University Counseling Center