


A STUDENTS GUIDE TO
**COPING WITH
RACIAL BATTLE
FATIGUE**

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WHAT IS RACIAL BATTLE FATIGUE



"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

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TRADITIONAL COPING METHODS

- John Henryism - working twice as hard to prove oneself
- Grit - Perseverance of effort to achieve a goal

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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

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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

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CREDITS

- William Smith
- Georgia Southern University
Counseling Center
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