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Self & Community Care Toolkit

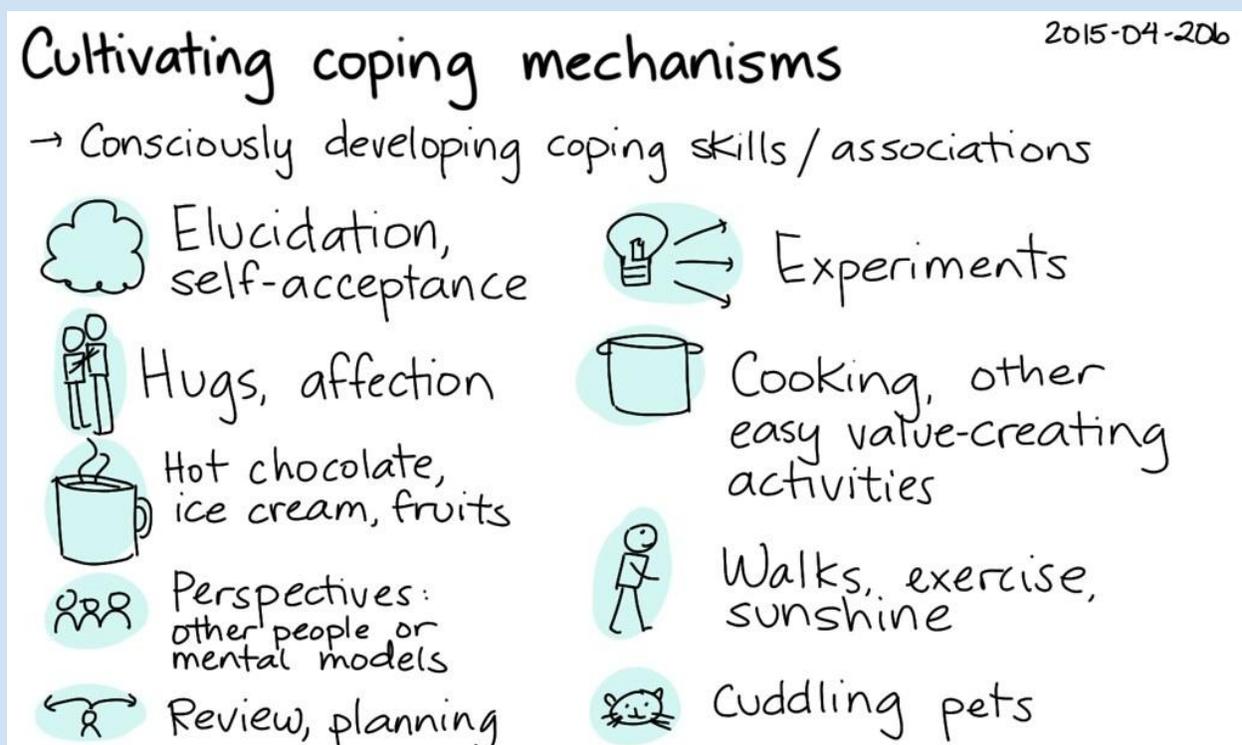
A collection of downloadable resources for BIPOC and AAPI individual and community support



Art by [Josh Macphee, Amplifier Art](#)

It's ok to not be ok right now.

To expect one hundred percent of ourselves during this trying time in America is unrealistic. Be gracious, compassionate, and tender with yourself. Black, Indigenous, People of Color (BIPOC) and AAPI (Asian, Asian American and Pacific Islander) people may be experiencing particular stress from living through a racism pandemic, and still having to show up for daily life. Here are some ways to take care of your wonderful self. You deserve to feel cared for, and loved. You deserve change. You deserve rest.



Art from [Google Images](#)

TIPS FOR COPING

- Limit news consumption, including social media. Algorithms are set for stress response. Let go of your FB feed for a week and see how you feel. Delete anyone who brings you stress, unapologetically
- For parents and educators: teach kids about the benefits and beauty of diversity, including you
 - [The Conscious Kid](#) offers tips and resources for raising/teaching anti racist, mindful, critical thinking kids.
- Create a dedicated workspace or corner in your home
 - [Download Inspiring Art](#) and hang it around your workspace

- Spend time outdoors, even just 10 minutes a day can increase your vitamin D
- Find outlets for your emotions (e.g. journaling, exercising, creating, drawing, playing music, sharing, social support...)
- Engage in distraction (e.g. hobbies, Netflix, cleaning, organizing, podcasts...)
- Practice grounding yourself (e.g. meditation, prayer, mindfulness, being present...)
 - [Black Lives Matter Meditation for Healing Racial Trauma](#)
- Practice self-compassion, treat yourself like you would treat your best friend
- Word dump for 5 mins a day, preferably first thing in the morning. A word dump is when you write without thinking about context or grammar. Many authors, like Alice Walker and Arundhati Roy practice the 'word dump' as a starting point for process and inspiration. Write randomly, and see what comes out over time.
 - [Journal Prompts for Wellness – Black Emotional and Mental Health Collective \(BEAM\)](#)
- For white allies: [103 Things White People Can Do for Racial Justice](#)

LOW COST, FREE AND CULTURALLY APPROPRIATE THERAPY



Art by [Shepard Fairey, Amplifier Art](#)

[Shine](#) is a website and mobile app that was co-founded by two women of color. It was created in order to fundamentally shift representation in mental health, and the platform centers around advocating for inclusion in the wellness industry. The app is home to a number of meditations and stories that are predominantly written by and voiced by Black women. Shine is free to download and offers two memberships: FREE and Shine Premium, which costs \$53.99 for a year or \$11.99 if you pay by month.

The [Therapy for Black Girls](#) site has a search function that can help Black women find an in-person or virtual therapist. Founder Joy Harden Bradford, PhD, a licensed psychologist, also hosts a podcast called *Therapy for Black Girls*, which discusses a variety of mental health issues. For \$9.99 a month, you could opt into a community called *The Yellow Couch Collective*, which hosts Q & As with experts from the podcast and brings you together with other Black women.

As the name suggests, [this site](#) is a resource for people who are looking for inclusive therapists. "We center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities," reads the website.

[44 Mental Health Resources for Black People Trying to Survive in This Country](#)

ALTERNATIVES TO TREATMENT



Art by [Lissa Brown, Amplifier Art](#)

[Traditional/non-western medicine or indigenous healing practices](#), which often emphasize the integration of mind and body in maintaining health and promoting healing, remain primary forms of mental health support in some AAPI communities. These practices include, but are not limited to:

- Traditional Chinese medicine
- Ayurveda (the traditional medicine of India)

- Japanese herbal medicine
- Tibetan medicine
- Acupuncture
- Massage therapy
- Folk nutritional therapy
- Energy healing exercises (such as tai chi and qi gong)
- Guided meditation
- Spiritual healing

APPS

[Liberate: BIPOC Meditation](#)

[Stop, Breathe & Think](#)

[Insight Timer](#)

[COVID Coach](#)

FOR THOUGHT



Living amidst a global pandemic, confronting ongoing systemic racism and racial violence, and trying to live your best life is challenging to say the least. For BIPOC and AAPI communities, this time might require you to be away from family, community, and the usual supports you rely on. Grief is a normal response to stressors and traumatic events, as is anger, fear and resolve. Here are a few things to help maintain some perspective and put into context what you might be feeling:

- **WE ARE IN A COLLECTIVE STATE OF GRIEF** over the loss of: life, normalcy, being together, opportunities, security, expectations, loved ones, political whims, etc.

- **WE ARE BEING INUNDATED WITH TRAUMATIC EVENTS.** Trauma has a direct impact on the body's central nervous system and entire neuro response system aka the fight, flight, or freeze response. Trauma can show up in many ways including: Anxiety,

stress, depression, avoidance, pain, tension, insomnia, irritability, apathy, depression, digestive issues, to name just some.

• **WE ARE FACED WITH MANY UNKNOWNNS** and that reality is hard to live with at times. With uncertainty we often want to gain control, make sense of it, create structure, and return as soon as we can to what is familiar. Routines, even in small ways like taking 10 deep breaths in the morning before you leave bed, or setting a daily schedule can help you feel a bit more in control.

Nowadays we have to get more creative with staying connected, and there are plenty of ways to be together. BIPOC and AAPI affirming social support can be especially nurturing, empowering, and comforting right now.

TIPS FOR CONNECTING

- Mindful social media use. Follow hashtags and people who make you feel good. Follow diverse identities.
- Call, text, FaceTime, email, send an actual letter to someone! It's known that the more we are alone, the harder it can be to reach out. Go against self-talk telling you 'no', and call or write that letter.
- Virtual hangouts (e.g. Houseparty, Netflix Party, Zoom party).
- Spiritual and cultural practices can feel so grounding, especially when the world seems on fire.

Times like these can test our ability to find meaning and purpose. Connecting with other BIPOC and AAPI in the present, and those with shared histories of struggle and thriving through adversity, can be grounding. Here are some prompts to help you connect to histories of resilience and feel inspired. Remember, **your whole self is valuable and beautiful**.

- *What do you love about your identity?*
- *Who do you look up to in your community?*
- *What makes you uniquely you?*
- *What skills have helped you overcome adversity?*
- *What brings you hope?*