

Resources:

This resource list for African descent folk was curated by Shawntell Pace, Tanisha Pelham, and Ecclesia Holmes with the help of their Brown sistas Martiza Y. Duran, Ana Carina Ordaz, Jaqueline Fuentes, and Charmaine Mora-Ozuna.

UNDERSTANDING RACIAL TRAUMA

- [Racism Recovery Plan](#)
- [Post Traumatic Slave Syndrome](#)
- [Racial Battle Fatigue: What is it and What are the Symptoms?](#)
- [The Physical and Spiritual Consequences of Racial Battle Fatigue](#)
- [On Erica Garner and Healing Racial Trauma](#)
- [Why People of Color Need Space Without White People](#)
- [The Racial Healing Handbook](#)
- [Healing through Social Justice](#)

MEDITATION & YOGA

- [Black Lives Matter Meditation](#)
- [Liberate Meditation](#)
- [8 Minute Yoga for Self](#)
- [A Short Practice to Reclaim Your Birthright of LIFE](#)
- [Serotonin Vibes](#)

PEOPLE TO FOLLOW

- @Darian.d.hall
- @HealingWhileBlack
- @NamingItPodcast
- @Blackmentalwellness
- @Blackgirlnom
- @Blackselfcaretalk
- @Blacktherapistrock
- @TheNapMinistry
- @Drkkirkfit
- @Dr.Candicenicole
- @HealHaus

EMERGENCY INFORMATION:

- National Suicide Hotline: 1-800-273-TALK
- National Domestic Violence Hotline: 1-800-799-SAFE
- National Sexual Assault Hotline: 1-800-656-HOPE

PODCASTS

- [Melanin and Mental Health](#)
- [Let's Talk Bruh](#)
- [Therapy for Black Girls](#)
- [Parenting for Liberation](#)
- [Hats Off Podcast](#)
- [Minding My Black Business](#)
- [Racism Recover Podcast](#)
- [The Read](#)

THERAPY DIRECTORIES

- [Inclusive Therapists Directory](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Black Therapists Rock Directory](#)

Journal Prompts: EXERCISE A:

Complete the following sentences to paint a picture of a what consists of a healed world:

- I feel...
- I see...
- I hear...

EXERCISE B:

[Beam Affirmation Journal Prompt](#)

EXERCISE C:

This exercise was taken from *[What Mama Couldn't Tell Us About Love: Healing the Emotional Legacy of Racism by Celebrating Our Light](#)* by Brenda Lane Richardson and Dr. Brenda Wade

Keeping an Anger Journal

Remember that it's always healthy to confront racist behavior, but when that's not practical or possible, begin recording racist incidents in your journal (if you can't bring yourself to write, stand in front of the mirror and verbalize your anger). Fold a page in thirds lengthwise, and over the left column write at the top "Incident"; in the column, write "Actual reaction"; and on the right, write "What I wanted to say." This journal should be kept someplace safe, so you'll feel confident that you can record your true feelings. Keeping this journal is a self-loving act. It keeps you from dumping your anger on someone you love. Rather than stockpiling your anger, you're releasing it through writing. If you are unable to record the experience at the time it occurs, as soon as possible recollect your feelings and get them off your chest. Be sure to also to call a friend or support group member to tell them what you're writing in your journal. If you happen to be someplace where you can't open your journal, but you need to "get it out" improvise.