

Racism Recovery Plan Steps

<p>Racial Wellness Toolbox</p>	<p>Describe what you are like when you are managing and responding to racism in a healthy manner.</p>
<p>Daily Maintenance of Centeredness in the Face of Racism</p>	<p>List connections or tools that help you maintain your centeredness in the face of racism. Such items can include, but are not limited to: a) Review Racial Identity Theory (see J. Helms, 1990 & 1995); b) Connect with friends who are equally or better able to engage in conversations about racial awareness; c) Engage in prayer, spiritual practices or use of mantras; d) Engage in activism; and e) Practice self-management, such as healthy eating, exercise, and favorite activities that help you feel centered.</p>
<p>Racial Trauma Triggers & Response Plan</p>	<p>List items or experiences that tend to result in racial trauma symptoms (e.g., anger, isolation, sadness). After each item or experience identify a specific centeredness response (e.g., calling a friend, writing in your journal, activism).</p>
<p>Racial Trauma Early Warning Signs & Response Plan</p>	<p>List early warning signs that you are experiencing racial trauma (e.g., body aches, fatigue, anxiety, depression, difficulty sleeping) and related ways of coping from your Daily Maintenance of Centeredness (item #2) coping skills list.</p>
<p>Acute Racial Trauma & Response Plan</p>	<p>List signs that you are experiencing acute racial trauma (e.g., hypervigilance; heightened emotional experiences, such as depression, anxiety, and anger, which compromise your ability to engage in chosen activities of work, sleep, or school). Identify an action plan for each item on your list.</p>
<p>Crisis Planning</p>	<p>Ask yourself how you would know if you were experiencing a crisis due to racism (e.g., thoughts of harm to others and/or self; inability to care for self and/or others; acute racial trauma symptoms that last longer than a specified duration). List a person(s) or additional resources to contact in the event you experience such a crisis (e.g., UKCC, VIP).</p>
<p>Post Crisis Planning</p>	<p>List ways of reconnecting with yourself and your communities to regain centeredness in the face of racism.</p>

(Courtesy of The University Kentucky Counseling Center, 2016)