

RACIAL STRESS AND TRAUMA

STUDIES SHOW THAT UPWARDS OF 70% OF BLACK AMERICANS REPORT EXPERIENCING DISCRIMINATION OR BEING TREATED UNFAIRLY BECAUSE OF THEIR RACE OR ETHNICITY. THESE EXPERIENCES CAN BE STRESSFUL OR TRAUMATIC AND ARE LINKED WITH NEGATIVE CONSEQUENCES



RACIAL DISCRIMINATION

THE UNFAIR TREATMENT OF PEOPLE OR GROUPS BASED ON CHARACTERISTICS OF RACE.

EXAMPLES CAN INCLUDE (BUT ARE NOT LIMITED TO) HARASSMENT, RACIAL PROFILING, RECEIVING POORER SERVICE, BEING TREATED WITH LESS RESPECT, BEING TREATED AS LESS INTELLIGENT OR TRUSTWORTHY. THESE INCIDENTS CAN RANGE FROM SUBTLE ENCOUNTERS TO COLLECTIVE HISTORICAL EXPERIENCES



MENTAL

WITNESSING AND EXPERIENCING RACE-BASED INCIDENTS CAN HAVE NEGATIVE EFFECTS ON ONE'S MENTAL HEALTH. CONSEQUENCES CAN INCLUDE SADNESS, WORRY, ANGER, FEAR, AND HOPELESSNESS. THESE FEELINGS CAN BECOME CLINICALLY SIGNIFICANT AND ALTER ONE'S DAY LIFE FUNCTIONING



PHYSICAL

NEGATIVE PHYSICAL SYMPTOMS CAN ALSO ARISE. THESE SYMPTOMS CAN INCLUDE HYPERTENSION, THICKENING AND CALCIFICATION OF THE ARTERIES, AND INCREASE IN HEART RATE.



ACADEMIC

RACIAL STRESSORS ARE ASSOCIATED WITH ACADEMIC DIFFICULTIES IN SCHOOL, FEELINGS OF INADEQUACY, AND QUESTIONING ONE'S ABILITIES OR SENSE OF BELONGING. OTHER CONSEQUENCES INCLUDE LOWER GRADES, LOWER ENGAGEMENT, AND SELF-DOUBT



STATE OF DISARRAY

SOME INDIVIDUALS MAY SHOW SYMPTOMS COMPARABLE TO POST TRAUMATIC STRESS DISORDER (PTSD) SUCH AS: EXPERIENCING FLASHBACKS OR INTRUSIVE MEMORIES, AVOIDING PLACES OR PEOPLE, BEING IN A STATE OF INCREASED ALERTNESS, OR EXPECTING CHANGES IN ONE'S THOUGHTS AND MOOD.

DUE TO THE PERSISTENCE OF RACIAL STRESSORS, EXPERIENCING PERSONAL AND COLLECTIVE RACIAL ENCOUNTERS CAN CREATE AN ENVIRONMENT WHERE PEOPLE OF COLOR ARE IN A PERPETUAL MENTAL AND PHYSICAL STATE OF DISARRAY.

