

# STEPS TO SELF CARE AFTER EMOTIONAL AND PSYCHOLOGICAL TRAUMA

Race-based trauma can create symptoms and experiences much like PTSD.

Repeated race-based trauma puts your emotional, psychological, and physical well-being at risk

## Mindful Isolation

Disconnect from triggering interactions or other situations that might elicit the fight-or-flight response

## Discharge Energy

Find ways to exert physical energy. go for a brisk walk or run. Find (safe) ways to discharge intense anger that includes physical movement.

## Ask For Help

If you find yourself unable to cope, find a trauma support group or therapist to assist you. You matter.

## Community

Connect with people who you've identified as your empathetic and open support. Process your feelings with them.

## Well-Being

- Feed yourself well
- Get good rest
- Avoid toxins
- Breath deep

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