
Episode 01: Effects of Racial Stress Resource

Stress from racism is so real! And it's impacting our mental, emotional and physical health daily. Once we learn what it looks like, we as people of color can acknowledge the signs to take care of ourselves and our community.



Whether you are watching the YPOC Rise videos alone or in community, you can use the following resources for further reading and learning.

Further Reading & Citations

Physiological Effects of Racial Stress:

How Racism is Bad for our Bodies

<https://bit.ly/2nCQovG>

Inequality Begins at Birth

<https://bit.ly/2NPQyAf>

Psychological Effects of Racial Stress:

How Racism Affects Your Health

<https://bit.ly/2Ng9cSl>

Social Correlates of the Chronic Stress of Perceived Racism Among Black Women

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2865131/>

Fact Sheet: Health Disparities and Stress

<https://bit.ly/1zCAyjL>

Impact of Microaggressions

<https://bit.ly/2qUnr3n>

Racism's Psychological Toll

<https://nyti.ms/2ntYaMb>

How the Stress of Racism Affects Learning

<https://bit.ly/2laU075>

Stereotype Threat Widens Achievement Gap

<https://bit.ly/1Xu1rVw>

Feeling like Imposters

<https://bit.ly/2MoDRfd>

Why do Students of Color feel Like Imposters in School

<https://bit.ly/2NbYr3C>

Post Traumatic Slave Syndrome

<https://bit.ly/2QzDtjO>