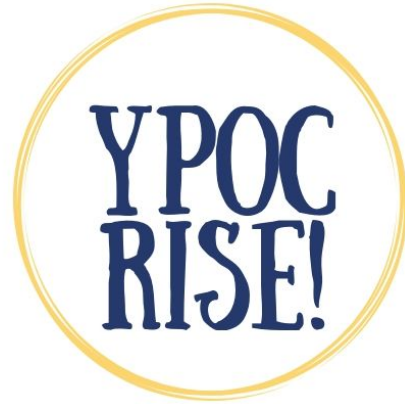

Episode 02: Processing Racial Stress

In a society like ours where gaslighting and colorblindness is the norm, it can be hard to address the impact that racism is having on our lives. Racial stress, like any other type of stress, needs to be processed intentionally and with practice. Bottling it up or ignoring it only exacerbates its effects and becomes harmful to our well-being.



Whether you are watching the YPOC Rise videos alone or in community, you can use the following resources for further reading and learning. Have resources we should add? Let us know and email us at info@interactioninc.org.

Further Reading & Citations

Understanding Racial Stress:

Understanding Racism and its Related Stress

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

Five Steps to Understanding Racial Bias

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

When you are the Only Person of Color in the Room

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

Being Black-but Not Too Black- in the Workplace

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

Processing Racial Stress:

Coping with Racial Stress

<https://bit.ly/2MC4c5s>

Coping with Racial Discrimination

<https://bit.ly/2pcstG1>

Discrimination: What is it, how to cope

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

Coping With Race Related Issues

<https://bit.ly/2p7nAxC>

Coping With Racism: A Selective Review of the Literature and a Theoretical and Methodological Critique

<https://bit.ly/2Mu5EGJ>

How to Find a Therapist who Understands Oppression and Intersectionality

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

Deconstructing Racially Biased Encounters/Experiences:

How to Resolve Racially Stressful Situations: Video

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

How Students of Color Confront Imposter Syndrome:Video

<https://bit.ly/2i1OpxP>

Strategies to Counter the Stress of Racial Racist Experiences

<https://bit.ly/2xgF5QB>

6 Ways Women Of Color Can Overcome Imposter Syndrome

<https://bit.ly/2NeV3VL>