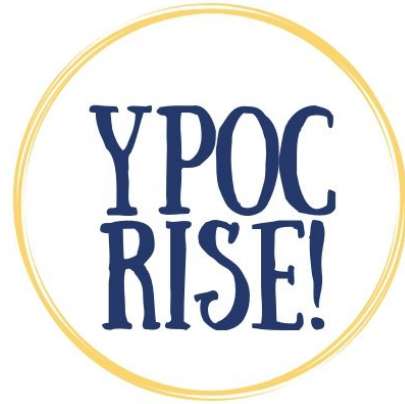

Episode 03: Taking Relief from Racial Stress

Sometimes we just need to take a step back from the stress of racism and oppression in our lives. Creating space for ourselves to feel relief and peace will ensure that we are thriving rather than just surviving.



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

Why/How to Know When to Take a Mental Break:

When and How to Take a Mental Health Day

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

4 Reasons to Take a Break From Social Media

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

Taking a Break

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

Taking Timeouts to Decrease Stress and Increase Creativity

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

Mental Break Practices:

Self-Care: How To Remain Vigilant In Your Pursuit Of Justice And Keep Your Spirit Intact

<https://bit.ly/2MHNN6>

12 Ways to Eliminate Stress at Work

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