



URBAN INSTITUTE  
OF MENTAL HEALTH

## What Is Racial Trauma?

**Trauma symptoms or responses that results from experienced and/or exposure to racism, racial bias, discrimination, prejudice and hate crimes.**

### Examples of Exposure to Racial Trauma

Microaggressions, Overt Racism such as Police Harassment and Profiling, Wrongful Arrests and Mass Incarceration, Actual and/or Threatened Deportation Hate Comments and Slurs, Medical Discriminatory Experiences and Practices, Media Coverage of Overt Racism and Discrimination, etc.

### Common Reactions

Anger, Frustration, Aggression, Hypervigilance, Insomnia, Withdrawal or Isolation from Others, Paranoia, Somatic Complaints, Anxiety, Depression, Lack of Productivity and Motivation, Helplessness, Hopelessness, and Inappropriate Guilt.

### Coping Skills

Meditate and Connect with The Ancestors, Write Affirmations Which Affirm Your Greatness, Connect with Other People of Color for Social Support, Turn the Television Off, Read Self-Empowerment Books Specifically for BPIPOC, Connect with Your Therapist, and Engage in Nature Therapy.