ON EXPERIENCING RACISM AND BEING ANTI-RACIST

Experiencing racism (subtle, blatant, and systemic discrimination based on one’s belonging to a particular racial group) impacts all aspects of life for people of color, including mental and physical health.

Coping with Experiences of Racism:
- Acknowledge the deep emotional impact of experiences of racism on your life
- Prioritize self-care
- Surround yourself (in person and online) with people who value you and affirm you
- Take a break from social media and other media that invalidates experiences of racism

How to be Anti-Racist and Be an Ally:
- **Recognize** and understand your own racial privilege (as a white person)
- **Educate** yourself about systemic racism by reading books, listening to podcasts, and watching movies, to understand its impact on lives of people of color
- **Act** in ways big and small: protest, march, sign petitions, support businesses run by people of color, donate to causes that support people of color, and call out racism when you see it.

RESOURCES TO CHECK-OUT

The UCI Counseling Center has put together a list of resources to cope with experiences of racism, as well as resources for being anti-racist and an Ally:
https://counseling.uci.edu/resources/Wellness-Resources-during-COVID-19.html#stand-discrim

Group therapy and drop-in workshops will be offered throughout the summer via Zoom and telehealth. Sign up for group therapy to process your experiences, and attend workshops to learn about specific coping skills to take care of yourself. You can find more information about our services on our website, and on social media.

Ready to connect and support one another?

Many students are using our workshops and drop-in groups to receive and provide support. Join us!
https://counseling.uci.edu/services/groups.html