



# EVEN IF YOU HAVEN'T BEEN ATTACKED OR HARASSED

...simply hearing about new attacks on a regular basis and living with constant fear of racial targeting takes a massive toll on many of us. It is not only the overt acts of racism that can exhaust us, but the fearful anticipation can make us question our realities and misinterpret our pain as oversensitivity.

We can recognize and validate the the collective toll that seemingly small offenses take over time.



## Set boundaries to your media intake

Get off of Twitter. Close the newspaper. While it's important to stay up to date, constant flows of updates can take a massive toll on your mental health and wellbeing. Setting time limits on your news intake and/or turning off notifications for news and social media apps for at least a few hours a day allows you the time to relax and recover.



## Try to eliminate other sources of stress

In these uncertain times, there is more than enough to worry about. We hope that our [COVID-19 response guide](#) can help you reduce stress in other aspects of your life, whether it be finding resources as a healthcare worker or the closest location to pick up ingredients to make bao, naan, pho, or whatever warms your heart and makes you feel most at home.



## Social Distancing is not Social Isolation

Facetime with peers and trusted leaders in your community. Don't be afraid to ask those around you for help when things get tough. They know you would do the same for them.



## Make a list of self-care activities

Trying to think of remedies in moments of high stress can be difficult, so keeping a ready list of options around can really help. Fill a page of calming, restorative activities and organize them by duration for quicker reference.



## Check out the National Alliance on Mental Illness' guide

or our [Mental Health and Self Care Resource Guide](#) for some ideas for your list and additional mental health advice!