

DEALING WITH COMMUNITY STRESS

Feeling overwhelmed? Here are some things you can do!

- 1 Practice self-care:** You can't help others if you don't take care of yourself! Go for a walk, meditate, or take time for lunch at work – do whatever you need to feel grounded and well-rounded.
- 2 Reach out:** Build bridges, not walls! Connecting with friends and community members who share your concerns will help you feel less isolated. Remember that you are not alone, and offer support to others too.
- 3 Allow your feelings in:** Avoiding negative emotions usually doesn't work forever, and can leave you feeling emotionally drained. Allow yourself to experience pain and sadness, and remember that you are not your feelings. Allow yourself to cry--sometimes crying helps!
- 4 Protect yourself:** Know your rights and your responsibilities--you don't have to respond to anyone who approaches you in the street, but don't engage in arguments either.
- 5 Set limits:** Get involved and stay informed, but avoid burn-out by taking breaks from work, volunteering, and even media consumption. Setting limits helps maintain your sense of **balance** and **optimism**.

Resources:

Learn about your rights: ACLU • **Speak up against everyday bigotry:** Southern Poverty Law Center • **Respond as a bystander:** Hollaback! • **Immigration services:** Immigrant Legal Resource Center



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CREATING SAFER COMMUNITIES

- 1 Volunteer for a cause:** Seek out opportunities to make a difference in your community. Working together toward a common goal helps instill solidarity. Taking action might also help you feel less anxiety.
- 2 Educate yourself:** Learn about communities that might come under threat or are already vulnerable. Be prepared to be an ally. Think about creating community study groups or book clubs so that others can learn more too.
- 3 Speak up:** Respond to everyday bigotry, keeping in mind that silence can be an appropriate, non-confrontational response. Assess the situation, and if it is safe to do so, identify the behavior politely and candidly. Avoid using loaded terms, and call out the behavior without labeling the person.
- 4 Get help:** If you witness street harassment, check in with the person experiencing the harassment and ask if they are OK. Know who to turn to for help (your local ACLU is a great resource). Get bystander intervention training, and learn how to **direct, distract, delegate** and **delay** safely.
- 5 Celebrate successes (even small ones!):** For some community members, just showing up or making it through the day is a win. Acknowledging accomplishments – large or small – can help people feel supported, engaged, and better connected.

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