

21  
DAY

# RACIAL EQUITY CHALLENGE

## DAY 7: FROM TRAUMA TO HEALING

Racism is traumatic. It is painful, violent, harmful, and deeply felt by those on the receiving end. The lasting effects and trauma of experiencing racism can show up in emotions, behaviors, and in many other ways.

Dr. Kenneth V. Hardy suggests that rather than asking, “What is wrong”, a trauma-informed approach would be to question, “What happened to you?” Numerous studies show that racism and discrimination are forms of trauma, and the lasting psychological effects can be similar to those of veterans who have experienced combat. Post-traumatic stress disorder, or PTSD, is becoming more commonly diagnosed in marginalized communities as racism and discrimination continue to create psychological, emotional, and physical harm.

It is important to understand this trauma to be able to move forward. Check out the info below, including a helpful list of ways to contribute to “healing the hidden wounds” of racial trauma, and a local resource for self-care and equitable access to yoga.

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### DID YOU KNOW...

81% of Black people reported experiencing discrimination.  
1 in 10 developed symptoms of PTSD due to racism and discrimination.  
[-American Psychological Association](#)

4 in 10 Latinos say they have experienced discrimination in the past year, such as being criticized for speaking Spanish or being told to go back to their home country.  
[-Pew Research Center](#)

## LEARN

**Option 1:** Read [Healing the Hidden Wounds of Racial Trauma](#)

**Option 2:** Read [The Link Between Racism and PTSD](#)

## REFLECT AND TAKE ACTION

### Questions to Consider for Self-Reflection:

- Can you think of a time when you attributed a negative behavior to a person rather than what they might have experienced? How could you think or react differently in a similar situation in the future?
- If your community and/or school are racially segregated, has this resulted in fewer interracial friendships? What are some of the consequences of missing out on cross-racial friendships?

### Ways to Get Involved:

- Explore the practice of yoga for self-care with [Yoga 4 A Good Hood](#)

### Share What You Learned:

Use the images below to share that you learned about race and equity today, and use be sure to include #ROCequity.

