

Surviving & Resisting Hate: A Toolkit For People of Color

- 1: Stay physically and psychologically healthy, by eating nutritious foods, sleeping (7-8 hours a night), taking breaks from social media, and staying physically active.**
- 2: Stay connected to individuals, communities, and organizations that affirm your humanity.**
- 3: Listen to your gut and remember that a healthy cultural suspicion (suspicion of white supremacy, people and systems they created) has allowed People of Color to survive during the darkest times of our history.**
- 4: Focus on your goals. Finish your projects, do the best you can at work, school, and home. Being successful in whatever you do is an act of liberation and resistance.**
- 5: Focus on change and organizing with the people closest to you including family, circle of friends, neighborhood, and place of employment. Focusing on the big, macro picture may feel paralyzing.**
- 6: Give yourself permission to experience what injustice naturally evokes in you. All feelings are acceptable including anger, honor it; as anger has led to positive change.**
- 7: Listen and validate the experiences of People of Color with different backgrounds from your own.**
- 8: The burden of oppression and injustice is too heavy to carry on your own. Do what it takes to keep yourself going while remaining committed to racial and social justice.**
- 9: Focus on one breath and one step at a time while knowing and always keeping in mind that our ancestors never gave up; their resistance and fight led to the changes in place today.**
- 10: Remember that the system does not get to determine your worth, dignity, and humanity. Never forget that you matter!**

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