

RACISM & XENOPHOBIA



Helpful Tips

- **Prioritize your self-care.** Check out [Coloring with Ruth](#), a great self-care option. Download, print, and color illustrations by Ruth E. Carter, the Costume Director for Black Panther
- **Recognize when you are feeling overwhelmed.** There is always work to be done, but it is important to know when you've reached your limits. If you're involved in advocacy or other types of work that take a toll, take time for yourself.
- **Report discrimination.** Resources like the NAACP, ACLU, and your own employer are available to you. Report instances of racism, xenophobia and other experiences during this time.
- **Remember that your feelings are valid.** Try to avoid judging yourself or how you are reacting. There are no "should" qualifiers to how you feel during these uncertain times.
- **Be an ally.** If you witness racial or ethnic profiling, discrimination, or even violence, speak up or report it. Don't be a passive bystander.

Resources for Consideration

- **The New York Times:** ["How to Respond to Microaggressions"](#)
- **Centers for Disease Control and Prevention:** [COVID-19 in Racial and Ethnic Minority Groups](#)
- **KQED:** ["To Be Asian With a Face Mask During the Coronavirus Outbreak"](#)
- **NAACP:** [Coronavirus Resources](#) page, where you can find different types of resources and information on how COVID-19 impacts black and African American communities