Thriving in the Wake of Cultural Trauma

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Goals for Today

• Explore the impact of recent cultural events on you and your work
• Better understand barriers to self-care
• Explore ways you can increase your self-care and ability to thrive during this challenging time
Agenda

• Recent Events
• Common Reactions
• How identities impact our reactions
  – Videos
  – Discussion
• The ABCs of Self-Care
• Mindfulness exercise
• Resources
Common Reactions

• Shock, numbness
• Confusion
• Moodiness and irritability
• Anxiety, worrying, panic
• Jumpiness
• Guilt
• Feelings of helplessness
• Sadness, depression
• Fatigue
• Nausea, headaches

• Disturbing images or memories
• Feeling vulnerable or unsafe
• Social withdrawal
• Difficulty concentrating
• Difficulty sleeping
• Anger and blame of others
• Numbness or feeling like you are not reacting
Common Reactions of Impacted Groups

- Increased vigilance and suspicion
- Increased sensitivity to threat
- Narrowing sense of time
- A range of emotions: anger, sadness, numbness, exhaustion
- Memories of past traumas
Examples of Reactions

Stacyann Chin

Black-ish
How Our Identities Affect Our Reactions
CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION AND THAT IS AN ACT OF POLITICAL WARFARE.

AUDRE LORDE
Barriers to Self-Care

• Perceived Selfishness
• Reciprocity
• Internalized Oppression(s)
• Saying yes means saying no other things
Short-Term Coping Strategies

• Escape
  – Getting away from it all
  – Take a break from social media

• Rest
  – Having no goals or timelines
  – Relaxation

• Play
  – Activities that make you laugh, lighten your spirits, encourage creativity and wonder
ABC’s of Self-Care

• Awareness
  – Understanding your responses
  – Affirmation and acknowledgment
  – Validation
  – Naming our experiences

• Balance
  – Work-life balance
  – Balancing demanding work with less challenging work
  – Create internal boundaries – mirror vs. sponge

• Connection
  – Social connection
  – Finding community
  – Create space for dialogue
  – Stay connected with what makes your life meaningful
# Commitment to Self-Care

<table>
<thead>
<tr>
<th>Activities</th>
<th>Goal</th>
<th>When, Where &amp; How Often?</th>
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<tbody>
<tr>
<td>Diet/Nutrition</td>
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<td>Rest/Sleep</td>
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<td>Physical Activity</td>
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<td>Relaxation</td>
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<td>Time with (Partner, Friend, Family)</td>
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<tr>
<td>Play/Fun</td>
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Mindfulness Exercise
Remember Your Resources

Student Health & Counseling • 476-1281

Student Disability Services • 476-6595

First Gen Support Services • 514-0840

Learning Resource Services • 502-0319

Multicultural Resource Center • 502-1911

LGBT Resource Center • 476-7700

Veteran Support Services • 502-1484

Your Peers

Faculty/Mentors
Specific Cultural Resources

• Campus Action Toolkit

• UCSF Do No Harm Coalition

• Black Lives Matter Meditation
For Additional Support

• Student Health & Counseling Services (SHCS)
  – 415-476-1281
  – Mission Bay: Rutter Building, 3rd floor
  – Parnassus: Millberry Union, P8

• Student Health Outreach Calendar:
  – [http://studenthealth.ucsf.edu/calendar](http://studenthealth.ucsf.edu/calendar)