What is Race-related Stress?

While many college students are dealing with stress and anxiety navigating general college life experiences, students of color may face a specific type of strain: _____. " Race-related stress can be described as the psychological or emotional distress that an individual or group of people experience as a result of being a target of a racial discriminatory act". It can result from major experiences of racism as classroom discrimination or hate crimes, or it can be the result of an accumulation of many everyday microaggressions.
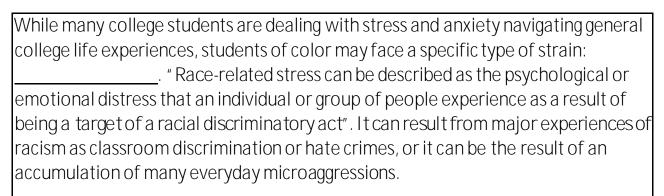
Self-care tips to manage race-related stress

1. *Find community*- Make plans to spend time with loved ones who are supportive. Surround yourself with people who understand how you feel and can validate your emotions.
2. *Ignore the trolls on soc*