

Self-help strategies



for Sociopolitical Stress

In today's sociopolitical climate, it is natural to feel a surge of emotions- frustration, sadness, and even moments of doubts that challenge your sense of personhood and belonging. These times can push you to question your worth and resilience.

But, it's essential to remember that you are not alone and that your strength is deeply rooted in a powerful legacy of survival and hope.

These self-help strategies are designed to guide you in protecting your mental and emotional well-being, reconnecting with your inner strength, and nurturing a sense of peace and purpose amid the uncertainty. Embrace these practices. Not just as acts of self-care but as acts of resistance and affirmation of your inherent value.

Remember Your Ancestral Strength

- **Daily Reflection Practice:** take time each day to reflect on your heritage and remind yourself, "I am a survivor because I come from survivors." Use this as a source of inner strength during tough times.
- **Affirmation Statements:** start your morning with powerful affirmations like, "I carry the strength of my ancestors," to set a resilient tone for the day.

Connect With Inspirational Music and Stories

- **Create a Playlist:** curate songs that resonate with your identity and history, like traditional or gospel songs, songs that can serve as a reminder of the faith and resilience that have carried past generations.
- **Read and Share Stories:** engage with stories of historical and contemporary figures who exemplify courage and resilience. Share these stories with your community to inspire collective hope.

Practice Community Upliftment

- **Reach Out and Support:** call or message a friend or community member to check in and offer encouragement. Small acts of support can strengthen communal bonds
- **Organize or Join Support Circles:** participate in or create spaces for shared conversations, healing, and motivation within your community to remind one another of shared strength and hope.

Hold onto Faith and Hope

- **Spiritual Anchoring:** for those who find strength in spirituality, incorporate moments of prayer or meditation into your daily routine. Lean into beliefs that empower you to keep moving forward.
- **Journal Prompts for Faith:** write about a time when you faced adversity and overcome it. End the entry with the phrase: "I've come this far by faith."

Set Boundaries for Emotional Well-being

- **Limit Exposure to Stressful Content:** be mindful of how much media or news you consume. It's okay to step back and protect your peace when needed.
- **Schedule "No-Stress" Time:** dedicate a portion of your day to activities that bring joy and relaxation, such as reading, dancing, or simply sitting in a quiet space.

Move Forward with Purpose

- **Set Personal and Collective Goals:** identify ways you can contribute to the well-being of your community, such as volunteering, mentoring, or participating in advocacy.
- **Reflect on Progress:** Regularly acknowledge both personal and community achievements. Write them down and celebrate even small victories to keep motivation and hope alive.

Honor the Legacy of Resilience

- **Celebrate Your Identity:** take moments to honor your cultural practices and traditions. Whether it's cooking traditional meals, engaging in dance, or storytelling, these practices are acts of resilience and pride.
- **Visual Reminders:** display photos, art, or quotes that reflect your heritage and remind you of your ancestors' perseverance.

Embrace the Power of Collective Movement

- **Engage in Community Gathering:** Attend or create spaces where people can come together to share stories, laughter, and hope.
- **Participate in Uplifting Initiatives:** join movements, workshops, or discussions that inspire positive change and reinforce unity.

Keep Moving Forward by Faith

- **Anchor in Resilience Mantras:** when faced with doubts or hardship, remind yourself, we can't turn around - we move forward by faith."
- **Create A visual goal map:** outline your goals and dreams and keep them in a visible place as a reminder of your path forward and the shared hope of your ancestors.

Resources were adapted from @drcharnewton. Dr. Char Newton is a psychologist, professional, researcher, and co-author of the book: Black Lives Are Beautiful: 50 tools to heal from trauma and promote positive racial identity.

If you're in crisis and need to speak with someone
Please utilize the following 24/7 resources:

- **UI Support and Crisis Line:**

- Call/text: 844-461-5420

- **Suicide and Crisis Lifeline:**

- Call/text: 988

- **The Trevor Project:**

- Text "start" to 678-678
- Call: 1-866-488-7386

- **BlackLine**

- Call: 1-800-604-5841
- A space for peer support

- **GuideLink Access Center**

- 300 Southgate Ave.
- Call: 319-688-800

- **UIHC Emergency Room**

- **Call 911**

