

JULY 2020

SUPPORTING THE PRIDE PRESS

VOL. 1 ISSUE 1. BLACK LIVES MATTER

UNIVERSITY OF NORTH ALABAMA
STUDENT COUNSELING SERVICES



BLACK LIVES MATTER

We Are With You

OUR RESPONSE TO RACISM AND INJUSTICE

UNA Student Counseling Center recognizes the impact that discrimination, injustice, unrest, and prejudice have on the mental health and overall well being of our students. There are many reactions and emotions that can occur in response to the recent events, and we would like to offer our support in helping you process and understand these reactions. Our staff would like to join you in learning about and confronting the conversation surrounding racial injustice and prejudice. We would also like to advocate for our Black students, faculty, and staff by continuing to educate ourselves and standing against racism. The goal of this newsletter is to connect our students to movements and events in the Florence and greater Shoals area. We also hope to provide relevant resources to our students in order to promote an inclusive, diverse, and safe environment.

This month, we're looking at:

- *HARVARD IMPLICIT BIAS TEST*
- *"MICRO INTERVENTION STRATEGIES"*
- *BOOK OF THE MONTH*
- *ORGANIZATION OF THE MONTH*
- *LOCAL EVENTS AND MOVEMENTS*

Where Do I Begin?

START THE PROCESS OF ADVOCATING FOR SOCIAL JUSTICE BY EXAMINING YOUR OWN IMPLICIT BIASES. CHANGE BEGINS WITH YOURSELF. "PROJECT IMPLICIT" BY HARVARD UNIVERSITY OFFERS A FREE **IMPLICIT ASSOCIATION TEST** TO HELP INDIVIDUALS LEARN WHAT IMPLICIT BIASES THEY MIGHT HAVE.

"AT PROJECT IMPLICIT HEALTH (PIH), YOU CAN MEASURE YOUR THOUGHTS ABOUT MENTAL AND PHYSICAL HEALTH THAT ARE DIFFICULT TO CONSCIOUSLY CONTROL. THE TESTS REQUIRE LESS THAN 15 MINUTES AND YOU WILL RECEIVE FEEDBACK ABOUT YOUR PERFORMANCE AND LEARN MORE ABOUT ABOUT AUTOMATIC YOUR THOUGHTS."-PIH

VISIT
[HTTPS://IMPLICIT.HARVARD.EDU/IMPLICIT/TAKEATEST.HTML](https://implicit.harvard.edu/implicit/takeatest.html)

July Spotlight

BOOK RECOMMENDATION:

"WHITE FRAGILITY: WHY IS IT SO HARD FOR WHITE PEOPLE TO TALK ABOUT RACISM" BY DR. ROBIN DIANGELO

ORGANIZATION TO SUPPORT:

EQUAL JUSTICE INITIATIVE. "THE EQUAL JUSTICE INITIATIVE IS COMMITTED TO ENDING MASS INCARCERATION AND EXCESSIVE PUNISHMENT IN THE UNITED STATES, TO CHALLENGING RACIAL AND ECONOMIC INJUSTICE, AND TO PROTECTING BASIC HUMAN RIGHTS FOR THE MOST VULNERABLE PEOPLE IN AMERICAN SOCIETY." - EJI

VISIT [HTTPS://EJI.ORG/](https://eji.org/)

"Disarming Racial Microaggressions: Microintervention Strategies for targets, White allies, and bystanders"

Sue, D.W., Alsaidi, S., Awad, M., Glaeser, E., Calle, C.Z., & Mendez, N. (2019).

"This article introduces a new strategic framework developed for addressing microaggressions that moves beyond coping and survival to concrete action steps and dialogues that targets, allies, and bystanders can perform (microinterventions)"

What are microaggressions? A microaggression is an action, thought, or statement that is subtly, or indirectly, discriminatory towards a member of a marginalized group. Microaggressions are often unintentional, yet they can be hurtful to members of a minority ethnic, racial, or gender group.

Microintervention Strategies:

- Make the "Invisible" Visible
- Disarm the Microaggression/Macroaggression
- Educate the Offender
- Seek External Intervention

For more information, read the full article at <https://engineering.purdue.edu/Engr/People/faculty-retention-success/Files/Racial-Microaggressions.pdf>

Local Events and Movements

Project Say Something is a group local to the Shoals Area. The mission of Project Say Something is to "confront racial injustice through Black history by using non-violent communication, education, and community empowerment to reconcile the past with the present"

Visit the groups Facebook Page "Project Say Something" for weekly schedules and updates

The Process of Healing

TRAUMA FROM RACISM AND DISCRIMINATION IS REAL. IT EFFECTS MENTAL HEALTH AND WELL-BEING IN DIFFERENT WAYS. EVERYONE'S JOURNEY TO HEALING HAPPENS IN DIFFERENT, PERSONAL, WAYS. BLACK LIVES MATTER HAS DEVELOPED A "HEALING IN ACTION" TOOLKIT TO HELP BLACK INDIVIDUALS BEGIN TO HEAL IN AN ACTIVE AND RESTORATIVE WAY.

"IN HIGH STAKES OR HIGH STRESS SITUATIONS, WE ARE AT GREATER RISK OF REACTING FROM A PLACE OF TRAUMA. ORGANIZING AGAINST VIOLENCE AND FOR BLACK LIBERATION CAN CONSCIOUSLY OR UNCONSCIOUSLY TRIGGER US TO RELIVE UNHEALED EXPERIENCES IN WHICH WE, OUR ANCESTORS AND OUR COMMUNITIES HAVE BEEN OPPRESSED AND VIOLATED. THAT REVISITED PAIN BECOMES THE ANGER THAT MOTIVATES US INTO ACTION. YET, SOURCING OUR WOUNDS AND TRAUMA IN THIS WAY TAKES A HEFTY TOLL"- BLACK LIVES MATTER HEALING IN ACTION TOOLKIT

What is Healing Justice?

Healing Justice asks two questions that are related to direct action:

- How do we scaffold and support our well-being through direct action and confrontation?
- How do we begin to draw energy from naming and sourcing our visions more often than our wounds?

Scaffold and Support Well-Being Through Direct Action

This Issue of Supporting the Pride; Black Lives Matter will focus on the first question related to direct action-how do we scaffold and support our well-being through direct action and confrontation?

Black Lives Matter recommends beginning the process by making space for healing justice. One way to do this is by Centering and Grounding.

"Taking the time to center and ground, even if it is just breathing together or sitting in silence, is critical for becoming aware of ourselves, our bodies and how we are showing up in the moment. By doing these practices, we can self-identify moods, thoughts, anxieties, and energy levels that will contribute to how we engage in our meetings and how we shape actions."

Grounding Exercises

Box Breath: Inhale for 4 counts, hold for 4 counts, release for 4 counts, and hold at the bottom for 4 counts.

Repeat several times. Notice if your shoulders are able to drop, notice how thoughts and moods shift.

Body Scan: Take time (and breath!) to get curious about what is happening within your own bodies. Share out a mood and a sensation you noticed for the first time.

Chanting: Chanting and group singing are great ways to ground on a shared purpose or feeling. They are proven to regulate and sync up nervous systems within a group.

Information found at https://blacklivesmatter.com/wp-content/uploads/2018/01/BLM_HealingAction_r1.pdf