

TIPS FOR PROMOTING SELF CARE AND RESILIENCE WHEN IMPACTED BY HATE-BIAS

Self-care has been defined as providing adequate attention to one's own physical and psychological wellness (Beauchamp & Childress, 2001). Along with self-care, building resilience, particular in the aftermath of a hate-bias incident, is key. Resilience has been defined by the American Psychological Association as "the human ability to adapt in the face of tragedy, trauma, adversity, hardship, and ongoing significant life stressors."

Physical

Nutrition: Eat regular, well-balanced meals. The University Health Center Nutrition Service unit empowers and supports members of the University of Maryland community with the knowledge and skills needed to make and implement healthy nutrition choices today and for a lifetime. <https://health.umd.edu/wellness-advocacy/nutrition-services>

Get adequate sleep

Get regular exercise and physical movement

Reduce alcohol and caffeine consumption

Balance school, play, and rest

Limit or eliminate exposure to media

Practice laughter and humor

Take deep breaths

Psychological

Know your vulnerabilities

Engage in Self-Reflection

Take vacations

Listen to music that soothes you

Engage socially to avoid feeling isolated -Attend events on campus, join student groups etc

Set limits, if necessary, when others are too demanding of your time or energy

Use friends, family and the campus community for support

Spiritual

Engage in reflection

Pray

Meditate

Connect with nature

Find creative ways to express yourself

Read inspirational literature

Spend time in nature

When faced with the uncertainty and confusion that may result from a hate-bias incident, establishing resilience is key. Consider asking yourself these questions to create resilience within yourself:

What are my strengths?

What has helped me endure previous difficult times?

What healthy things can I do to soothe myself when I'm faced with uncertainty?

Is there something I can do to influence what will happen next? If so, what?

What are my resources to increase my resilience?

How can I ask for what I need?

A MESSAGE FROM THE HATE-BIAS RESPONSE PROGRAM

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