Group Activity

Purpose: Practice Racial Stress Mindfulness and Management Strategies

Reflection Exercise:

1. Think of a recent or past event that you would consider a “racially stressful event.”
   - Describe the context and setting.
   - Who was involved?
   - What was your role?

2. As you reflect and describe the stressful event, be conscious of “how” your body responds to the event.

3. Practice calculating it, locating it, and communicating how you feel to the group:

   - **Calculate it**
     - On a scale of 1-10, how stressful was it? Did it shift, spike?
   
   - **Locate it**
     - Find in your body where you feel the stress, be detailed
   
   - **Communicate it**
     - Tell yourself, “I’m feeling stressed at the level of 9 and I feel it in my left leg that’s twitching uncontrollably.”
     - Tell a trusted friend
     - Disclose appropriately within the dynamics of your work

   - **Breathe and Exhale!!**

Source: Racial Empowerment Collaborative