

## **Resources for Self Care While Responding to Racism and Acts of Violence**

Riverside Trauma Center:

[http://riversidetraumacenter.org/our-services/1658-2/?fbclid=IwAR3MUtegil\\_U8WQ5vMXhSW8aOJbN1CTXYwgG41jIBiLS1BD8KuHC97VyBFc](http://riversidetraumacenter.org/our-services/1658-2/?fbclid=IwAR3MUtegil_U8WQ5vMXhSW8aOJbN1CTXYwgG41jIBiLS1BD8KuHC97VyBFc)

Cassandra Corrado: [How to Rest & Recover While You Fight for Social Change](#)

Self Care in the Face of Racism:

<https://therapyforblackgirls.com/2020/01/09/self-care-racial-injustice/>

Life Kit: [An Illustrated Guide to Showing Up For Yourself](#)

Life Kit: [What To Say When A Friend Is Struggling](#)

Life Kit: [Screen Time Overload? Here's How To Find Balance](#)

Color Lines: [4 Self Care Resources for Days When the World is Terrible](#)

International Association of Chiefs of Police Employee and Family Wellness Guide:

<https://www.theiacp.org/resources/document/employee-and-family-wellness-guide>