

Week 2 - June 10th

(Total Time: ~15 minutes for three articles and 2 instagram posts, or read nothing and join us anyway!)

1. Read '[I Do it to Survive: Being Black in America Means Adapting to Constant Risk](#)' by Theresa Okokon.
2. Read [How the Politics of Racial Resentment is Killing White People](#), an interview with [Jonathan Metzl](#)
3. I don't know about you, but I haven't yet gotten to *White Fragility* yet. My friend sent me [this article](#) and I found it helpful until I dig in.

I know there are so many instagram posts around what to do, who to donate to, etc. I promise not to be spammy with them, but these are two this week that I found helpful:

4. This [Instagram Post](#) from [Giselle Buchanan](#) *her Pay Pal is there if you'd like to make a donation for her work as well*
5. This [Instagram Post](#) from [Andrea Renae](#)

Let's read, but also get out of our heads and into feeling. Whether that's feeling into your heart, your gut, or your feet on the ground, practice paying attention to what comes up as you read these words. Let's use this awareness of feeling and embodiment of empathy as fuel for action.

6. Do none of the above, and still join us Wednesday anyway.