# Yoga for coping with Racial Trauma

# PTSD-CTSD

Fear and doubt

Anxiety

Toxic thoughts

Substance abuse

Low self worth

anger

Negative Behaviors

No Goals

# INSTITUTIONAL TRUAMA

80% of k-12 teachers are white

76% of college professors white

# National percentage for disability diagnosis

12% Black

8% White

# Anxiety and Depression

**Reported** anxiety of African Americans up 16%

# Left out

African Americans make up only 9% percent of AP students

# Higher education

1-15 ratio

Self concept and racial identity are linked to academic performance (Moore and Owens 2009)

# Whole **Black** self

# BLM

## BREATHE

Focus Peace Health

## LISTEN

Knowledge Love Creativity

## MOVE

Sensual Relaxation Reclaim

# Roots

# Benefits of Yoga

Confidence

Reduce anxiety

Academic Performance

Memory

Coping skills

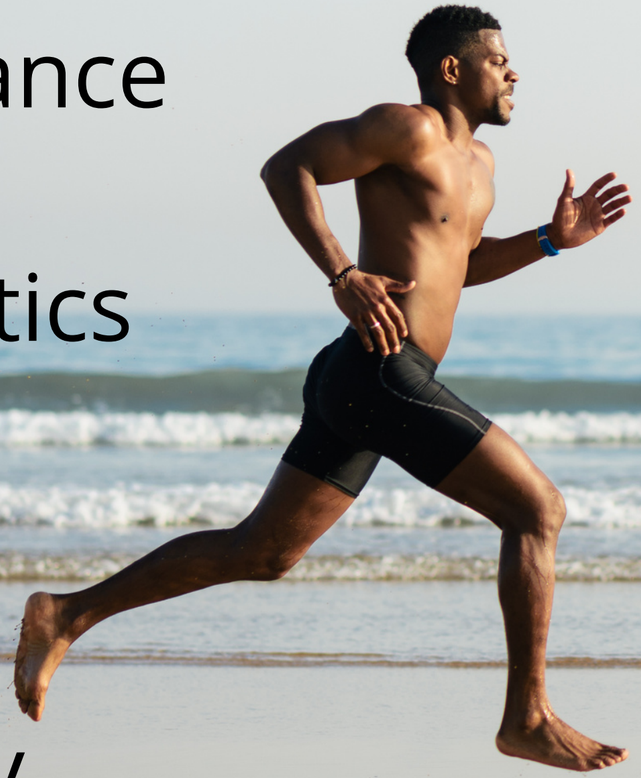
Focus

# Physical

Strength

Flexibility

Balance



Aesthetics

Endurance

Energy

Increase circulation

# Spiritual

- Fun
- Energy
- Positive attitude
- Collaboration

- Creativity
- Community
- Empathy
- Creativity

# What can non Black folk do?

- Listen
- Acknowledge
- Learn
- Call in/out
- Human

# Namaste

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