

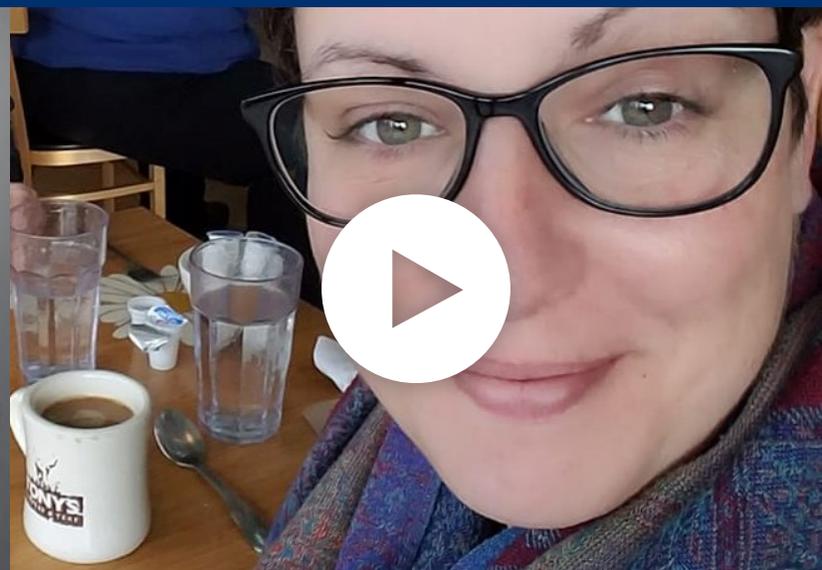
VIRTUAL CARE PACKAGE BIPOC

WELCOME

Counseling, Health & Wellness welcomes you to a fall quarter unlike any other. While these past few months have been filled with uncertainty, grief, tragedy, and challenge, one thing remains certain – we’re here for you! Take a moment to explore this virtual care package as part of caring for your holistic health and well-being. We’ve compiled resources, coping tools, and information to help you prepare for this new academic year. A year in which resilience, self-care, and community connection have never been more important. As part of the Western community, we’re in this together.

Be well,

Counseling, Health & Wellness Services



COPING & SELF-CARE

It's ok to not be ok right now. To expect the same of ourselves during this very abnormal time is unrealistic. Be gracious, compassionate, and tender with yourself. Black, Indigenous, People of Color (BIPOC) may be experiencing particular strain from living through a racism pandemic, being apart from community, and being disproportionately impacted by COVID. Here are some ways to take care of your wonderful self. You deserve to be safe, cared for, and loved.

THE BASICS



SLEEP

Practicing sleep hygiene, getting consistent sleep, avoiding naps, etc.



PHYSICAL ACTIVITY

Move your body regularly in a way that feels right for you, such as walking, dancing, stretching, or another form of exercise.



NUTRITION

Eating consistently throughout the day and nourishing our bodies and minds.



ROUTINE

Creating structure, having a schedule, using a planner/calendar.

TIPS FOR COPING

- Limit news consumption
- Create a dedicated workspace
- Spend time outdoors
- Find outlets for your emotions (e.g. journaling, creating, drawing, playing music, sharing, social support...)
- Engage in distraction (e.g. hobbies, Netflix, cleaning, organizing, podcasts...)
- Practice grounding yourself (e.g. meditation, prayer, mindfulness, being present...)
- [Black Lives Matter Meditation for Healing Racial Trauma](#)
- Practice self-compassion

CAMPUS RESOURCES

- [Counseling Center](#)
- [Student Health Center](#)
- [Ethnic Student Center](#)

APPS

- [Liberate: BIPOC Meditation](#)
- [Youper](#)
- [Stop, Breathe & Think](#)
- [Headspace](#)
- [Insight Timer](#)
- [COVID Coach](#)

ADDITIONAL RESOURCES

- [Journal Prompts for Wellness](#) – Black Emotional and Mental Health Collective (BEAM)
- [44 Mental Health Resources for Black People Trying to Survive in This Country](#)
- [COVID-19 Información y Recursos](#)
- [The Steve Fund](#)



Message from the
Counseling Center



TRAUMA, LOSS, & UNCERTAINTY

Living amidst a pandemic, confronting systemic racism, and trying to live your best life is challenging to say the least. For BIPOC students, this time might require you to live away from family, community, and the usual supports you rely on. Grief is a normal response to these types of stressors and traumatic events. Here are a few things to help maintain perspective and put into context what you may be feeling:

- **We're in a collective state of grief** over the loss of: normalcy, being together, opportunities, security, expectations, loved ones, etc.
- **We're responding to traumatic events and circumstances.** Trauma has a direct impact on the body's central nervous system, which is known as the fight, flight, or freeze response. Trauma can show up in many ways including: Anxiety, stress, muscle tension, trouble sleeping, irritability, apathy, depression, digestive disturbance, and avoidance to name a few.
- **We're faced with so many unknowns** and that is hard to accept. With uncertainty we often try to seek control, create structure, and return to what is familiar.

[!\[\]\(dfbd6b3763a6d1d9afaa974f64e2e4b5_img.jpg\) How to Cope with Traumatic Events like Coronavirus](#)

[!\[\]\(e78f798d4ea5c530c9db49e7d26e6b95_img.jpg\) Coping with Racial Trauma](#)

[!\[\]\(23d9fc146e83b5c3013cfa32c784f8d5_img.jpg\) Grounding Toolkit](#)

[!\[\]\(c694a3ff3b077d76910920a6a1593ab4_img.jpg\) Supporting the Well-Being of Students of Color](#)

MESSAGE FROM DEIDRE EVANS, MSW, Survivor Advocacy Services Coordinator

Home is not always the safest place for everyone. During this time of remote learning and physical distancing survivors may be experiencing an increase in safety concerns and feelings of isolation. You are not alone and support is available. Everyone deserves to be treated with love, dignity and respect in their relationships. If you or someone you know is experiencing violence and abuse, support is available.

[!\[\]\(aa53ad6fea213b8b2226d3077e30533a_img.jpg\) CASAS Support Groups](#)

[!\[\]\(dd161862f9164df98f62b726e9846241_img.jpg\) CASAS at WWU](#)

[!\[\]\(758ebdf4629c903da74c2e079717ae32_img.jpg\) DVSAS](#)

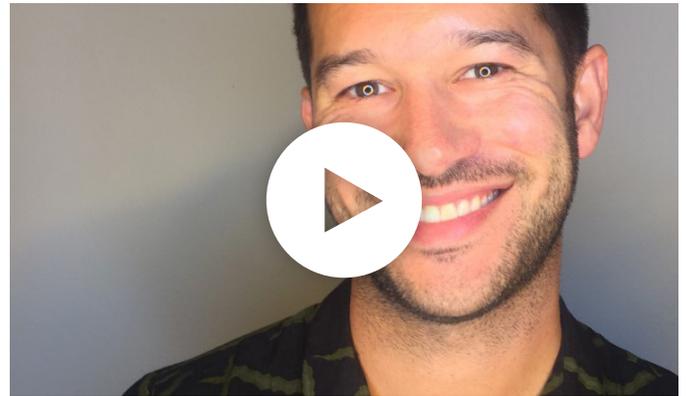


SOCIAL CONNECTION

Quarantine, physical distancing, isolation? It's no wonder we're all feeling a little less connected. While we have to get creative with staying connected, there are still plenty of ways to be together, apart. Explicitly BIPOC affirming social support can be especially nurturing, empowering, and comforting right now.

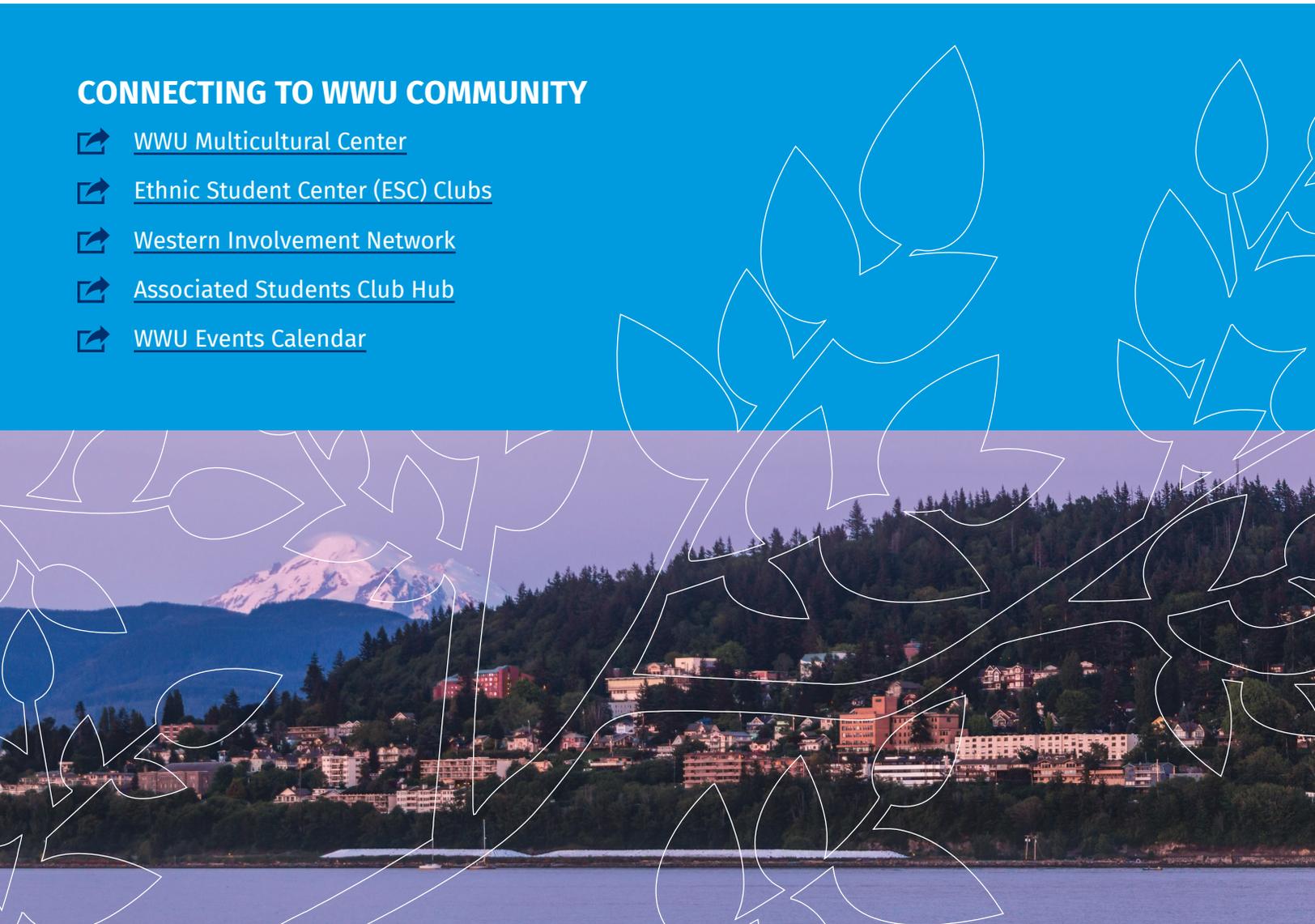
Tips for connecting:

- Mindful social media use
- Call, text, FaceTime, email, send an actual letter!
- Virtual hangouts (e.g. [Houseparty](#), Netflix Party)
- Spiritual and cultural practices
- Being in community



CONNECTING TO WWU COMMUNITY

- [WWU Multicultural Center](#)
- [Ethnic Student Center \(ESC\) Clubs](#)
- [Western Involvement Network](#)
- [Associated Students Club Hub](#)
- [WWU Events Calendar](#)



RESILIENCE & BUILDING HOPE

Times like these can test our ability to find meaning and purpose. Connecting with other BIPOC in the present, and with histories of BIPOC struggle and thriving through adversity, can be grounding. Here are some prompts to help you connect to histories of resilience and feel inspired. Remember, **your whole self is real and beautiful**. So many people at Western are here for you!

- *What do you love about being BIPOC?*
- *Who do you look up to in the BIPOC community?*
- *What makes you uniquely you?*
- *What skills have helped you overcome adversity?*
- *What brings you hope?*

CAMPUS RESOURCES

- Black and Brown Male Success Collective – Contact [Brandon Joseph](#), Men’s Resiliency Specialist
- [Yoga for Resilience at WWU](#)
- [Wellness Wednesdays at WWU](#)
- [CampusWell WWU](#)

FINDING A BIPOC THERAPIST

- [Multicultural Counselors](#) (WA providers)
- [InnoPsych](#)
- [Ayana](#)

OTHER RESOURCES

- [The Jed Foundation](#)
- [Crisis Text Line](#)
Text “STEVE” to 741741 to access a culturally trained Crisis Text Line counselor.
- [National Suicide Prevention Lifeline](#)
- [The Steve Fund](#)
- [The Trevor Project](#)
- [National Alliance on Mental Illness](#)
- [Therapy for Black Girls](#)
- [Therapy for Latinx](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)
- [Therapy for Black Men](#)
- [BIPOC Mental Health Resources](#)

