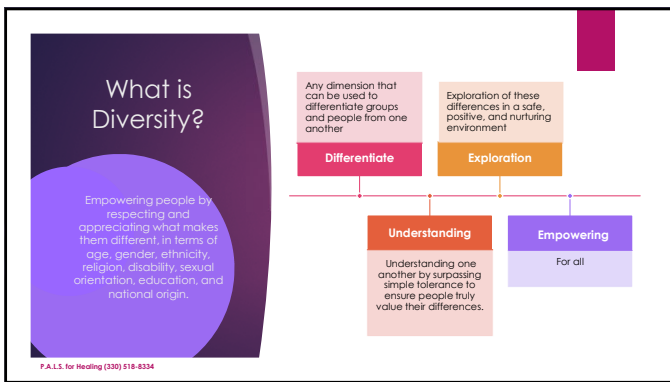




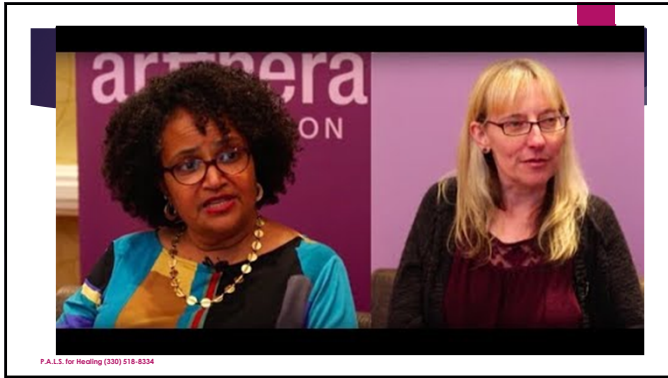
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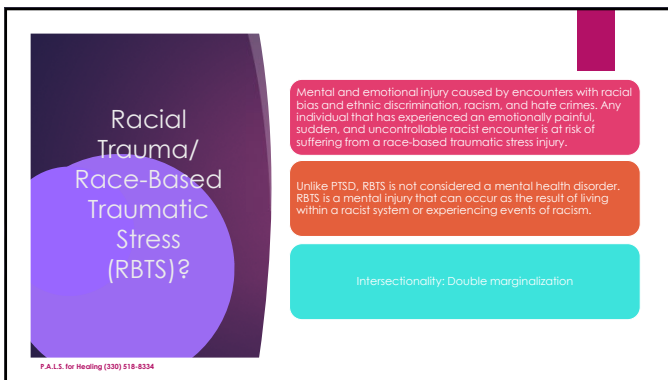
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- ▶ Clients
 - ▶ Workplace
 - ▶ School
 - ▶ Collaboratives
 - ▶ Families
 - ▶ Neighborhoods

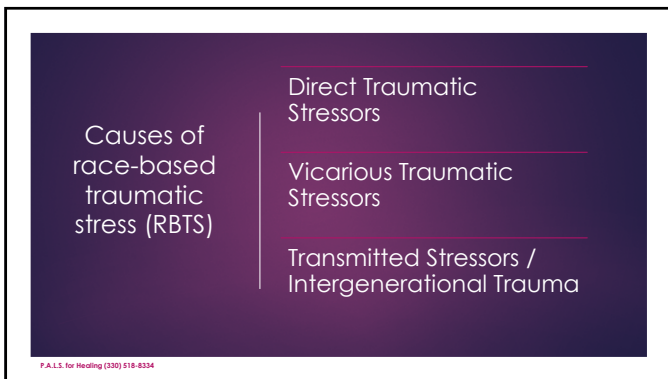
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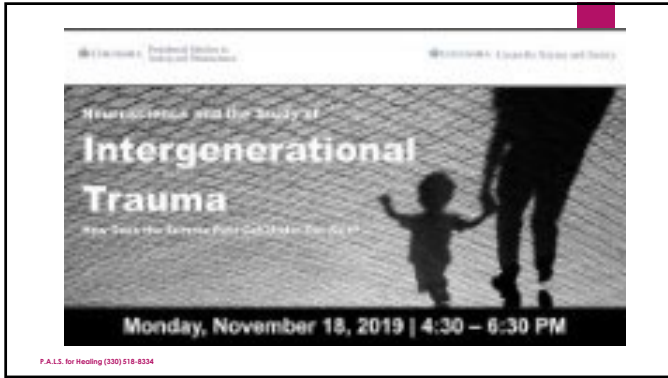
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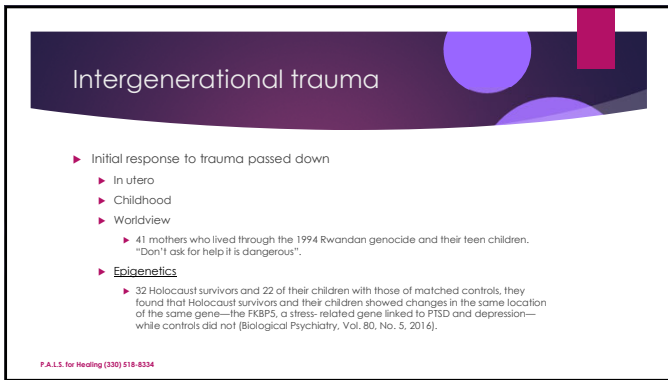
5



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Symptoms

- Re-experiencing of distressing events
- Arousal/ Hypervigilance
- Chronic Stress
- Distressing emotion
- Isolation
- Avoidance
- Reduced self-esteem
- Somatization

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EFFECTS OF STRESS ON THE BODY

- SKIN:** Changes in Skin Texture, Loss of Skin Tone, Loss of Muscles, Thinner & More Brittle Skin. [Learn More >](#)
- IMMUNE SYSTEM:** Decreased Immunity. [Learn More >](#)
- HORMONES:** Hormonal Imbalances, Increased Cortisol. [Learn More >](#)
- BONES:** Decreased Calcium Absorption, Weakened Bones. [Learn More >](#)
- BRAIN:** Fatigue, Reduced Concentration, Decreased Mood. [Learn More >](#)
- HEART:** Increased Heart Rate, Elevated Blood Pressure. [Learn More >](#)
- GUT:** Decreased Nutrient Absorption, Alterations in Gut Bacteria, Changes in Microbiome, Leaky Gut. [Learn More >](#)
- MUSCLE:** Muscle Pain & Breakdown. [Learn More >](#)

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What to do?

- Being seen and heard is essential to healing
- Self-care/cope with stress
- Learn to be aware and recognize the symptoms of racial trauma
- Recognize when you are not able to perform optimally because of the above symptoms and rest if you are able.
- Roleplay how to respond to negative racial encounters with trusted people in your network.
- Agency and self-advocacy are associated with leadership, school engagement, self-esteem, and prosocial behaviors.

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