

Psychological Impact of Racial Violence: Perspective from an Asian American Psychologist

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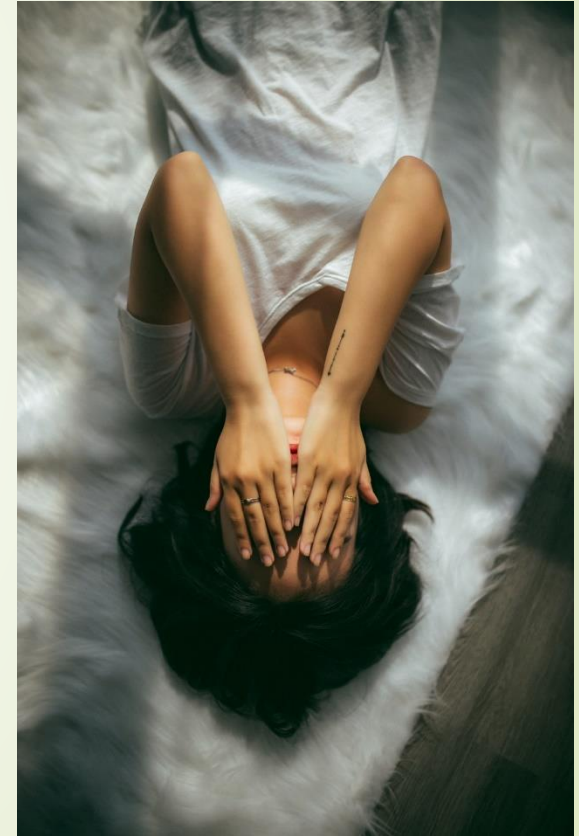
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Race-Based Stress

- Numbness
- Denial
- Confusion
- Hypervigilance
- Anxiety/ fear
- Anger
- Concentration difficulty
- Depression
- Low self-esteem/ Shame
- Physical – insomnia, headaches, heart palpitations





Impact of Racism on Asian Americans during the Pandemic

- 29% increased discrimination
- 41% increased anxiety symptoms
- 53% increased depressive symptoms
- 15% increased physical symptoms (e.g., headaches, shaking)
- 43% increased sleep difficulties

Social support reduces the negative effect of racism

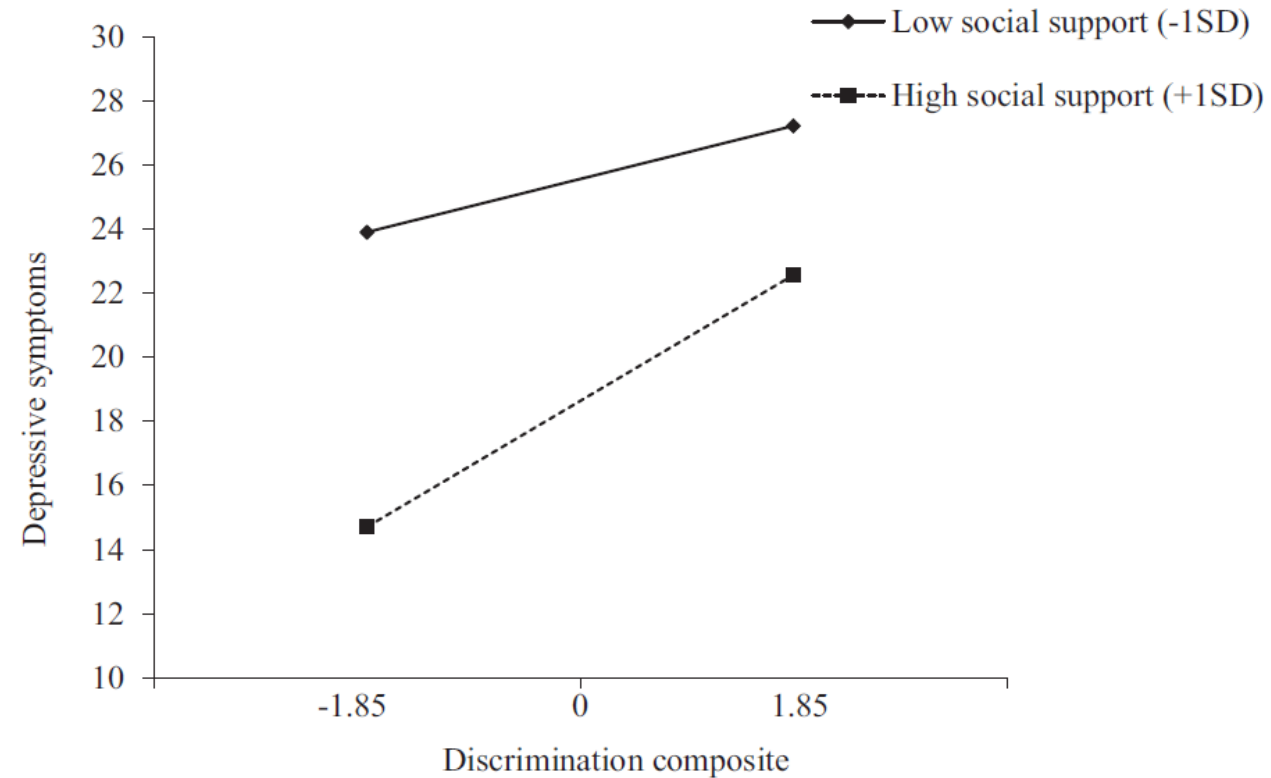



Figure 1. The association between composite of experiences of discrimination and depressive symptoms moderated by the degree of social support.

How to cope with Anti-Asian Racism?

- Increase sense of safety
- Recognize and honor your feelings
- Seek support from trusted people
- Find pride in your community





How to support Asian American colleagues and patients?

Do's

- ▶ Acknowledge anti-Asian racism
- ▶ Check in
- ▶ Validate their pain
- ▶ "I'm thinking of you"
- ▶ "I'm here for you if you want to talk or need anything"
- ▶ Offer flexibility or support with workload

Don'ts

- ▶ Stay silent or "business as usual"
- ▶ Wait until they bring up
- ▶ Try to make their pain disappear
- ▶ Make it about you
- ▶ Force them to talk or process with you
- ▶ Wait until they ask or presume that they want to take time off

Resources

➤ Mental wellness

➤ Self-care tips

<https://www.huffpost.com/entry/self-care-advice-asian-americans-15e83a656c5b6a1bb764f0e45>

➤ AAPI therapists

<https://www.asianmhc.org/apisaa#texas>

➤ Personal perspective article

➤ Miu & Moore (2021) *Academic Psychiatry* <https://rdcu.be/cgapK>

➤ Advocacy

➤ Educate on AAPI history

➤ Outwardly denounce racism

➤ Intervene and report hate crimes on [StopAAPIHate.org](https://www.stopaapihate.org)

➤ [#StopAsianHate](https://twitter.com/StopAsianHate)

➤ Full list: <https://anti-asianviolenceresources.carrd.co/>



