TIPS FOR PROMOTING SELF CARE AND RESILIENCE WHEN IMPACTED BY HATE-BIAS

Self-care has been defined as providing adequate attention to one’s own physical and psychological wellness (Beauchamp & Childress, 2001). Along with self-care, building resilience, particular in the aftermath of a hate-bias incident, is key. Resilience has been defined by the American Psychological Association as “the human ability to adapt in the face of tragedy, trauma, adversity, hardship, and ongoing significant life stressors.”

**Physical**
Nutrition: Eat regular, well-balanced meals. The University Health Center Nutrition Service unit empowers and supports members of the University of Maryland community with the knowledge and skills needed to make and implement healthy nutrition choices today and for a lifetime. [https://health.umd.edu/wellness-advocacy/nutrition-services](https://health.umd.edu/wellness-advocacy/nutrition-services)
Get adequate sleep
Get regular exercise and physical movement
Reduce alcohol and caffeine consumption
Balance school, play, and rest
Limit or eliminate exposure to media
Practice laughter and humor
Take deep breaths

**Psychological**
Know your vulnerabilities
Engage in Self-Reflection
Take vacations
Listen to music that soothes you
Engage socially to avoid feeling isolated – Attend events on campus, join student groups etc
Set limits, if necessary, when others are too demanding of your time or energy
Use friends, family and the campus community for support

**Spiritual**
Engage in reflection
Pray
Meditate
Connect with nature
Find creative ways to express yourself
Read inspirational literature
Spend time in nature

When faced with the uncertainty and confusion that may result from a hate-bias incident, establishing resilience is key. Consider asking yourself these questions to create resilience within yourself:

What are my strengths?
What has helped me endure previous difficult times?
What healthy things can I do to soothe myself when I’m faced with uncertainty?
Is there something I can do to influence what will happen next? If so, what?
What are my resources to increase my resilience?
How can I ask for what I need?

A MESSAGE FROM THE HATE-BIAS RESPONSE PROGRAM
UNIVERSITY OF MARYLAND, OFFICE OF DIVERSITY AND INCLUSION
hate-biasresponse@umd.edu
stophatebias.umd.edu