

COPING WITH MICROAGGRESSIONS

Here is a bit of information that might help you when dealing with microaggressions in your everyday life.

TAKE A DEEP BREATH

Take some time to think through what has just occurred. This can give you a second to decide if you want to keep going on with the situation and how you will confront the microaggression.

<https://www.minitex.umn.edu/Training/DisplaySessionHandout.aspx?Title=Identifying%20and%20Responding%20to%20Microaggressions&SessionID=580>

WHAT CAN YOU DO

Addressing microaggressions can be difficult sometimes, especially in social situations. By having a few steps in mind, you can have tools to deal with these situations if they come up in your everyday life. You can know how you would like to handle these situations and what your goal of the encounter is.

<http://www.theprospect.net/how-to-deal-with-microaggressions-29673>

THINK OF YOUR GOAL

If you decide to confront the microaggression, what would be your goal for the confrontation? Is your goal to educate people about why what they did was a microaggression or would it be simply letting them know that what they did was a microaggression? Knowing what your goal is can help you confront the situation.

<http://www.quickanddirtytips.com/health-fitness/mental-health/how-to-deal-with-racism>

ASSESS THE SITUATION

Think about the situation that you are in. Is it safe for you to confront the situation? Who are the people around you? How do you think that your confrontation will be received?

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DECOMPRESS

It is important to have trusted people and a comfortable place for you to discuss how these events affect you and to let everything out. By talking it out with people who can relate to you, you can help relieve some of the stress from these kinds of situations and maybe learn from others about different methods of coping with microaggressions. Talking about it can also encourage others to speak out as well.

IF YOU HAVE ANY QUESTIONS, FEEL FREE TO VISIT US AT IME