Figure 4. Network of Twitter users Tweeting and Retweeting about Black Lives Matter and trauma from July 2014 through December 2016 (n=1,631).

*Saves to self care after trauma* Please take care of yourselves. #blacklivesmatter 🙏 #philando #AltonSterling http://www.justjasmineblog.com/blog-1/self...

@OGDeandre
@mrclydepratt
@PeytonCashOut
@JadonHutchinson
@BLMSoldier
@ErRivvvvers
@acejinev
@BleepThePolice
@LILJordamn
@ZzzacharyZzz

#Ferguson activists live with mental trauma long after protests have ended. alternet.org/personal-health ...

Ferguson Activists Are Struggling with Mental Trauma Long...

Johnetta Elzie rose to national prominence as a leading protester in Ferguson last summer.

alternet.org

Self-care for People of Color after experiencing race related trauma #BlackLivesMatter 🙏 via @MadisonShepard

Mindful Isolation
Disconnect from triggering interactions or other situations that might elicit the fight/flight response

Discharge Energy
Find ways to exert physical energy, go for a brisk walk or run. Find (safe) ways to discharge intense anger that includes physical movement.

Ask For Help
If you find yourself unable to cope, find a trauma support group or therapist to assist you. You matter.

Community
Connect with people who you've identified as your empathetic and open support. Process your feelings with them.

Well-Being
• Feed yourself well
• Get good rest
• Avoid toxins
• Breathe deep

JustJasmineBlog.com

I.R.A. linked accounts
@OGeandre @BLMSoldier @BleepThePolice @mrclydepratt @ErRivvvvers @LILJordamn @acejinev @JadonHutchinson

How Racism Causes Post Traumatic Stress Disorder (PTSD) https://t.co/DEbIXFXiW #health #racism #wellness #blacklivesmatter