

AN INSTANT HELP SOCIAL JUSTICE BOOK FOR TEENS

# HEALING RACIAL STRESS WORKBOOK FOR BLACK TEENS

Skills to Help You Manage Emotions,  
Resist Racism & Feel Empowered



Respond to racial stress & trauma • Deal with microaggressions • Build resistance & resilience

JESSICA S. HENRY, PHD | FARZANA T. SALEEM, PHD | DANA L. CUNNINGHAM, PHD  
NICOLE L. CAMMACK, PHD | DANIELLE R. BUSBY, PHD  
Foreword by Howard C. Stevenson, PhD

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**If you're a Black teen** who has experienced or witnessed racism or discrimination, you may feel stressed, fearful, angry, sad, or anxious. Distressing thoughts or painful memories might cause you to lose sleep, and you might even have trouble focusing at school or enjoying time with your friends. You should know that you are *not* alone, and there are tools you can use to work through these difficult emotions, regain your confidence, and move forward. This workbook can help guide you, step by step.

Written by a team of Black mental health experts and grounded in culturally responsive cognitive behavioral therapy (CBT), this engaging workbook offers powerful strategies to help you manage emotions and heal racial stress caused by microaggressions, stereotypes, bullying, unfair treatment, and overt racism. You'll also learn to find strength in your cultural identity, gain the skills needed to resist racism in your day-to-day life, and thrive!

**“THIS INVALUABLE WORKBOOK HAS POWERFUL TOOLS, RESOURCES,  
AND STRATEGIES FOR ANYONE WORKING WITH BLACK STUDENTS WHO  
WANT TO SEE THEM THRIVE AND EXPERIENCE JOY.”**

—Tyrone C. Howard, Pritzker Family Endowed Professor at UCLA



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