

# Facing Racism and Discrimination



In the news, our communities, and perhaps even our living rooms, people are discussing difficult issues about race — sometimes for the first time. It can be hard for any of us to feel calm in such stormy times.

Check out these short online exercises for helpful tools and support. You can access this content easily from the internet or your smartphone.

These resources are offered to you at no cost and are just some of the digital materials that may help you manage your physical and mental health.

## A Thousand Cuts



## Talking to Your Kids About Racism, Violence, and Protests



## Racism-Related Stress and Mental Wellness



## A Difficult But Necessary Conversation



## Racism, Grief, and Loss



## SIGN UP TODAY

To get started, visit <[www.mystrength.com/go/epc/azallwell](http://www.mystrength.com/go/epc/azallwell)>

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Español (Spanish): Servicios de asistencia de idiomas, ayudas y servicios auxiliares, traducción oral y escrita en letra más grande y otros formatos alternativos están disponibles para usted sin ningún costo. Para obtener esto, llame al número de arriba.

Diné Bizaad (Navajo): Diné k'ehjí saad bee shíká a'doowoł nínízingo bee ná haz'á', t'áá haada yit' éego kodóo naaltsoos da nich'j' ál'j' jgo éí doodago t'áá h a'át'íhída Diné k'ehjí bee shíká a'doowoł nínízingo bee ná ahóót'i'. Ákót' éego shíká a'doowoł nínízingo hódahgo béesh bee hane'í biká'íjj hodíłnih

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