

BIPOC Worksheet

This worksheet is designed to help you understand and manage mental health challenges specific to BIPOC (Black, Indigenous, and People of Color) communities.

1. Think about the situations, emotions, or experiences that trigger mental health challenges as a BIPOC individual. Describe them in detail.

Example: "I feel anxious and stressed when I encounter microaggressions at work or when I see news about racial violence."

2. List the specific emotions you experience in relation to these triggers. Reflect on why you feel this way.

3. Identify the physical symptoms you experience as a result of these triggers that impact your mental health.

4. Identify any irrational or distorted thoughts related to your experiences as a BIPOC individual. Challenge these thoughts with more balanced and realistic perspectives.

Example:

- *Irrational Thought: "I have to work twice as hard to be seen as competent."*

- *Realistic Thought: "My worth and competence are not defined by others' biases. I deserve recognition for my efforts."*

5. Create a list of coping strategies to help you manage the mental health challenges of being a BIPOC individual. These can include relaxation techniques, healthy distractions, and seeking support.

6. Write a compassionate message to yourself acknowledging the challenges you face as a BIPOC individual and affirming your commitment to self-care and mental health.

Example: "It's okay to feel overwhelmed by the challenges of being a BIPOC individual. I am resilient and capable of managing these challenges. I deserve to take care of myself and seek support when I need it."
