MEDITATING ON MICROAGGRESSIONS

POCinLIS Summit | Loyola Marymount University
QUINN TOMLINSON
“Wait, what are you?”

“Are you asking about my ethnicity, my zodiac sign or my diet?”
WHAT ARE MICROAGGRESSIONS?

- Someone has told me that he/she was “colorblind”
- Someone has told me that I was “articulate” after he/she assumed I wouldn’t be
- Someone assumed I have a lower education because of my race
- Someone told me I was hired because of my race
- Someone ignored me because of my race
- Someone told me that everyone in my racial group was the same
- Someone told me I was overly sensitive about issues of race
- Someone has asked me about my race or made an assumption about my race
- Someone has followed me around a store because of my race
- Someone has mistaken me for a service worker because of my race
MICROAGGRESSIONS ARE...

“brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults toward people of color.”

MINDFULNESS IMPROVES
• ANXIETY
• DEPRESSION
• STRESS
• MOOD
• SELF-ESTEEM
• HYPERTENSION

MICROAGGRESSIONS DAMAGE
• MENTAL HEALTH FUNCTIONING
• DEPRESSION
• STRESS
• WELL-BEING
• SELF-ESTEEM
• HYPERTENSION


2 MINUTE PRACTICE

“WHAT ARE THE IMPLICATIONS OF NOT FULLY EMBRACING AND INHABITING THE LIFE THAT IS YOURS TO LIVE IN THE ONLY MOMENT YOU EVER GET TO EXPERIENCE IT?”

REFERENCES


• Stop, Breathe & Think. “3-Minute Mindful Breathing Meditation (Relieve Stress).” YouTube, YouTube, 4 Mar. 2016, www.youtube.com/watch?v=SEfs5TJZ6Nk.
