

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?”

@overheardla



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

The background features a dark field with vibrant, ethereal smoke in shades of red, orange, yellow, and green. Overlaid on this are several semi-transparent silhouettes of people's heads and shoulders, some facing left and some facing right, creating a sense of a diverse group of individuals.

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.”

Sue, D. W., Capodilupo, C. M., Torino, G. C., Bucceri, J. M., Holder, A. M. B., Nadal, K. L., & Esquilin, M. (2007). Racial microaggressions in everyday life: Implications for clinical practice. *American Psychologist*, 62(4), 271-286. doi:10.1037/0003-066X.62.4.271





MINDFULNESS IMPROVES

- ANXIETY
- DEPRESSION
- STRESS
- MOOD
- SELF-ESTEEM
- HYPERTENSION

Davis, D. M., & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy, 48*(2), 198-208. doi:<http://dx.doi.org/10.1037/a0022062>

MICROAGGRESSIONS DAMAGE

- MENTAL HEALTH FUNCTIONING
- DEPRESSION
- STRESS
- WELL-BEING
- SELF-ESTEEM
- HYPERTENSION

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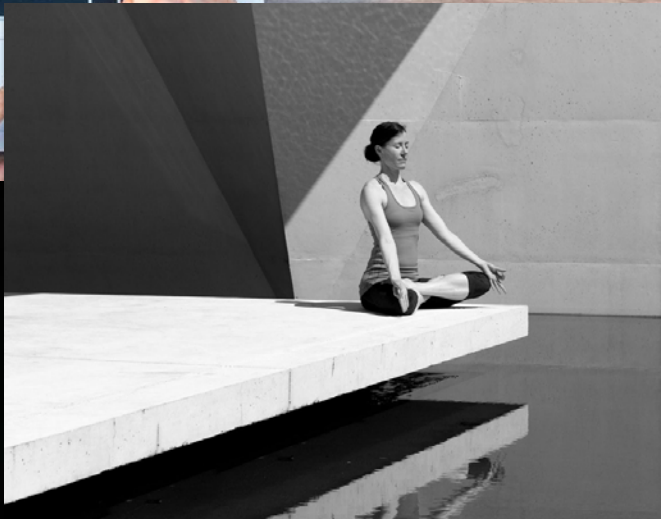


EXISTING RESEARCH

- Brown-Iannuzzi, J. L., Adair, K. C., Payne, B. K., Richman, L. S., & Fredrickson, B. L. (2014). Discrimination hurts, but mindfulness may help: Trait mindfulness moderates the relationship between perceived discrimination and depressive symptoms. *Personality and Individual Differences, 56*, 201-205. doi:10.1016/j.paid.2013.09.015
- Masuda, A., Anderson, P. L., & Sheehan, S. T. (2009). Mindfulness and mental health among african american college students. *Complementary Health Practice Review, 14*(3), 115-127. doi:10.1177/1533210110363893
- Graham, J., West, L., & Roemer, L. (2013). The experience of racism and anxiety symptoms in an african-american sample: Moderating effects of trait mindfulness. *Mindfulness, 4*(4), 332-341. doi:10.1007/s12671-012-0133-2



BASELINE SURVEY
(POST-SHIFT)



MEDITATION
(POST-SURVEY)



ENDLINE SURVEY
(POST-MEDITATION)

THE PROPOSAL

2 MINUTE PRACTICE



2 minute mindfulness - simple, mindful breathing. (2015, June 30). Retrieved from <https://www.youtube.com/watch?v=Eqyj6Rp2Q1w>



“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?”

Kabat-Zinn, J., & University of Massachusetts Medical Center/Worcester. (2005). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, N.Y: Delta Trade Paperbacks.

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