Microaggressions and Mental Health
INSTAGRAM: @TherapyWithAsh

Presented by Ashley McGirt, MSW
Therapist | Author | International Speaker
Ground Rules

- Be Respectful
- Privacy

Introductions

Share your Name & a book that changed your life
Let’s talk Mental Health & Microaggressions
Mental Health 101

• Psychological, social, emotional well-being.

• An important part of overall individual & community wellness

• Strains on mental health can impact overall quality of life.
Factors Impacting Mental Health

- Socioeconomic disparities
- Neighborhood conditions
  - Biological factors
  - Family History
  - Life Experiences
- Exposure to violence
  - RACISM
Get out and microaggressions

https://youtu.be/QFSkLZzjx0w
What are your reactions to the video?

* 

Did your body have any physical reactions to the video?
Microaggressions & Mental Health

Subtle acts of racism
  Verbal
  Non verbal
Environmental (systemic, institutionalizes, and or experienced)
Microinsult- unconscious
Microassault- conscious
Microinvalidation

Anxiety
Depression
Anger
Shock
Numbness
Heightened state of alert
Body reactions, headaches, neck pains
Stroke
High blood pressure
CHF
Death
LET'S PLAY A GAME
Game Time

Name that microaggression!
Is the following a microagression or not?
You don’t speak Spanish?
You are so well spoken.
Approaching a person of color and showing them photos of people of color in your family or inner circle.
Your kids are so well behaved.
Can I touch your hair?

You pet an animal not people!
Where are you from?
• Are you asking someone where they are from based on how they look?
• Are you assuming they are not from “here” based on how they look?
• Would you ask a White person in the same setting “where are they from”?

Asking where are you from creates the notion that you “DO NOT BELONG” and or that one is a perpetual foreigner.

Ashley McGirt, MSW
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How does the question “where are you from” make you feel?”

Where do you feel it in your body?

THE BODY KEEPS THE SCORE
Intent vs Impact

What I intended

How you feel
What is your #1 role in the workplace?

PRODUCTIVITY
Before you ask someone a personal question in the workplace

PAUSE
Before you compare someone to something or someone
Before you ask someone a question ask yourself...

Could the person be offended?
Is this comment necessary?
Is my comment promoting a growth mindset?
Do a quick google search.
What can be done about microaggressions?

• Training
  • Evaluate whether the training is working.
• Online resources (For example, The New School University’s Health Services created a microaggressions site that assists with understanding the nature and impact of microaggressions.
• Policymakers should consider creating policies that address microaggressions. Similar to sexual harassment policies
• Education
• News/media
How to maintain your mental health when experiencing microaggressions.

Support Groups (*HEAL & CHILL SIS*)
BIPOC groups to heal from racial trauma

- Going on walks
- Tapping
- Progressive muscle relaxation
- Meditation
- Walking
- Somatic Experiencing
I still don’t see the big issue with microaggressions. People are just too sensitive.
Mosquito Bites

https://youtu.be/hDd3bza7450
Let’s connect on social media!

@TherapyWithAsh
#THERAPYWITHASH
Ashley McGirt, MSW presents

GROUP Therapy FOR BLACK WOMEN!

HEAL & CHILL

SIS SISTERS (IN)TROSPECTIVE SUPPORT

A safe space for Black women to
heal, learn, connect, self reflect,
breathe & grow in a nonjudgmental
environment filled with other
Black women!


Start Date: FEB 2020

$50 per session
8 Week group
6:30-8PM Wednesday

Private King County location

Contact: Ashley McGirt to register | 253-951-9990
www.AshleyMcGirt.com/healandchill

ASK ABOUT OUR SCHOLARSHIPS