



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

# Microaggressions and Mental Health

INSTAGRAM: @TherapyWithAsh

## 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- concscious

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 microaggression  
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.

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  
work place?*

**PRODUCTIVITY**

*Before you ask someone a  
personal question in the  
workplace*

**PAUSE**

*Before you compare someone to  
something or someone*

**PAUSE**

*Before you ask someone a  
question ask yourself...*

Could the person be offended?

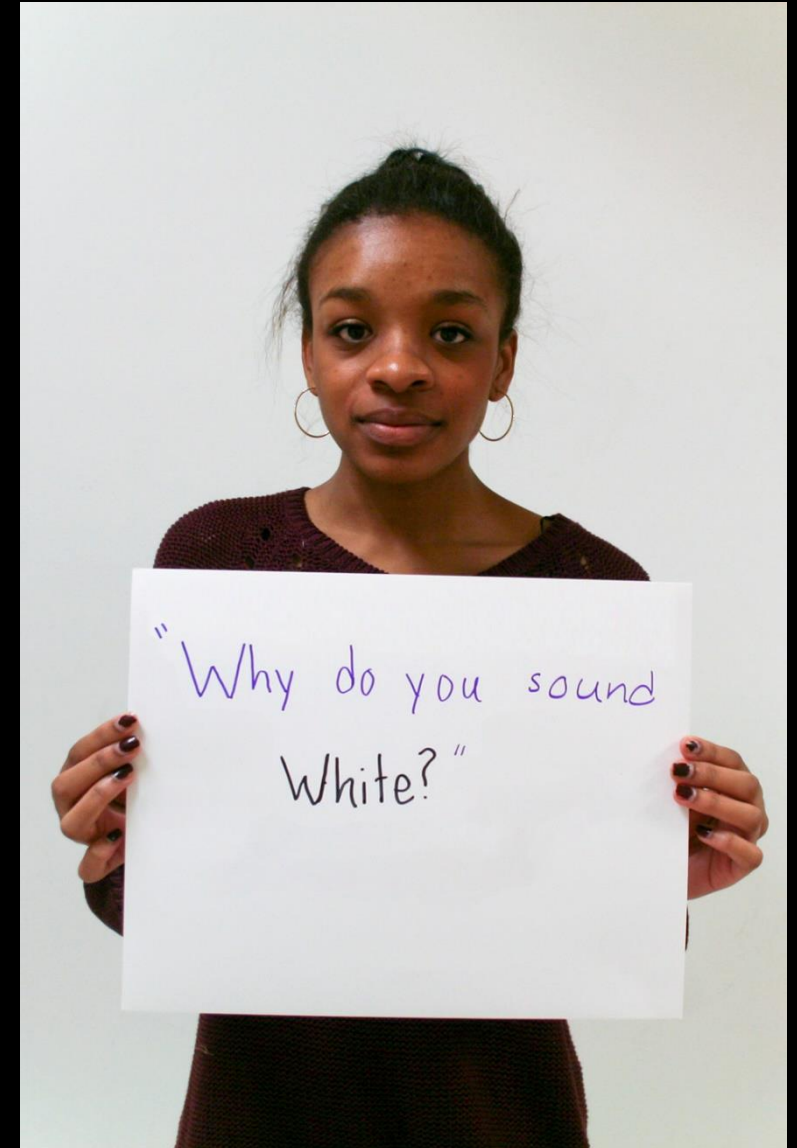
Is this comment necessary?

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

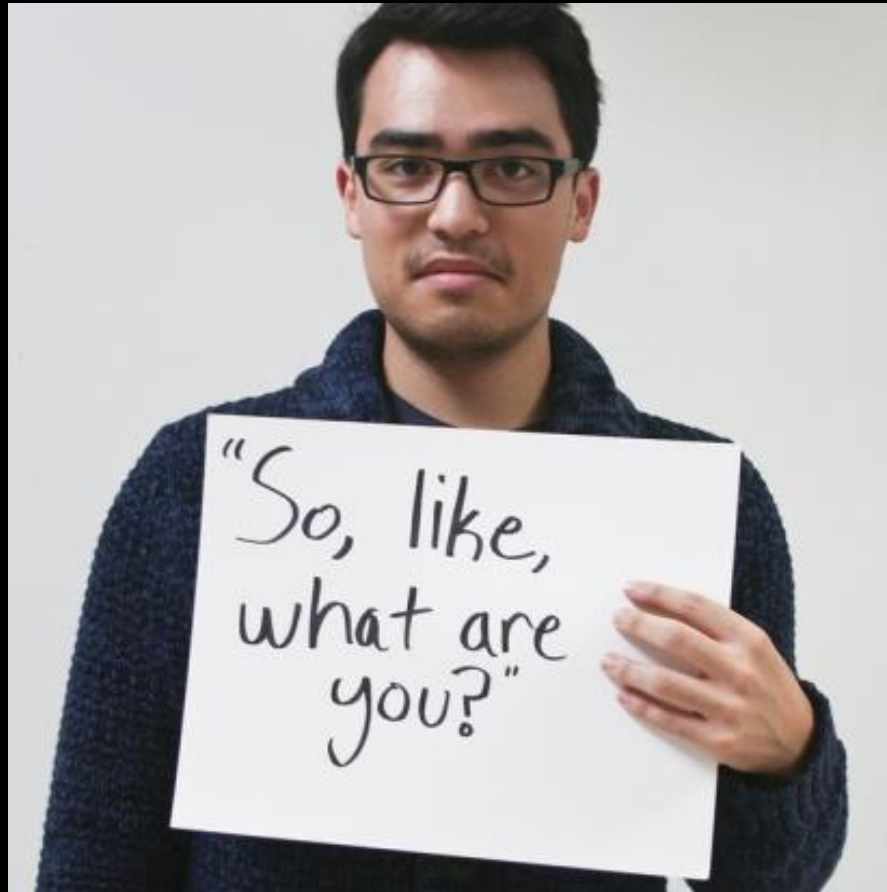




*I still don't see the big issue  
with microaggressions.*

*People are just too sensitive.*

las personas son  
demasiado sensibles



Mosquito Bites

<https://youtu.be/hDd3bzA7450>

*Let's connect on social media!*

@TherapyWithAsh

#THERAPYWITHASH

THERAPIST | AUTHOR | INTERNATIONAL SPEAKER

*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!

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Start Date:

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2020

\$50 per session

8 Week group

6:30-8PM Wednesday

ASK ABOUT OUR  
SCHOLARSHIPS

Contact: Ashley McGirt to register | 253-951-9990  
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