

Shailyn Kenon

9/26/2020

ENG 237 06 MWF 2:00

**Break room 5 speech (Individual speech)**

**Topic:** Racism and Mental health

**Specific Purpose:** To inform the class about the psychological effect on young minds.

**Thesis:** Racism can affect individuals through a range of pathways. Racism is associated with several mental health issues faced by many African American teens in modern-day America. It is important to talk about these issues, as well as strategies that can be used to cope with these life stressors. Racism can be linked to problems with anxiety, depression, trauma, self-doubt, and identity issues, behavioral and developmental problems, in young teens of color.

Racial and other ethnic minorities can endure an unreasonably high burden of disability due to mental health issues. This can be explained by racism, given the fact that racism has restricted the lives of racial minorities and immigrants throughout history. Racism can affect individuals through a range of pathways. Racism is associated with several mental health issues faced by many African American teens in modern-day America. It is important to talk about these issues and strategies that can be used to cope with these life stressors. Racism can be linked to problems with anxiety, depression, trauma, self-doubt, etc.

Racism is the deployment of power against groups perceived as inferior at both the individual and institutional levels. Racism often leads to the development of negative attitudes, and beliefs toward non-dominant stigmatized racial groups and differential treatment of these

groups by both individuals and social institutions. Throughout time racism has increased scrutiny as a force that shapes teen's development and their psychological functioning. This can cause mental health issues to minorities not only because of slurs that are used but also actions such as being spit on, having objects being thrown at a person, or even being threatened.

Mental health is our emotional, psychological, and social well-being and it affects how we think, feel, and act. Racism can have a negative impact on health for a number of reasons. It can restrict people's access to resources required for good health. Racism can affect mental health through a range of pathways. There are numerous studies documented explaining the long-lasting negative impact of racism on mental health. For example, for people of color, racism is linked to anxiety, depression, psychological distress, and even trauma. Though racism can take a toll on our mental health, there are ways to cope.

There are ways to cope with racism involving our mental health. Some ways to are to attend to your emotions, coping with negative messages, valued-living, social support, and self-compassion. Attending to your emotions can help control emotions or thoughts that have paradoxical effects. Self-compassion is giving yourself the opportunity to acknowledge, understand that you are human which involves many things in society such as being viewed as bad, wrong, etc. When coping with negative messages make sure you surround yourself with people who know your value and worth. Valued living is you doing what matters to you. Be sure to act in line with your values in any moment and situation. finally, self-care is you taking care of yourself mentally, physically, and emotionally.

Overall, racism is associated with several mental health issues faced by many African American teens in modern-day America. Being called racial slurs or physically being harmed for

being a different race can cause a great deal of trauma, anxiety, and depression. Reducing the experience of racism is an important approach to improving health in this population.