Webinars
Ted Talk (Heather C. McGhee): Racism has a cost for everyone (Recording Posted)
Ted Talk (Vernā Myers): How to overcome our biases? Walk boldly toward them (Recording Posted)
Ted Talk (Megan Ming Francis): Let’s get to the root of racial injustice (Recording Posted)
American Public Health Association: Advancing Racial Equity Webinar Series (June 9, 2020 at 2-3:30pm EST)
Partnership for Public Service: Building Resilience (June 18, 2020 at 12:1pm EST)

Self-Care
iOS/Android Apps
- Eternal Sunshine
- Liberate
- Shine
- Insight Timer
- The Safe Place

Written Words
Self Care for People of Color After Psychological Trauma (Just Jasmine Blog)
Self-Care Tips for Black People Who Are Struggling With This Very Painful Week (Rachel Wilkerson Miller for VICE)
Surviving & Resisting Hate: A Toolkit for People of Color (Dr. Hector Y. Adames & Dr. Nayeli Y. Chavez-Duenas)

Anti-Racism
Written Words
Maintaining Professionalism In The Age of Black Death Is….A Lot (Shenequa Golding)
Your Black Colleagues May Look Like They’re Okay — Chances Are They’re Not (Danielle Cadet)
Guidelines for Being Strong White Allies: Racial Equity Tool (Paul Kivel)
What CEOs and Managers Should be Doing for Black Employees (Jeanne Sahadi)
I, Racist (John Metta)

Reminder: Just Mercy and Selma (movies) are free to rent on all platforms for the month of June.

While this compiled list of helpful resources is not an exhaustive list of all available resources, the BPM @ ASMS membership felt that the above may be useful in navigating through this climate.