

When Tragedy Strikes

A Processing Tool for the Asian American Community

by Ellie Yang Camp, 2023.

PART 1: PROCESSING THE TRAGEDY

1. What facts do you know about the tragedy?

2. How are you feeling? Circle all that apply.

Shocked	Sad	Disappointed	Numb	Overwhelmed
Angry	Tired	Afraid	Depressed	Impatient
Unsure	Restless	Confused	Frustrated	Torn
Anxious	Upset	Hurt	Empathetic	I don't know

Are there any other words you would like to use to describe how you feel?

Suggestion: When you have a moment in a safe place, take time to sit and fully feel each feeling. This is a part of healthfully processing grief through our body.

3. What questions do you still have about the tragedy?

4. Does the tragedy overlap with any larger societal issues, themes or systems of oppression? Circle all that apply. Feel free to add more.

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|--------------------|-------------------|---------------------|------------------------|
| Asian Americans | Hate Crimes | Guns | Anti-Semitism |
| Police | Misogyny | Mental Health | Homophobia |
| White Supremacy | Anti-Immigration | Xenophobia | Islamophobia |
| LGBTQIA+ | Black | Latinx | Indigenous |
| Patriarchy | Sexual Harassment | Abuse | Death |
| Hate Speech | Poverty | Children | Schools |
| Domestic Violence | State Violence | Human Rights | Deportation |
| Extremism | Elders | Geopolitics | Religious Institutions |
| Politics | War | Generational trauma | Mass Violence |
| Unprocessed trauma | Adoption | Mixed Race | Mass Death |

5. Is there anything more you want to express about this tragedy?

PART 2: RESPONDING TO THE TRAGEDY

Question: How much capacity do you have to respond?

Capacity Level	<i>None</i>	<i>A little</i>	<i>Some</i>	<i>A good amount</i>	<i>A lot. I'm fired up!!</i>
Main Task	Rest	Be gentle with yourself.	Support and share.	Create something.	Organize the people.
Self care	Prioritize your own self-care.	Prioritize your own self-care	Be mindful of your own self-care so you don't burn out.	Offer ideas for self-care.	Organize a space to participate in self-care as a community.
Receiving & Giving	Receive the care of others who have more capacity.	Receive the care of others who have more capacity.	Reach out to a few friends to talk and process together.	Offer your energy to supporting the needs of others.	Notice who may be overlooked or suffering in isolation and offer assistance.
News & Social Media	Limit consumption of news and social media	Limit consumption of news & social media.	Be mindful of the news & social media you are consuming. Responsibly share & support helpful voices.	Offer a helpful voice of support. Responsibly share accurate news updates & interpretations.	Be an empowering voice for the community. Provide leadership in building an accurate, responsible, and thoughtful narrative surrounding the tragedy.
Community Care & Activism	Rest.	Rest. Hug your loved ones.	Attend, support or donate to community care efforts already happening.	Offer assistance in building community care, calls to action, and building larger networks of support.	Organize & lead needed community care efforts and calls to action.
Processing & Grieving	Rest. Take a nap.	Journal. Light a candle. Say a prayer.	Attend a vigil or community grieving space. Support the creative work of others.	Create something that can be shared to support the well-being of the community.	Organize & lead a community grieving space, a vigil or creative space to process.

* These are just ideas and suggestions on how one might respond. You may find yourself having varying levels of capacity depending on the area in which you are responding.

Challenge: How can you guide your response(s) to come from the best versions of yourself (compassion, conviction, intention, love) rather than the worst versions of yourself (vengeance, fear, exhaustion, paranoia)?