

From: HCM Information

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Subject: EAP Takeaway - Support Our Asian Community

EAP TAKEAWAY- SUPPORT OUR ASIAN COMMUNITY

Please read the [EAP Takeaway - Support Our Asian Community](#) which provides information concerning discrimination towards Asian Americans during COVID-19, ways you can be an ally to Asian Americans, and self-care tips to build healing and resiliency.

If you are unable to access the link please read below for a summary of the information contained in the EAP Takeaway.

The wrongful fear and prejudice toward Asians has increased in the United States during COVID-19. The pandemic has brought about increased incidents of racism, discrimination, harassment and violence towards Asian Americans. Individuals have been unfairly targeted for discrimination and bias, partially due to the virus first being identified in Wuhan, China. Whether you've been subjected to wrongful discrimination or not, simply hearing about the widespread racial violence and harassment can affect your mental and physical health. Practicing self-care and becoming an ally can help reduce the harmful impact of racism towards Asian Americans.

Be an Ally to Asian Americans by:

- Getting Informed
- Standing By
- Being Supportive

Self-care Tips to Build Healing and Resiliency

- Practice Mindfulness
- Find Community
- Exercise Daily