

Strategies & Resources to Address Implicit Racism

- Implicit Association Test
 - <https://implicit.harvard.edu/implicit/takeatest.html>
- Grounding and mindfulness tools
 - Headspace App: <https://www.headspace.com/headspace-meditation-app>
 - Liberate Meditation: <https://liberatemeditation.com/>
 - Insight Timer App: <https://insighttimer.com/meditation-app>
 - Mindfulness Daily App: <http://www.mindfulnessdailyapp.com/>
 - “Box breathing”: <https://www.healthline.com/health/box-breathing>
 - “Belly breathing”: <https://www.uofmhealth.org/health-library/uz2255>
- Addressing workplace stress and vicarious trauma: <https://vtt.ovc.ojp.gov/>
- The Kirwan Institute: <http://kirwaninstitute.osu.edu/>
 - State of the Science review: <http://kirwaninstitute.osu.edu/2017-state-of-the-science-implicit-bias-review/>
 - Mitigating Implicit Bias in Healthcare: Aligning Outcomes with Intentions: <http://u.osu.edu/breakingbias>
 - Bias Cleanse: <http://www.lookdifferent.org/what-can-i-do/bias-cleanse>
- Health Equity Guide: <http://healthequityguide.org>