

# A Safer, Cozier, And More Loving World Resources

## **Anti-Racism**

### **Websites**

<https://everydayfeminism.com/>  
<https://unsettlingamerica.wordpress.com/>  
<https://myamericanmeltingpot.com/>  
<https://www.thebipocproject.org/>  
<https://www.etsy.com/market/bipoc>

### **Articles**

[Why pressuring someone to educate on racism is oppression](#)  
[Having to smile instead of feel spoken word](#)  
[Understanding white privilege from childhood into adulthood](#)  
[Black feminism, intersectionality, and how to help each other](#)  
[Internalized colonialism in psychology](#)  
[Honor Indigenous Peoples without appropriating](#)  
[Learn the native land you live on](#)  
[The need for dismantling the model minority myth, and...](#)  
[First person accounts on how hurts](#)  
[The effects of yellow fever and fetishization](#)  
[Connect and hangout like two human beings](#)  
[Diversifying your instafeed](#)

## **Mental Health And Support**

### **Websites**

[Compassion fatigue, burnout, and self-care](#)  
[Free or affordable therapy, and BIPOC-specific therapy resources](#)  
[Routes of safety: trauma-informed love languages](#)  
[Empaths and highly sensitive people](#)  
[Breaking down the stigma that suicide is selfish](#)  
[One example of the trauma healing process](#)  
[Guidance for partners of survivors of childhood abuse](#)

### **Books**

[When Things Fall Apart: Heart Advice for Difficult Times, Pema Chödrön](#)  
[Radical Acceptance: Embracing Your Life With the Heart of a Buddha, Tara Brach](#)  
[Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling, Anita Johnston](#)  
[Essential Art Therapy Exercises: Anxiety, Depression, and PTSD, Leah Guzman ATR BC](#)  
[The Body Keeps the Score: Brain, Mind, and Body in Healing Trauma, Bessel van der Kolk](#)

[Healing from Hidden Abuse: Recovery from Psychological Abuse. Shannon Thomas](#)  
[The Strong, Sensitive Boy, Ted Zeff](#)

### **Instagrams**

[@mswjake](#)  
[@stacyjcoaching](#)  
[@hownottotravellikeabasicbitch](#)  
[@indigenouspeoplesmovement](#)  
[@ogorchukwu](#)  
[@themootherwound](#)  
[@risingwoman](#)  
[@lgbt\\_history](#)

### **Critters And Our Shared Home**

#### **Websites**

<https://healtheplanet.com/100-ways-to-heal-the-planet/>  
<https://www.endwildlifetraffickingonline.org/cyber-spotters>  
<https://wildleaks.org/>  
<https://www.savethemanatee.org/how-to-help/adopt-a-manatee/>  
<https://plantatreefoundation.org/>  
<https://cleanup.earthday.org/pages/find-a-cleanup>  
<http://www.humanedecisions.com/visit-a-farm-and-wild-animal-sanctuary/>  
<https://www.worldanimalfoundation.com/adoptananimalkits/adopt-a-wild-animal/>

### **Note**

This resource doesn't contain or address the *many* additional sufferings people and our world experience. My hope and intention is that it may serve as one of many doors into unyielding self (and consequently, collective) compassion. If you find or know something that could be better or an additional resource to add, I welcome your [email](#). And above all else, please care for you.

### **Document Info**

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