



Microaggressions

and their macro impact



Microaggressions are not always easy to spot.

Microaggressions are verbal or behavioral instances of relatively subtle indignities, slights, or insults that contribute to a hostile, derogatory, or negative environment.



Unfortunately, microaggressions are commonplace.

Because microaggressions can be unintentional and indirect, they happen in all settings at any time.



Although slight, microaggressions are damaging.

While they can seem inconsequential in the moment, microaggressions become a cumulative burden over time, creating a stressful work culture and impacting the recipients well-being.

Raising our own awareness is key to microaggression prevention and fostering a safe, inclusive environment for all.

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