

♥ *Holiday Self Care Tips* ♥

Here are some tips to consider for queer and trans youth who are home for the holidays and feeling unsafe and unaffirmed

FIND A BUDDY YOU CAN TALK TO

Have a safe person you can call/text to validate your feelings and check in on you.

SET BOUNDARIES

Try to set limits with yourself and those around you. You are not obligated to do anything you don't want to. Practice declining things you don't want to do if it feels safe to do so.

PLAN FOR RESPONSES

Plan ahead for how to answer uncomfortable topics or questions you may be asked or difficult conversations that may arise.

ACCEPT THAT CHANGE ISN'T OVERNIGHT

Acknowledge that attitudes/opinions from unaccepting family will not change overnight, and that their unacceptance is not a reflection of your worth or power.

CREATE A SELF CARE PLAN

Create a list of things that calm you down or bring you joy and take time for yourself. Remember to take care of both your physical and mental health.