

# ♥ *Holiday Self Care Tips* ♥

Here are some tips to consider for trans & queer 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 IS GRADUAL**

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.