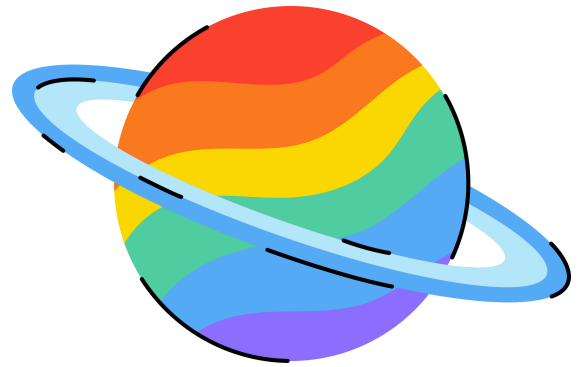


SELF-CARE GUIDE

For LGBTQIA2S+ and
BIPOC Youth



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Introduction

What is self-care?

Self-care involves caring for yourself in a healthy way, whether it be physically, mentally, socially, or spiritually. There are many ways to practice self-care!

Why is self-care important?

According to a JAMA Pediatrics Study, 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year. Having a self-care routine is clinically proven to reduce or eliminate anxiety or depression, reduce stress, increase happiness and more. It's important to practice self-care to improve your well-being and participate in activities that make you feel good.

Why is self-care especially important for youth who identify as LGBTQIA2S+ and/or BIPOC?

In spaces where you might not feel accepted or during times where you are concerned about your mental health, self-care can help you build confidence in your identity and allow you to find connections with others who share your values.





Assessing Yourself

Physical Self Care

	Y	N
Got Enough Rest	<input type="radio"/>	<input type="radio"/>
Eat Health Foods	<input type="radio"/>	<input type="radio"/>
Personal Hygiene	<input type="radio"/>	<input type="radio"/>
Get Regular Exercise	<input type="radio"/>	<input type="radio"/>
Medical Check-Ups	<input type="radio"/>	<input type="radio"/>

NOTE:

Mental Self Care

	Y	N
Take Time to Relax	<input type="radio"/>	<input type="radio"/>
Find Joy and Fulfillment in Activities	<input type="radio"/>	<input type="radio"/>
Express Your Feelings	<input type="radio"/>	<input type="radio"/>
Practice Mindfulness	<input type="radio"/>	<input type="radio"/>
Stay Present in the Moment	<input type="radio"/>	<input type="radio"/>

NOTE:



Social Self Care

	Y	N
Strong and Supportive Relationship With Loved Ones	<input type="radio"/>	<input type="radio"/>
Make Time for Social Activity	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Ask and Offer Help	<input type="radio"/>	<input type="radio"/>

NOTE:

Spiritual Self Care

	Y	N
Participate in a Cause You're Passionate About	<input type="radio"/>	<input type="radio"/>
Practice self-reflection and mindfulness	<input type="radio"/>	<input type="radio"/>
Connect to Nature	<input type="radio"/>	<input type="radio"/>

NOTE:

Note: Use this template as a guide to learn of different ways you can practice self-care, as these methods don't work for everyone. Find what works best for your own personal assessment!

Self-Care Strategies

After assessing yourself and recognizing what self-care methods work best for you, think of some self-care strategies that might work for you and fill out the template below. It's harder to plan when you're overwhelmed or in a crisis, so having self-care strategies in your toolbox just in case a mental health crisis occurs can help you navigate the storm. Caring for yourself in small ways helps better prepare you for any challenges that may appear later.

THINGS I CAN DO EACH DAY THAT
WILL MAKE ME FEEL GOOD ABOUT
MYSELF

WHAT I SHOULD SAY TO MYSELF
WHEN I AM HAVING A DIFFICULT
TIME

WHAT I SHOULD AVOID DOING
WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS HEALTHY
FOR ME) WHEN I FEEL
OVERWHELMED OR UPSET



Self-Care Activities

Finding activities that align with what kind of learner you are can help relieve stress. Listed below are some activities for each type of learner: auditory, visual, tactile, and kinesthetic. Auditory learners learn with sounds, visual learners learn with visuals, tactile learners learn with touch, and kinesthetic learners learn with actions.

Auditory

- Listen to music, podcasts, or audiobooks
- Say positive affirmations out loud
- Sing a song
- Listen to guided meditation



Visual

- Draw, paint, or practice photography
- Write in a journal
- Create a vision board
- Watch sunsets



Tactile

- DIY crafts, such as jewelry or clothing
- Take a warm bath or shower
- Use sensory toys, like stress balls
- Surround yourself with soft, cozy fabrics



Kinesthetic

- Take a dance class
- Join a sports team
- Go on an adventure in nature
- Create pottery



Seeking Support

Seeking support when you're feeling overwhelmed can be difficult. Think of the supports in your life, whether it be friends, family, or someone else you trust. Here are some ways to find help:

1. **Talk to a loved one:** Sharing your feelings with a trusted friend or family can be a great way to find support. They can listen, offer advice, and be there for you when you need someone to talk to.
2. **See a therapist:** A therapist can help you work through your emotions and challenges in a safe and supportive environment. You can find therapists in your area by searching online directories. The Gender Diverse Care Coalition of NH has a list of gender-affirming therapists and providers, and NAMI NH has a directory for BIPOC individuals.
3. **Join a support group:** Support groups are a great way to connect with others who are going through similar experiences. You can find support groups in your area by searching online or through local organizations. Seacoast Outright, Outright Vermont, and TLC Rural Outright frequently have youth groups virtually and/or in-person.
4. **Reach out to a helpline:** Many helplines available can provide support and resources if you're feeling overwhelmed or struggling with your mental health. 988, the LGBT National Hotline, The Trevor Project, and the Trans Lifeline offer free services through calls, texts, online chatrooms, and more.

Remember, it's okay to ask for help when you need it. Seeking support is a sign of strength and can be essential in taking care of yourself.



Resources

Local

[Affirming Spaces Project](#)
[Black Lives Matter NH](#)
[Dartmouth Health Transgender Health Program](#)
[Gender Diverse Care Coalition NH](#)
[LGBTQIA2S+ and Allies of Windsor, VT](#)
[NAMI NH](#)
[Outright VT](#)
[Pride Center VT](#)
[Seacoast Outright](#)
[TLC Rural Outright](#)
[603 Equality](#)



National

The LGBT National Hotline
has online peer support chats
and weekly youth chatrooms.
The Trevor Project has
trained counselors you can
contact for support.

[Black Emotional and Mental Health Collective \(BEAM\)](#)
[Center for Native American Youth](#)
[GLSEN](#)
[LGBT National Hotline](#)
[National Center for Transgender Equality](#)
[The Mental Health Coalition](#)
[The Steve Fund](#)
[The Trevor Project](#)
[Trans Lifeline](#)
[988 Suicide and Crisis Lifeline](#)

Book Recommendations

[Trans Teen Survival Guide by Fox Fisher and Owl Fisher](#)
[The Trans Self-Care Workbook by Theo Lorenz](#)
[Gender Dysphoria Workbook by Michelle Mann](#)
[The Trans Self-Care Journal by Andrew Maxwell Triska](#)
[A Kids Book About Queer Mental Health by Brian Femminella](#)
[Queer Up by Alexis Caught](#)
[Queer Cheer by Eric Rosswood and Jodie Anders](#)

DID YOU
KNOW?

These books were
recommended by
LGBTQ+ youth
specifically for this
guide!





**MENTAL
HEALTH
BEGINS
WITH ME**

TAKE TIME for YOURSELF



Greater Sullivan County
Public Health Network



Dartmouth
Health Children's



ALL
Together