

Wellbeing Tips for LGBTQIA+ Folks



QUEER PRIDE

The greatest way we can take care of ourselves is recognising our worth. Societal norms can make us feel invisible and invaluable. Holding on to our queerness helps us humanise ourselves and appreciate our individuality and uniqueness.



KEEP SLEEP IN MIND

It is very important for our well being to get 7-8 hours of sleep every night. Getting proper sleep has many health benefits like a healthy immune system, alert mind and feeling good in your body.



COMMUNITY NETWORKS

There is great power in community healing. Find a support system in the LGBTQIA+ community, in person or online. Supportive networks can be a great way of feeling validated by the community and find healing in meaningful social relations. This not only helps individuals within the community but also the community itself.



JOY AND EMPOWERMENT

Be intentional about seeking joy and pleasure in life. Do more of the things that bring you joy and set boundaries and say no to people and things that do not affirm nourish and empower you. PRIDE comes from accepting our genuine self and that can be achieved when we learn to take care of our health and individuality and be kind to ourselves.



SELF CARE THAT WORKS FOR YOU

Self-care can look different for different people, so do not hesitate to find a mentor or a trusted friend in the community for guidance and advice and find self-care that works for you.



LET'S GET PHYSICAL

Physical activity is paramount to a healthy mind-body connection. It helps us to feel grounded and reconnect with our body.



FOCUS ON THE FABULOUS

Keeping a daily routine can help minimise worrying. Make a list of things you would like to get done each day and strike them off as you complete them. Try and focus on doing things that make you feel good. If you are unable to complete the list, it is okay, there is always tomorrow.



SELF AWARENESS

Symptoms like disturbed sleep, withdrawing from people and social activities, feeling irritable and stressed and finding hard to concentrate are signs that you might not be doing very well. You should get in touch with a friend, mentor or and LGBTQIA+ affirming mental health therapist.



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