

Holiday Wellbeing Tips for LGBTIQA+ Folks



PRIORITISING JOY

The holiday season can be hard for many LGBTIQA+ folks. It can be helpful to find your own version of joy. Having coping strategies if things get difficult is very important. Reaching out to a friend, going out for exercise or engaging in hobbies that bring you joy can be a good way to connect with yourself. Eat well and splurge on yourself, you deserve it! Be kind and generous with yourself and prioritise your needs.



PRIDE IN OUR WONDERFUL SELVES

If you are dreading going home for holidays, it can be helpful to remember that the holidays are temporary. While it can be extremely difficult to be around family members who are not affirming, knowing that we are steadfast in our beliefs and our wonderful, unique selves can act as a kind reminder to feel grounded in our beautiful identities.



JOYS OF CHOSEN FAMILY

Many LGBTIQA+ folks do not have contact with their birth families and form chosen families of wonderful support systems that provide them with unconditional love. It can be very helpful to get together with your chosen family and friends that you feel safe with. You can create your own holiday traditions that resonate with you - perhaps a lovely summer picnic!



BE MINDFUL OF ALCOHOL

While alcohol itself is not a cause for concern, it is important to be cautious of alcohol consumption during the holidays. Though we are told that alcohol is equal to a fun time, it is a depressant and can impact people in many ways, such as increased anxiety.



CENTERING OUR NEEDS

There can be a huge pressure to celebrate or enjoy the holiday season. It is important not to pressure others or ourselves to celebrate it. Many people have complicated relationships with the holiday season, and it is important to normalise whatever is best for you during this time. Setting boundaries and managing expectations can be a helpful way to communicate what you need this holiday, such as centering ourselves and our needs so we are able to take care of ourselves the best way possible.



'TIS THE SEASON OF GIVING

Volunteering and participating in groups you support can be a great way of feeling connected with your community. It could be a food bank; a homeless shelter; or a community organisation, and can also be a way of making new friends.



ASKING FOR HELP

Do not wait to reach out for support if you are finding the holidays tough. Even a Zoom call is better than not reaching out to anyone. You can reach out to friends, family, local org's, and crisis services.

If you, or someone you know is in crisis please call the numbers below:

In an emergency always contact 000.

Access Mental Health: open 24/7 | (02) 6205 1065 or 1800 629 354

QLife: Open 3pm - Midnight | 1800 184 527 | qlife.org.au

Lifeline: Open 24/7 | 13 11 14 | lifeline.org.au

Domestic Violence Crisis Service: Open 24/7 | (02) 6280 0900 | dvcs.org.au

For those under the age of 25, you can call:

Kids Helpline: Open 24/7 | 1800 551 800 | kidshelpline.com.au

Eheadspace: 1800 650 890 | headspace.org.au/ehespace/



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