

# LGBTQ+ SELF-CARE TIPS



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

—Audre Lorde, *black feminist lesbian activist and icon*



## 1 QUIET THE MIND THROUGH MEDITATION

It allows me to connect more deeply with my identity. Furthermore, it gives me time to breathe and unplug. The world sucks right now, but my mental health doesn't need to! —*Josiah A., gay, 18, northern Virginia*



## 2 MOVE THE BODY

I've been taking cycling classes at home. I've done this before, but I've grown more attached to my cycling community. All Black women, uplifting, supporting, encouraging one another. This has dramatically helped my mental state. —*Jennifer D.*

## 3 LISTEN TO AFFIRMING MUSIC

Music is the way that I cope. Zoning out and listening to some of my favorite artists and tracks allows me the ability to zero in on how I'm feeling that day or in that moment. —*Monica E., 29, bi, Arlington, Virginia*



## 4 SEEK JOY

I've been cooking and finding ways to be luxurious to myself by feeding myself for my joy and not just my basic existence. —*Joseph R.*

## 5 CREATE ART

To be able to take all of my anxiety, anger, and sadness and create something beautiful has allowed me to instill a spirit of persistence within myself during this tough time. —*Shanequa D.*



## 6 GET CLOSER TO NATURE

I feel patient and gentle when I'm taking care of them. They are changing me and helping me cope with being chronically pissed and heartbroken. —*Naomi W/L.*



## 7 SEEK GUIDANCE

No self-care toolkit is complete with a single tool, of course. *Follins* suggests seeking not only joy, but also wisdom—the kind to be found through considering our personal ancestors, or asking yourself, “What would James Baldwin or Sylvia Rivera do in this moment?”

## 8 SET GOALS AND INTENTIONS FOR THE FUTURE

I've taken this time to explore and fulfill goals that I had been neglecting because of time. —*AJ A.\*, asexual, 32, Alexandria, Virginia.*



From the work of:

*Candace Bond-Therriault*—<https://www.self.com/story/black-lgbtq-self-care-tips>

*Wren Sanders*—<https://www.them.us/story/self-care-tips-queer-healers-coronavirus>

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# MENTAL HEALTH RESOURCES

"I can't be there for other people unless I'm there for myself. I can't really work to push our movement without really investing in myself. By investing in yourself you're also investing in your community."

—Dior Vargas, *queer Latina mental health advocate and activist*



## VSU COUNSELING CENTER

- Call (229) 333-5940 at any time.
- Office Hours: 8am-5:30pm M-Th, 8am-3pm Friday. At all other times, phone calls will be automatically forwarded to our Navigator Support Line (833) 910-3365 for emergency services and any other concerns.
- The Navigator Support Line is available 24/7 to assist VSU students and provide mental health support resources.



## VSU FAMILYWORKS CLINIC

- Call (229) 219-1281.
- People in need of someone to talk to will be able to text "CONVO" to (229) 234-1435 and immediately chat with someone who can help 9 a.m.-3 p.m. every Friday.
- Any individual person, married or unmarried couples, children, elderly, couples who are or are not living together, LGBT persons, families of all varieties, regardless of legal status, roommates--all are welcome at FamilyWorks.



## SUPPORT LINES

- LGBTQ NATIONAL HOTLINE: 1-888-843-4564 (services for all ages in the LGBTQ community)
- TRANS LIFELINE: 877-565-8860 (provides support to the trans community)
- THE TREVOR PROJECT: 1-866-488-7386 (national 24/7 suicide prevention hotline for gay and questionable youth)
- CRISIS TEXT LINE: Text HOME to 741741 for free crisis counseling 24/7



## VSU STUDENT DIVERSITY & INCLUSION OFFICE

- Call (229) 253-4446 or visit the 3rd floor of Student Union.
- Student Diversity and Inclusion (SDI) provides a comprehensive range of education/training, cultural, social and educational programming, support services and advocacy services to the entire VSU Community.
- SDI works to create and maintain an open, safe, and inclusive environment for lesbian, gay, bisexual, transgender, queer, asexual, intersex. and questioning students and the campus community at large.



Information gathered by VSU Pride Connection, a committee of Valdosta State University (VSU) that works to create an accepting and inclusive campus for LGBTTTQQAAP (lesbian, gay, bisexual, transgender, transsexual, queer, questioning, intersex, asexual, ally, pansexual) faculty, staff, and students.

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