



tools to
care for
your
queer self
this
holiday
season.

(and the rest of the year too.)

Going home for the holidays can be scary.



distanced or
isolated from family



not out to family



out to family
but not accepted




identity not
acknowledged



home for the
first time after
transitioning



pronouns not
respected



- why can this time of the year be so **draining** for queer folks?

Queer holidays might not look like the **hallmark model**.

Our **lives, traditions, and families** are unique and varied.

While we can find **pride** and **joy** in being unconventional, the circumstances of the holidays can put us in **uncomfortable** situations.

It's helpful to have *affirming* and *accessible* **tools** to help us stay grounded during triggering moments.

We've compiled a small collection of trauma-informed care practices to try for yourself.

heart, head, stomach

1. Touch your head, breathe.
2. Touch your heart, breathe.
3. Touch your stomach, breathe.



Repeat affirmations with each breath.

Examples: "I am safe. I am loved. I am who I am."

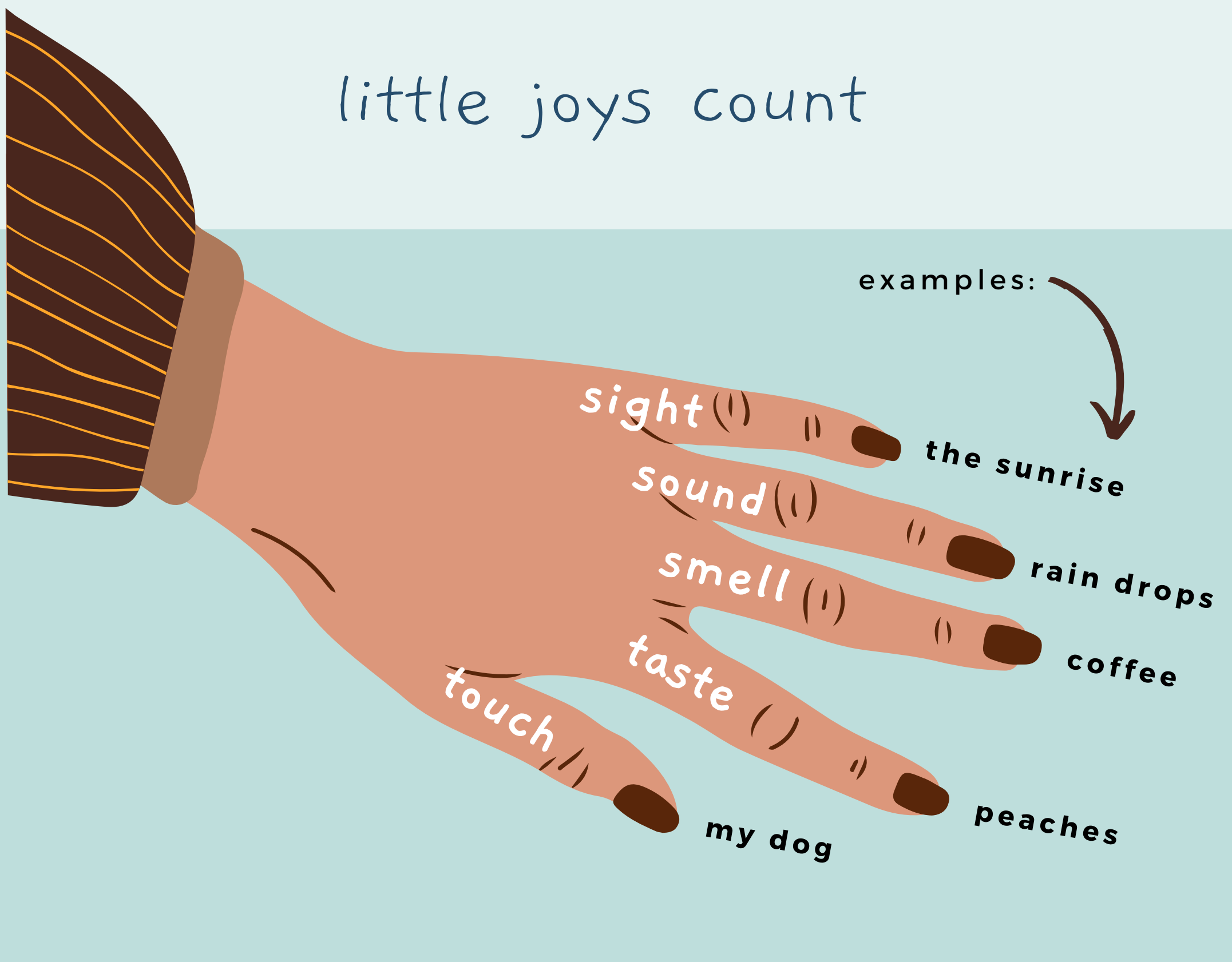
butterfly hug + taps

1. Wrap your arms around your chest and begin to tap your right and left shoulder, back and forth.



2. Visualize a "happy place," or simply observe your thoughts and breath.

little joys count

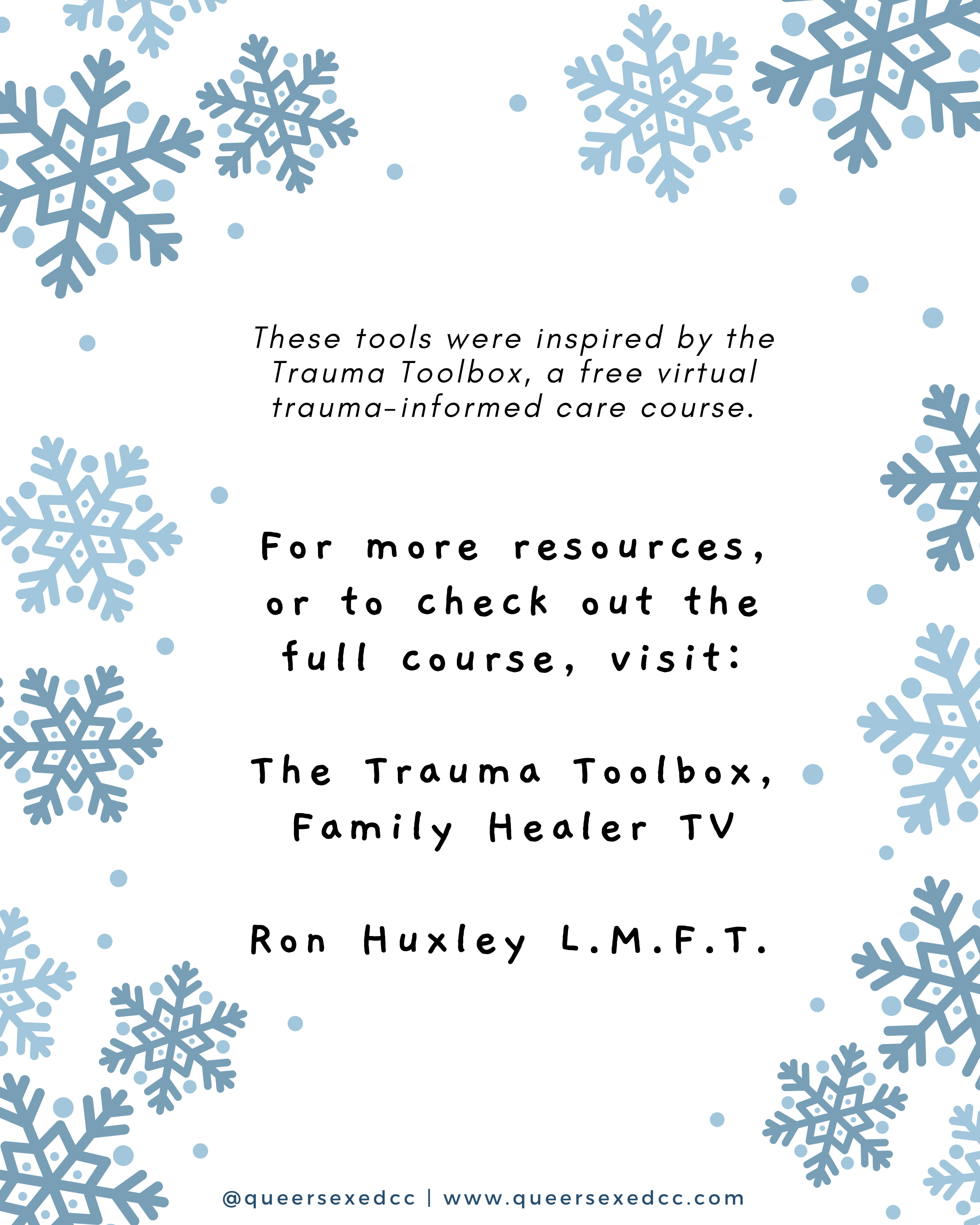


1. Label each finger with one of the five senses.
2. Put your fingers down one at a time; name a little joy you experience with each sense.

self-care list



1. Make a list of self-care strategies that you can do to take care of yourself.
2. Even if you can't do them at the moment, it can be helpful to visualize.



*These tools were inspired by the
Trauma Toolbox, a free virtual
trauma-informed care course.*

**For more resources,
or to check out the
full course, visit:**

**The Trauma Toolbox,
Family Healer TV**

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