

01.

Regulate your body and emotions

When we're stressed, it's easy to get caught in swirling thoughts. Getting connected with your physical and emotional feelings can be a great first step on the road to self-care!

- Engage in your personal interests (reading, crafting, playing music, etc.)
- Move your body to release some energy
- Journal
- Do some breathing exercises (box breathing, deep breathing, 4-7-8 breaths)
- Go outside, get fresh air, expose yourself to the cold



02. Reach out for support

These organizations offer “warm lines” you can contact for support:

Call Blackline - Peer support and counseling prioritizing BIPOC

- Call or text 1-800-604-5841

Trans Lifeline - Trans peer support

- Call 1-877-565-8860

Thrive Lifeline - Trans-led and operated, focusing on people with intersecting marginalized identities

- Text 1-313-662-8207 (24/7)

LGBTQ National Help Center - Free and confidential support for LGBTQIA+ people

- National Hotline: 1-888-843-4565
- Coming Out Support: 1-888-688-5428
- Youth Talkline: 1-800-246-7743
- Senior Talkline: 1-888-234-7243

More “warm lines” can be found by clicking here.

03.

Engage with community and loved ones



Our communities and supportive loved ones can be valuable points of comfort in times of stress. Make sure you are taking the time to engage with others within your communities - the support can go both ways!

04.

Join local community organizations

Getting involved with local organizations that align with your values is a great way to give back to your community! Organizations like PFLAG or GLMA are doing great work all across the country.

