

Tips for self-care

- » **Prioritise yourself**
- » **Keep it realistic**
- » **Personalise it**
- » **Practice**
- » **Incorporate it as part of your daily routine**
- » **Be gentle with yourself**

It is important for trans and gender diverse folks as part of their self-care to keep themselves safe and secure. We all need to start from a good foundation.

Taking care of your basic needs such as having a safe place to live and access to necessities such as food and water is important. Try to prioritise these things first.

If you are going through a tough time, you can still take time to self-care.

Some ideas include preparing yourself a nice meal, getting into comfy clothes, taking a nice shower or bath, washing your face, talking to a close friend, spending time outside or doing something you enjoy.



Peer support and contact information

Phone **08 7099 5390**

Email
genderconnectcountrysa
@shinesa.org.au

Website
shinesa.org.au/gender-connect
SHINE SA **08 8300 5300**

Other useful contacts

QLife **1800 184 527**

Peer support for LGBTI people.
Open 3pm-12am.

Lifeline **13 11 14**

Crisis support and suicide prevention service. Open 24/7

Mental Health Triage **13 14 65**

This service provides advice and information for a mental health emergency/crisis. Open 24/7.

Kids Helpline **1800 55 1800**

Online and phone counselling service for young people aged 5 to 25 years. Open 24/7.

**GENDER CONNECT
COUNTRY SA**

Self-Care for Trans and Gender Diverse Individuals



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What is self-care?

When most people think of self-care they think of expensive spas, scented candles and meditation. While this can be part of self-care, not everyone has access to these things or enjoys them.

Self-care is not an emergency stress relief plan, but instead, regular, purposeful acts which are done as part of maintaining your wellbeing. It can include things done deliberately to help you look after yourself, support positivity and to thrive.

Different types of self-care suit different people so there may be some trial and error in finding out what works best for you. Keep this in mind when trying to implement self-care into your life.



Look at some of the following types of self-care for some ideas to try yourself!

Different types of self-care

Emotional

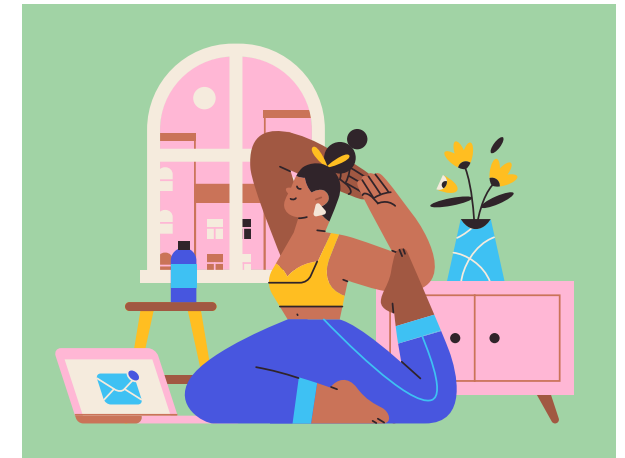
This can help you healthily process and reflect upon your emotions. Connecting with professional and peer support, talking about your feelings and emotions with friends or using a creative emotional outlet such as painting, journaling, makeup or music. You could even try to channel some of the emotions you have around your identity in a creative way. Write a letter of hope to yourself (this can be to your past, present or future self). Keep it positive and read over it regularly.

Physical

Maintain/improve your physical health. Ensure that you drink plenty of water, eat nutritious food, and get enough sleep. Listen to your body and take breaks when needed. Keeping up with regular health checks and medications, looking after your body, and wearing affirming clothes and haircuts are great ideas. You could try dressing/presenting in a gender affirming way, even if you spend the day at home, or allow yourself to just exist for a day without worrying about your gender presentation.

Mental

Care for and maintain your mental health. This can include accessing professional mental health support and positive self-talk. You can stimulate your mind with study, books, journaling, poetry, puzzles, aromatherapy, and focusing on the things you are grateful for. Using mood tracker apps and trying out some inexpensive sensory/fidget toys and items can be useful. A budget can assist in easing financial stress.



Social

Surround yourself with positive influences. Who you surround yourself with can impact your wellbeing. Nurture the positive relationships in your life. Set and maintain boundaries in all your relationships (not just romantic ones). Try having dinner with friends, going out on a date, making time for your family, and learning to say no without discomfort. This may take time and practice and that is okay.

Spiritual/ Cultural (religious and non-religious)

Do things that support your core values. For example, volunteer in your community and give back where you can. Connect with your own culture in a meaningful way to you. Connect with nature or the outdoors if that your preference. Visit an (affirming and safe) place of worship or practise spirituality in a way that is meaningful to you. Try out meditation, yoga, or mindfulness (try free apps like 'Smiling Mind').