

# SELF-CARE FOR LGBTQA+ INDIGENOUS PEOPLE DURING HOME ISOLATION AND COVID-19



Having to stay home or in community during COVID-19 can be tough on our mental health, especially for Indigenous LGBTQA+ people. You may be physically disconnected from people who usually support you or having to stay in a situation where you do not feel like you can be your true self.

It is important to look after your mental health through self-care during this time.

Here are some self-care things you can do:

## 1 STAY CONNECTED

Talking, sharing a yarn, and sharing our troubles is what connects us! Even though you may not be able to physically meet with people who usually support you, reach out via a phone call or web-app.

Getting googling: Now might be a great time to check out what other great things LGBTQA+ Indigenous people are doing in your community! You can see the Walkern KatatdjIn page for some great community work:  
<https://www.rainbowknowledge.org/news>

## 2 TUNE OUT THE 'NOISE'

Once you have received important info about COVID-19, it is okay to switch off from the news and take a break. Hearing too much can make us unnecessarily worried and anxious.

Watch a funny movie or YouTube channel to give yourself a break.

## 3 GET JOURNALING

Writing down or recording your thoughts during this time can help you to think through them.

Your journal can be private or you may want to share with others who support you.

## 4 REACH OUT

Remember that there are people you can talk with. QLife is an online web-chat and phone hotline dedicated to LGBTQA+ community members QLife (free call or webchat), 1800 184 527, [www.qlife.org.au](http://www qlife.org.au)

## 5 KEEP DOING ACTIVITIES YOU ENJOY

Make a list of things you usually do to keep well- do you like to draw? Create videos? Read? Time to make some new music playlists? These are all things you can do to say well.

## 6 EXERCISE

Social distancing means you can still go outside for exercise. Is there a spot you like to go where you can be with nature?

## 7 GET APPY!

There are tonnes of apps dedicated to your well-being. Some good ones include:

'Calm' mindfulness App

'Headspace' meditation App

**REMEMBER, you are loved, and you are valued.  
There is no place for homophobia and cisgenderism in our communities!**



This infographic was produced by the Walkern KatatdjIn (Rainbow Knowledge) project team. Walkern KatatdjIn is a national research project that aims to understand and promote the mental health and wellbeing of Aboriginal and Torres Strait Islander LGBTQA+ young people. Contact us at [Rainbow.Knowledge@telethonkids.org.au](mailto:Rainbow.Knowledge@telethonkids.org.au)

The artwork for this project was done by the talented Shakyrrah Beck, who is currently studying year 12 while doing art commissions on the side as both a way to stay calm and support her family. Shakyrrah is 19 years old and has 2 children under the age of 2. She is a Narungga woman but was welcomed in by the Kurna people from when she was young and has grown up with them.