



Self-Care Guide for Coping with Media and News



Switch Off

Take a break- information overload, transphobic and racist messaging from the social and traditional media can make us feel paralysed, hopeless, confused, energised or all of these emotions at one.

Allow yourself some space to **feel how you are feeling**

Unfollow/unfriend those who negatively affect you

Set limits and make a plan when spending time with conservative family members

Connect with Yourself

- Watch some Aboriginal & Torres Strait Islander LGBTQA+ content
- Connect to Country, get some sun, buy some plants
- Exercise
- Take a long shower or bath
- Listen to your favourite playlist or **our playlist on Spotify**
- Dance for the length of an upbeat song
- Journal
- Meditate or do some yoga
- Say no to things and set boundaries

Get Involved

Sometimes social media, news and politics makes us feel powerless. **Remember, you are not alone.**

- **Follow** LGBTQA+ Aboriginal and/or Torres Strait Islander mob on social media
 - **Reach out** to Aboriginal and/or Torres Strait Islander LGBTQA+ Organisations
 - Participate in community events like Pride or NAIDOC

When using social media, give yourself 5-10 minutes before responding- we can be more effective communicators when we are not angry or upset

Coping with Politics

Voting:

The electoral roll uses the name on the ID you provide when enrolling the vote. You can change your name on the electoral roll **here**.

There is a chance you will be dead-named or misgendered when voting. You can:

- Take a friend with you to vote
- Try to stay present and re-affirm your gender
- Know your **rights**

Remember that no politician or government law has the power to change who you are



Art by @sfjangelings

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



- Support:**
- Black Rainbow QLife**
- Headspace**
- 13YARN**
- Trans Vitality Toolkit**
- Walkern Katatdjin**