

SELF-COMPASSION TIPS FOR QTLATINX

Given the anniversary of #PulseOrlando, the Latinx Inclusion Co-Chairs of the NASPA Latinx/a/o and Gender and Sexuality Knowledge Community want to provide support to our #QTLatinx colleagues.

1 SELF-KINDNESS

It can be challenging as #QTLatinx folx to be kind, gentle, and understanding of our own limits that we need when we are in pain and/or suffering. Think about what you need to be kind to yourself.



2 COMMON EXPERIENCES

Find community with others like ourselves with similar experiences. This can be through social media, personal connections, and community involvement. This can also be seen as community care.



3 RECOGNIZING OUR EMOTIONS

As Queer and Trans People of Color there are challenges in recognizing past and current trauma. It is acceptable to recognize our trauma and do what we need to to heal.



4 WESTERN HEALING METHODS

"Self Care" practices go beyond western healing methods. Use a method that fits with your lens. QTPOC methods can range from seeing a therapist regularly (which there is nothing wrong with) or to more spiritual in nature.



5 QTPOC AFFIRMING RESOURCES

The National Queer and Trans Therapists of Color Network, QTPOC Mental Health Support on Facebook, and the LGBT National Help Center can help folx.

6 ENGAGING ACTIVITIES

Activities can include: dancing, playing with animals, eating, artwork, talking with other #QTLatinx folx, journaling, and poetry.

