

**RESILIENCY IN
SELF-CARE**

**LGBTQ+ REFLECTION
JOURNAL**

THERE ARE 25 PROMPTS AND
AFFIRMATIONS INSIDE THIS
JOURNAL THAT REFLECT ON
MENTAL WELLNESS AND
HEALTHCARE THROUGH A
QUEER LENS. TAKE WHAT
YOU LIKE, AND LEAVE WHAT
YOU DON'T. <3





YOUR
IDENTITY
IS VALID



LABELS ARE
DESCRIPTIVE, NOT
PRESCRIPTIVE





YOU DESERVE
EQUITABLE AND
ACCESSIBLE
HEALTHCARE



4. What is one barrier to Queer healthcare you face that you wish you didn't have to?



A series of 20 horizontal lines provided for writing the answer to the question.



YOU HAVE THE
POWER TO SHOW
UP FOR YOU
TODAY



QUEER HEALTH

CARE



=



SELF-CARE

YOU DESERVE
CARE CLOSE TO
HOME





HOLD SPACE FOR

THE BEAUTY,

THE MESS, AND

THE STRESS



**TAKE TIME TO
FILL YOUR CUP
BEFORE YOU FILL
SOMEONE ELSE'S.**



**FOUND FAMILY
IS BEAUTIFUL**





FEEL IT TO

HEAL IT;

EXPRESS YOURSELF;



BE WEIRD,



BE FUNNY,

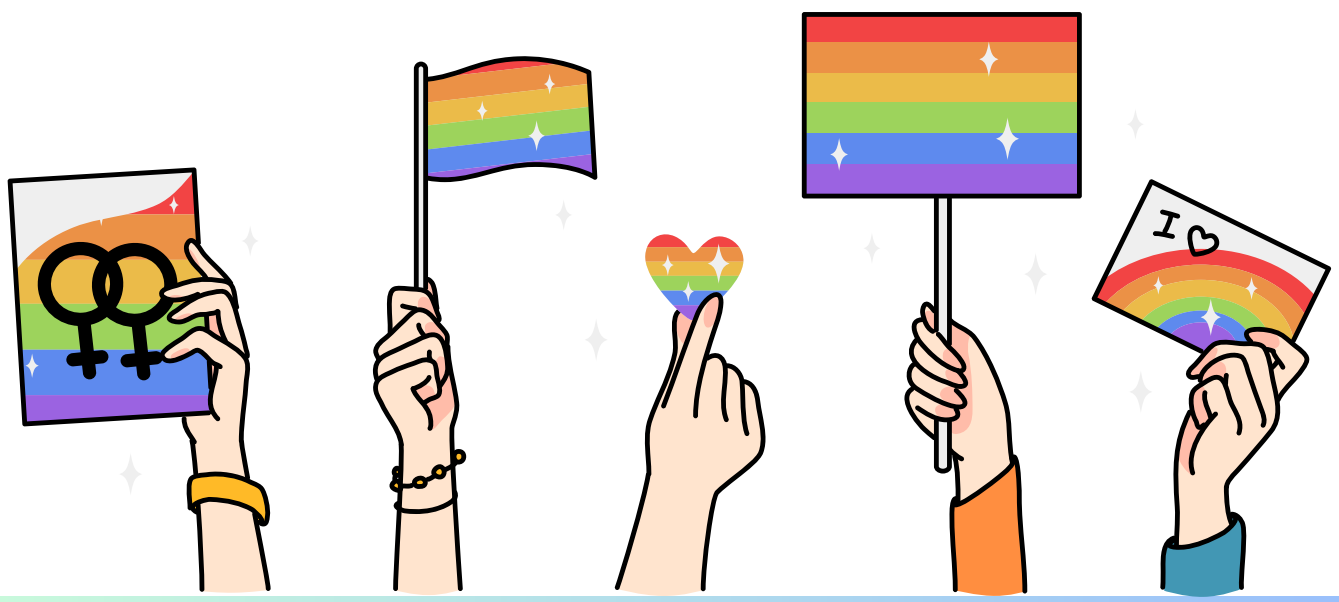
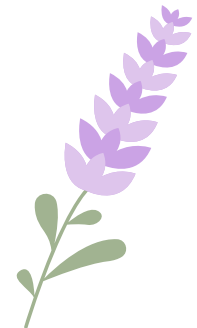
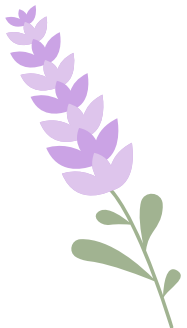
BE QUEER

BE YOU





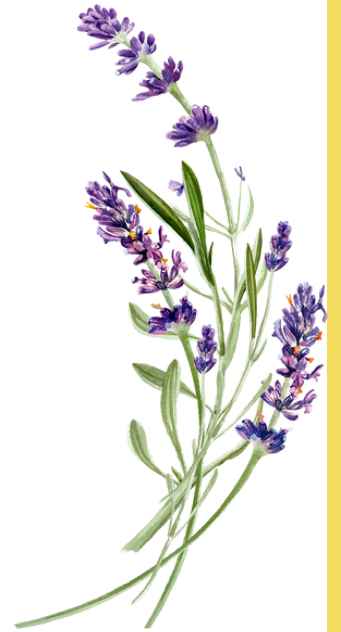
SOLIDARITY WITH OTHERS FILLS THE SOUL



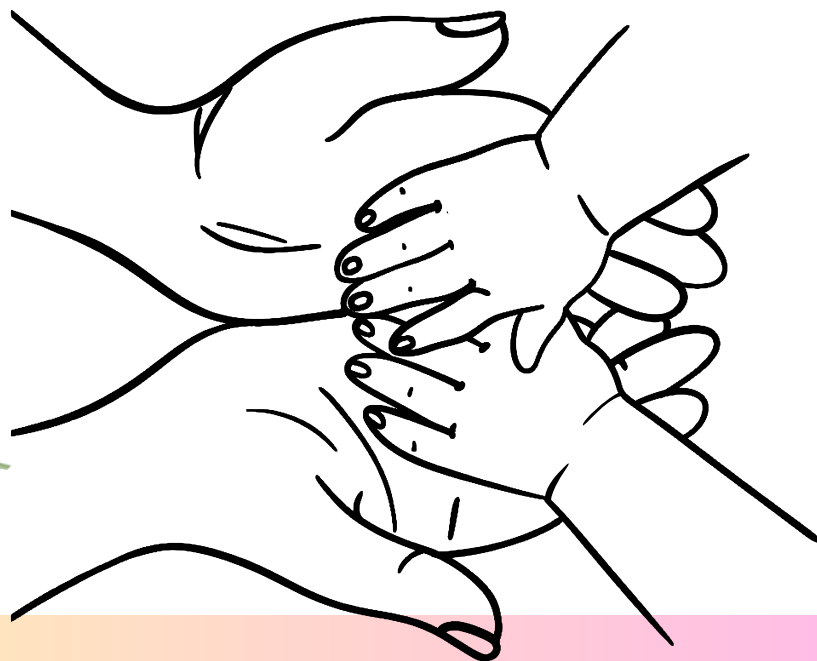
YOU ARE YOUR

BIGGEST

ADVOCATE



BE KIND TO LITTLE
YOU. THEY WERE
LEARNING, AND SO
ARE YOU.





IT'S OKAY TO
ASK FOR HELP



LIFE TEACHERS
COME IN
MANY SHAPES,
SIZES AND
FORMS

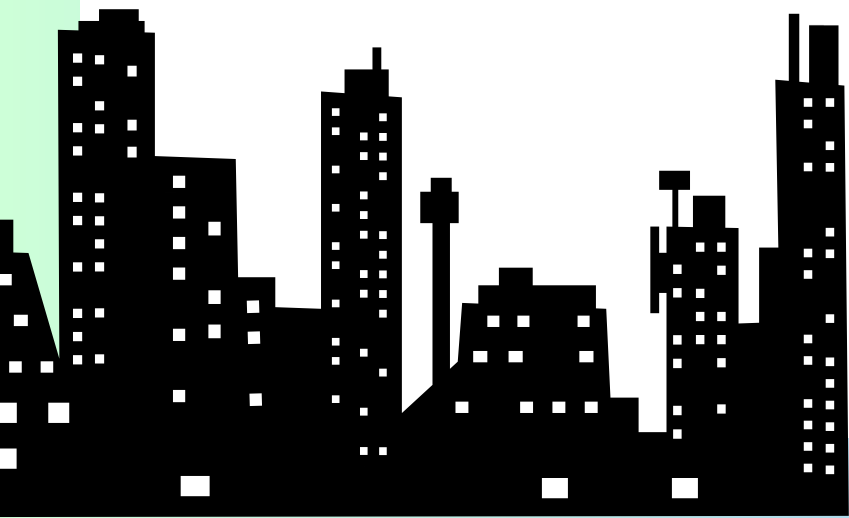


YOU KNOW YOUR
IDENTITY BETTER
THAN ANYONE

ELSE.



REST
IS AN ACT
OF SELF-
PRESERVATION



19. What are some ways that you show up for yourself and your mental wellness?



A series of horizontal lines for writing an answer.

THE FUTURE IS
QUEER AND
YOURS IS BRIGHT



GET TO KNOW
YOUR HEART,
THEY HAVE SO
MUCH TO TELL

YOU.

The word "YOU." is centered at the bottom of the page. It is surrounded by several hand-drawn hearts in various shades of red and pink. On the left side, there are three hearts of varying sizes. On the right side, there are three hearts, including one large one and two smaller ones.

LOVE YOURSELF
THE WAY YOU
LOVE OTHERS.



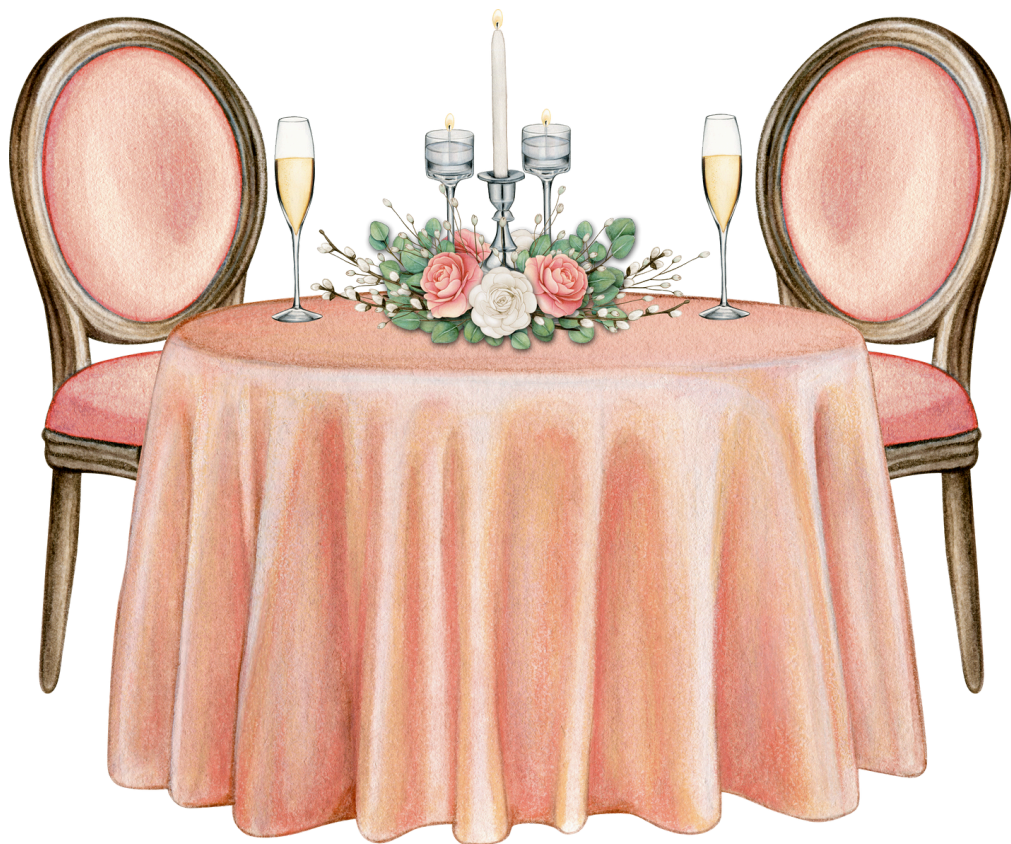


TO BE GENTLE IS

TO BE KIND



YOU DESERVE A
SEAT AT THE
TABLE.





**RESILIENCY IS
SELF-CARE**

Free Write



A series of 25 horizontal lines for writing, spaced evenly down the page.

Free Write



A series of 25 horizontal lines spaced evenly down the page, providing a template for free writing.

Free Write



A series of 21 horizontal lines spanning the width of the page, providing a template for free writing.

Free Write



A series of 25 horizontal lines for writing, spaced evenly down the page.

P
P
P
P
P
P

R
R
R
R
R
R

I
I
I
I
I
I

D
D
D
D
D
D

F
F
F
F
F
F