

Back to School Tips for Self-Care

*From the Center for Trans
and Queer Advocacy*



1. Create space for yourself at home.

What are some fun and relaxing things that you can do at home, alone or with others? Making time for ourselves is important, especially amidst the stress of a new school year.

You might use a creative outlet to express yourself, participate in self-care activities to unwind and rest, consume media that celebrates queer and trans joy, or schedule time to engage with your support systems.



2. Connect with members your community.

Speaking to, or being around, other queer and trans people can feel safe, validating, comforting, and affirming. **You can always stop by CTQA to hang out and connect!**



3. Tap into the online community.

Online spaces can have an impact on our sense of community and self-esteem. You can follow uplifting LGBTQ+ creators on apps like TikTok and Instagram, browse support services in your area, or engage in conversation with other LGBTQ+ folks that you normally wouldn't have the chance to talk to.



4. Disconnect from screens as needed.

When social media, the news, and online textbooks feel overwhelming, have a plan to disconnect. This can help you focus on centering yourself and preserving your well-being.

