

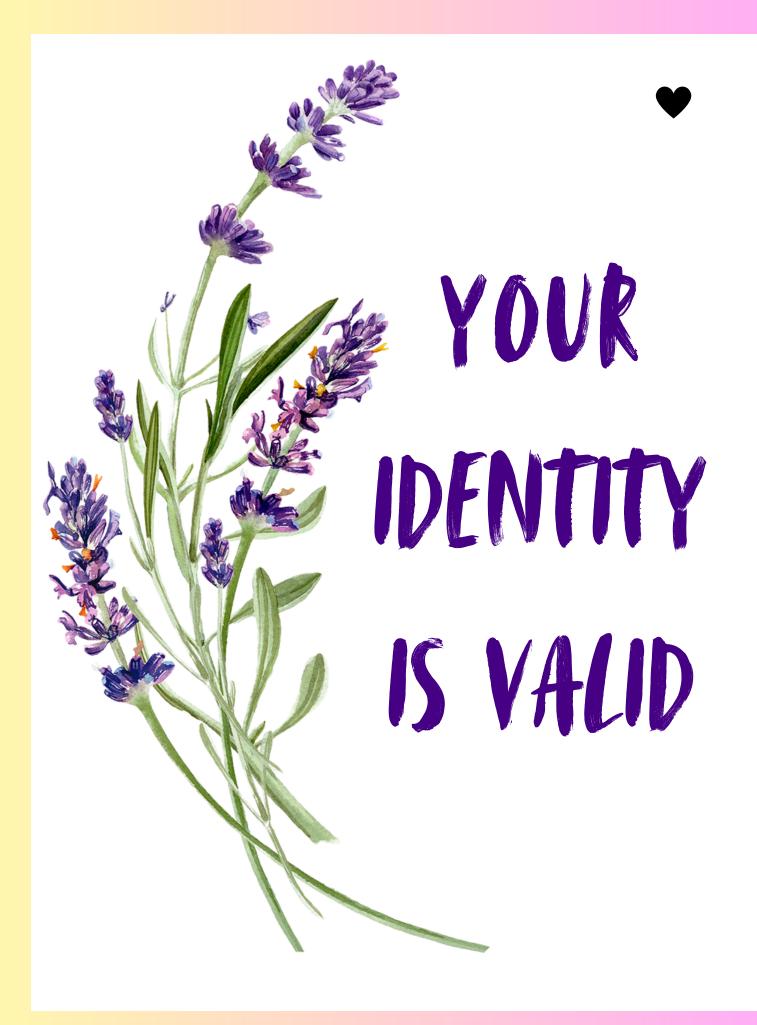
THERE ARE 25 PROMPTS AND AFFIRMATIONS INSIDE THIS JOURNAL THAT REFLECT ON MENTAL WELLNESS AND HEALTHCARE THROUGH A QUEER LENS. TAKE WHAT YOU LIKE AND LEAVE WHAT



1.What does Queer mental health mean to you?



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2. How do you relate to your identity?



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LABELS ARE DESCRIPTIVE NOT PRESCRIPTIVE



3. Your labels don't define you. If you use labels, how do you define them?



YOU DESERVE EQUITABLE AND



ACCESSIBLE HEALTHCARE



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





5. What are three small things you 📦 could do this week for your mental health?



6. What worries you most when it comes to accessing Queer healthcare?



7. Can you list local resources for Queer healthcare in your area? How can you access them?

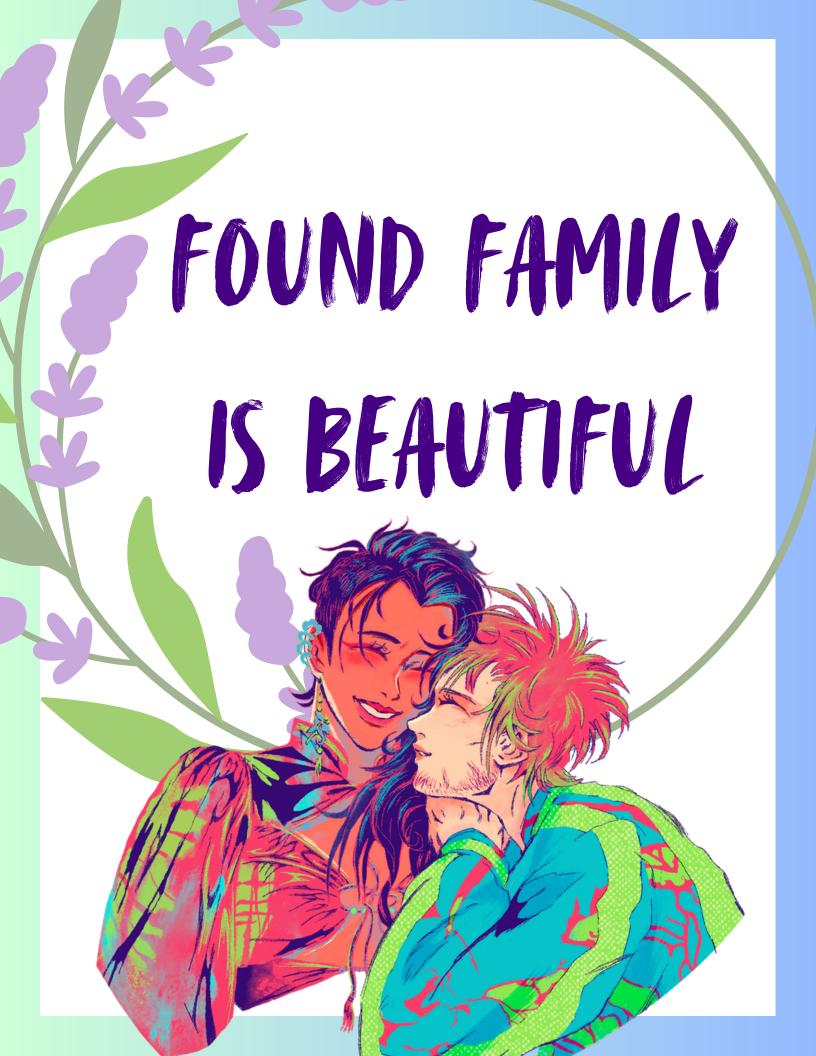




8. How does minority stress effect your everyday life?



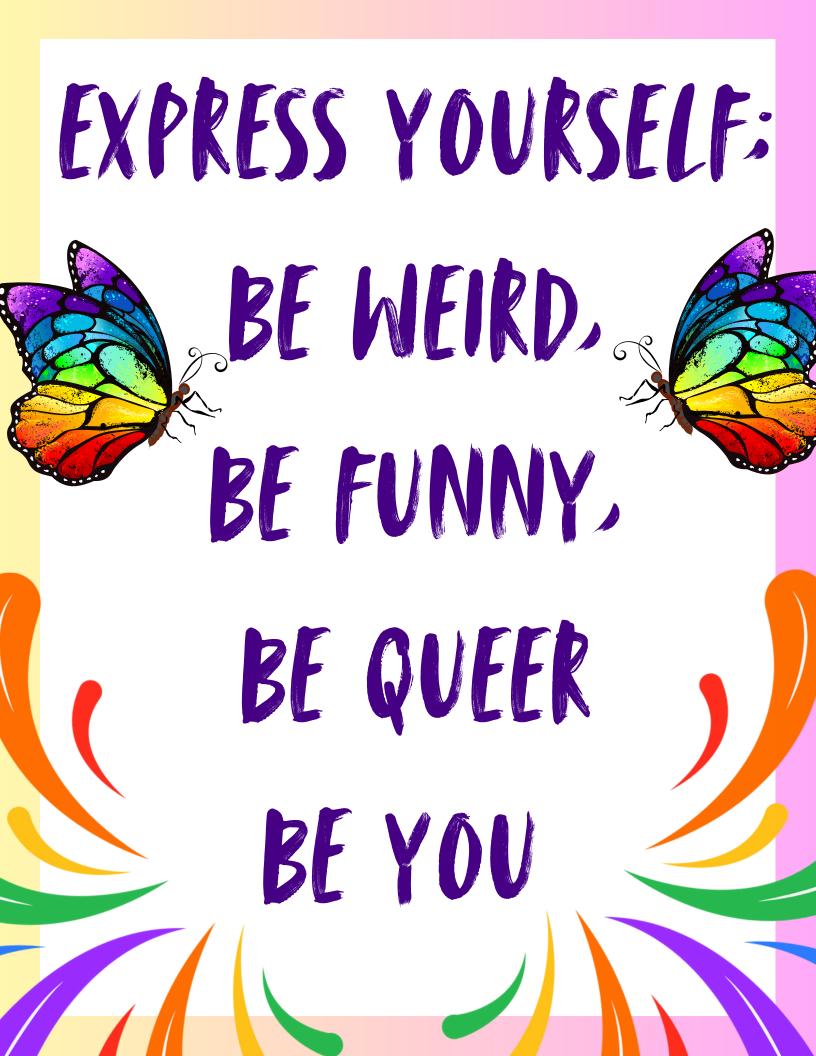
9. What are your coping methods to deal with minority stress? Are they functional or dysfuncional?



10. How do you feel access to Queer communities effect your everyday life?

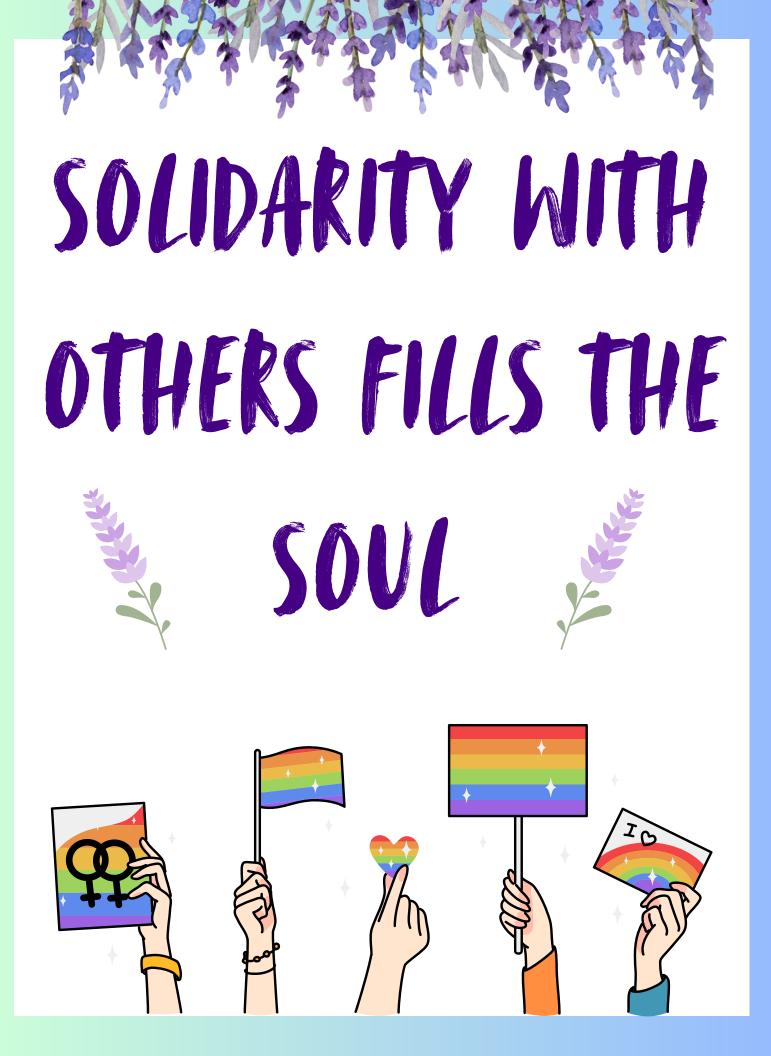


11. What emotions come up when you affirm your own identity and what are they telling you?



12. What forms of Queer expression do you relate to?





13. What do you need in a Queer community to feel connection, solidarity, and affirmation?

YOU ARE YOUR





14. How can healthcare providers better understand you personally? How can you self-advocate in an appointment?

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



15. If you could say one thing to your younger self, what would it be?

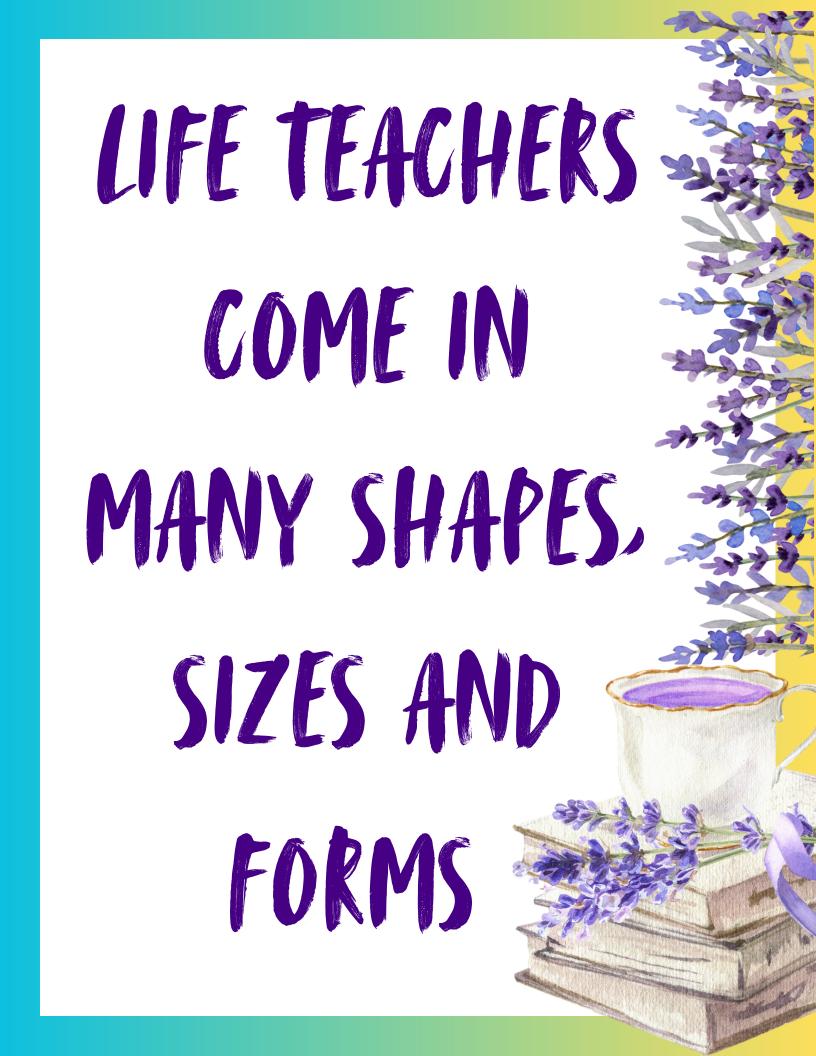


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16. Can you list out the people in your support system?





17. Who is one mentor that you look up to in the Queer Community?

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Community		
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YOU KNOW YOUR IDENTITY BETTER THAN ANYONE ELSE.

18. What do you need personally to feel secure in your identity, and in your mental health? How do those two things intersect?



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



THE FUTURE IS QUEER AND YOURS IS BRIGHT



20. What is one goal for your mental health that you could achieve in the next 6 months?



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

21. Note down any emotions you feel today. How does understanding more about what you're feeling inform how you take care of yourself?

LOVE YOURSELF THE WAY YOU LOVE OTHERS.



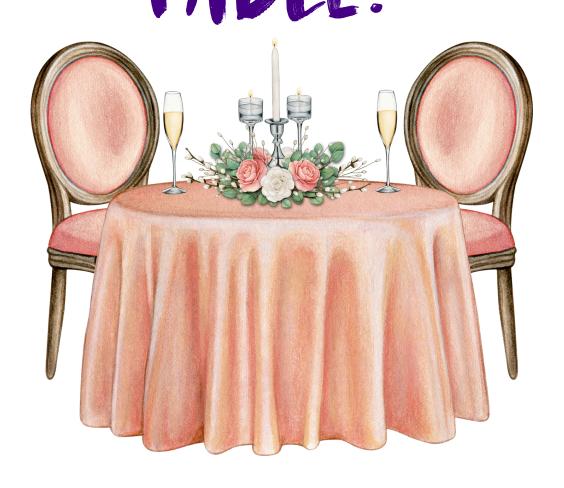
22. How would you talk to a friend if they weren't feeling good? Can you talk that way to yourself?





23. How can you be gentle with yourself in times of minority stress?

YOU DESERVE A SEAT AT THE TABLE.



24. How does advocating for the Queer community effect your mental wellness? Is it taxing? Fulfilling? Both?

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25. As you finish this journal, reflect on what you've learned about yourself. How will you be reslient in self-care moving foward?









