

# LGBTQIA+ RESILIENCY GUIDE

WESLEYAN UNIVERSITY  
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

## What is Resilience?

"Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Rather than letting difficulties, traumatic events, or failure overcome them and drain their resolve, highly resilient people find a way to change course, emotionally heal, and continue moving toward their goals (Psychology Today, 2020)."



(The Latest Kate, 2019)

## Resilience Practices for LGBTQIA+ Students During Physical Distancing

### Reach out to other LGBTQIA+ people.

- Prioritize meaningful & fulfilling relationships. Connecting with empathetic and understanding people can remind you that you're not alone in the midst of covid-19.
  - It is important to focus on finding trustworthy and compassionate individuals who validate your feelings.
- During physical distancing, it can lead some people to feel alone and lonely. Set up regular communication with other LGBTQIA+ folks to the extent that it is safe for you to do so.
  - You can start a group chat, have a virtual meeting via Zoom or Teams, or have a Netflix party.

# Things to Listen & Watch During Physical Distancing



## Podcast LGBTQ+

MUST ADD TO YOUR PLAYLIST

- Gay Talk 2.0
- The Two Princes
- To L and Back
- Making Gay History
- One From The Vaults
- Hoodrat to Headwrap
- Disability After Dark
- The Ten
- LGBTQ&A
- Getting Curious with Jonathan Van Ness

What are some of your favorites?  
Tell us in the comments!



## Streaming

MUST WATCH LGBTQ+ FILMS AND DOCUMENTARIES

- Paris Is Burning
- Alex Strangelove
- Tig
- Strike a Pose
- Pose (Season 1)
- Schitt's Creek
- Moonlight
- The Queen
- Blue is the Warmest Color
- Elisa & Marcela

What are some of your favorites?  
Tell us in the comments!



If you are looking for supportive people, please reach out to the following hotlines for care and guidance:

- **Trans Lifeline** (877-565-8860), a support line staffed entirely by trans and/or non-binary people. They will understand your struggle; they will recognize you as you are.
- If you are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the **Trevor Lifeline** at 1-866-488-7386.
- **National Suicide Prevention Lifeline:** 1-800-237-TALK open 24/7

## LGBTQ Suicide Prevention Resources

-  **National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)  
Veterans: Press 1
-  **Trans Lifeline**  
Support for transgender people, by transgender people  
1-877-565-8860
-  **Text TALK to 741741**  
Text with a trained counselor from the Crisis Text Line for free, 24/7
-  **SAGE LGBT Elder Hotline**  
Peer-support and local resources for older adults  
1-888-234-SAGE
-  **The Trevor Project**  
TrevorLifeline: Available 24/7 at 1-866-488-7386  
TrevorText: Text TREVOR to 1-202-304-1200  
TrevorChat: Via [thetrevorproject.org](https://thetrevorproject.org)
-  **The LGBT National Hotline**  
Peer-support and local resources for all ages  
1-888-843-4564

[afsp.org/lgbtq](https://afsp.org/lgbtq)



American Foundation for Suicide Prevention



## Foster wellness

- **Take care of your body.** Self-care is an intentional practice for mental health and building resilience. Promoting positive lifestyle factors like well-balanced nutrition, restorative sleep, hydration and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression.



Maslow's Hierarchy of Needs:  
During the covid-19 pandemic

- **Practice mindfulness.** Mindful journaling, yoga, and other spiritual practices like prayer or meditation can help people build meaningful connections and restore hope during the covid-19 pandemic.

*Daily Self-Care Questions*

WHO DID I CHECK IN ON OR CONNECT WITH TODAY?

HOW DID I GET OUTSIDE TODAY?

HOW DID I MOVE MY BODY TODAY?

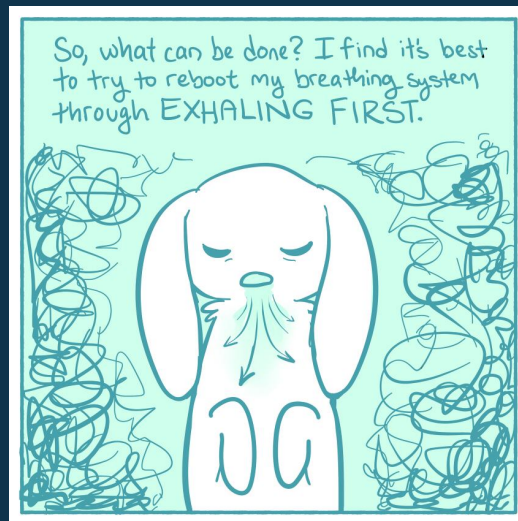
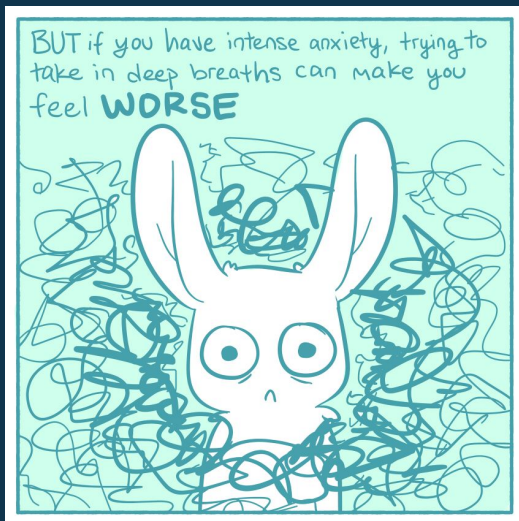
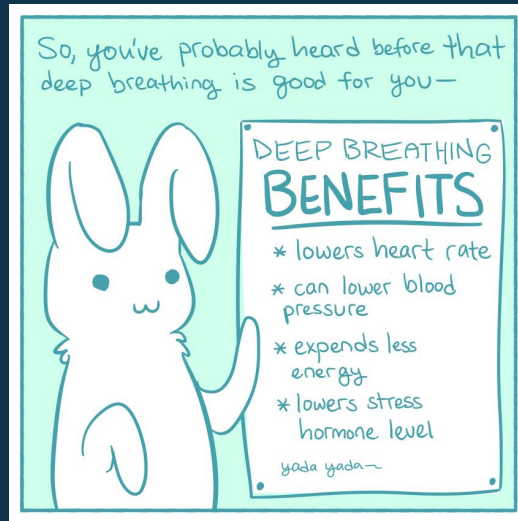
HOW DID I TRY TO ENJOY MYSELF TODAY?

HOW DID I PRACTICE SELF-CARE TODAY?

WHAT EXPECTATIONS OF "NORMAL" AM I LETTING GO OF TODAY?

WHAT AM I GRATEFUL FOR TODAY?

- **Avoid positive coping skills with negative consequences.** It may be tempting to ACE (i.e., avoid, control, and escape) your pain with alcohol, recreational drugs or other substances, but that's like putting a bandage on a deep wound. **Short-term gain equals long-term pain!** Focus instead on giving your body sustainable resources to manage stress, rather than seeking to eliminate the feeling of stress altogether.





(We Are Teachers, 2020)

- **Seek colleagues, friends, family members, and mentors** who affirm your identity and ask them to use your name and pronouns. You are VALID!!!
  - Find a co-conspirator / an ally (i.e., professor, coach, counselor, peer) who can be supportive and non-judgmental.
  - Benefit from others' experiences. Connect with others who are or, who have gone through, similar experiences.
  - "Hang" around with other LGBTQ+ people. Become a member of a social **virtual** support group.

### **New Haven Pride Center** **Virtual Support Groups**

To get access virtual meetings, please e-mail [Laura](#) for the login information, unless stated below.

- Bisexual+ Support & Social Group | 4th Saturday @ 1:30 pm [Apr 25, May 23, June 27]
- Questioning Gender Discussion Group | 2nd Monday @ 7:30 pm [Apr 13, May 11, June 8]
- Trans Adult Support Group | Meets three times a month – contact the group leader for schedule
- Trans Masculine Support Group | Meets once a month – contact the group leader for schedule

### **Triangle Community Center** **Virtual Support Groups**

(Please RSVP for the Zoom link by contacting the Program Leader)

- **Bisexuals & Allies:** First Thursdays of Each Month, 7:30 pm - 9 pm  
([samara.e.rainey@gmail.com](mailto:samara.e.rainey@gmail.com))
- Nonbinary Support and Discussion: Second Monday of Each Month, 7:30 pm - 9 pm  
([junodistress@outlook.com](mailto:junodistress@outlook.com))
- Triangle Transgender Society (TTS): First and Third Tuesday of Each Month, 7 pm - 9 pm  
([alannakennedy32@gmail.com](mailto:alannakennedy32@gmail.com))

- **Creating a concrete routine** can provide structure and predictability during times of global uncertainty.
  - This structure promotes reassurance and a sense of safety and normalcy. Also, routines can improve and promote positive physical and mental health. The more you can anticipate what's up ahead, the better you are prepared to face day-to-day challenges and expectations.

# What's your plan today?

DATE:



## ROUTINE

Breakfast:



Lunch:



Supper:



## PRODUCTIVITY TASKS











## SELF CARE PLAN

Physical:

Social:

Restorative:

Household:

Living the value of:



## GRATITUDE



## NOTES



**Drag Artist Story Hour:** The New Haven Pride Center, in partnership with People Get Ready bookstore, brings you Drag Artist Story Hour that you can enjoy from your home! Throughout the COVID-19 pandemic, the Center will release 10-20 minute readings with some of Connecticut's most fabulous drag artists – including some in Spanish!

<http://www.newhavenpridecenter.org/virtual-events-activities/>

## Queerflix & Chill

The New Haven Pride Center staff invite you to join us for our Monday night movie socials on Netflix!



**NETFLIX PARTY**  
Watch Netflix in sync with friends

Queerflix & Chill is an opportunity for us to come together and watch a movie over the internet using Netflix's new Netflix Party feature.

Program takes place every Monday at 7:30 pm. Link to join the party will be shared on the Center's [facebook](#) and [twitter](#) accounts around 7:15 pm.

## Let's Color Together!



(The New Haven Pride Center, 2020)



**Dr. Smith Kidkarndee (Dr. K)** is the Assistant Director and is a licensed clinical psychologist at Counseling and Psychological Services (CAPS). He is an integrative clinician with training in Interpersonal Psychodynamic Psychotherapy, EMDR, and various cognitive behavioral therapies. Dr. K also specializes in LGBTQ affirmative therapy. Affirmative therapy is an approach to therapy that embraces a positive view of LGBTQ identities and relationships while addressing the negative influences that heterosexism (i.e., heteronormative assumptions, institutional heterosexism, and heterosexual privilege), homophobia, and transphobia have on the lives of LGBTQIA+ individuals. When Dr. K is not working, he is training for his next marathon and relaxing with his furry companions, Ellie (Lab-Dalmatian Mix) & Teddy (Airedale Terrier).