

Self Care: Your 3 C's



We will be sharing with you many ways in which you can support yourself and your wellbeing.

One way to support yourself when you find yourself feeling particularly overwhelmed, is to remember your 3 C's...

1) Find your CALM

In these overwhelming moments, the first thing we need to do is to ground ourselves and find our calm. Everyone will have different ways to find their calm – it is important that you find the most suitable way for you.

Some suggestions are:

- The 5/4/3/2/1 exercise (Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste)
- Squeeze a stress ball or 'anger cushion' or tear up spare paper
- Play with play dough/clay or a small object
- Breathing exercises (click [here](#) to watch our breathing exercise video)
- Go for your daily walk
- Listen to music



2) Get CREATIVE

Once we feel we have found a more calming place, it can be helpful to provide ourselves with the space to get creative. Again, everyone will have their preferred way of being creative.

Some suggestions are:

- Free draw or write (not thinking too much and just drawing or writing whatever comes to mind)
- Draw or write about how you feel
- Write Positive Affirmations to yourself
- Dance
- Sing



3) Re-CONNECT

The final stage is to re-connect with those individuals who support and validate us.

Some suggestions are:

- Speak to supportive Family / Friends
- Connect with your LGBTQ+ Network
- Remind yourself of positive role models
- Read positive LGBTQ+ stories

