

COPING DURING A PANDEMIC: TIPS FOR LGBTQ YOUTH

Despite increased isolation during physical distancing orders, LGBTQ youth can get support and find ways to improve their mood. The following tips may help.



- **Seek out online LGBTQ-supportive organizations and spaces.** Online LGBTQ resources like the Trevor Project, Q-Chat, and It Gets Better can help remind you that you are not alone.



- **Stay connected to supportive people.** Try to video chat with friends you cannot see in person to increase positive social interactions. Consider scheduling a weekly online “hangout” to catch up or share a fun activity.



- **Delay talking about sensitive topics like identity with your family right now if it creates conflict.** You may want to have these talks when people feel less stressed and you have full access to your support system.



- **Practice being kind to yourself.** Recognize some of your strengths and be gentle and patient with yourself when you’re feeling down.



- **Try to focus on the things you can control.** For example, choose to seek support from a friend, do something kind for another person, or practice a hobby.



- **Support and express your identity.** Catch up on LGBTQ books, TV shows, and movies. Find an online blog or group that supports your identity. Paint, draw, and write about LGBTQ-related themes. Explore other ways of expressing your identity.

- **Maintain healthy habits.** Move your body, get fresh air, get plenty of sleep, and keep a regular meal schedule. Routines reduce anxiety and stress. Keep it simple and stick to it!

- **Reduce screen time in the evenings to reduce stress and improve sleep.** Try to schedule pleasant activities each evening that do not require a phone, tablet, or computer screen. Reducing screen time can also help reduce your exposure to anxiety-producing news.

- **Avoid engaging in online arguments with people who make anti-LGBTQ statements.** Instead, find ways of using your voice that feel empowering and productive.