

# QUEER & QUARANTINED

## Self and Community Care

During this time of social distancing, those of us in the Queer community may experience a spike in stress from home, feelings of repression, and an acute absence of contact with the community. Here are some suggestions of ways to practice self and community care during this time.

### Self Care

#### EXPRESS YOURSELF

Find pictures of something that reminds you of a part of your identity you feel restricted in expressing right now. It could be a celebrity who inspires you, art that is meaningful to you, anything! Set it as your phone's background, or print it and keep it in your pocket as a reminder of who you are.

### Community Care

#### SAGEConnect

This program connects you to an elder in the LGBT+ community so that you might have a brief phone conversation each week to help reduce social isolation.

For more information, visit:  
<https://www.sageusa.org/sageconnect/>

#### EXPRESS YOURSELF PART II

Arrange a playlist of music by artists who inspire you or represent you in some way, focusing on songs that speak to the parts of your identity you don't feel comfortable or allowed to express openly. Listen to it!

#### BLACK & PINK

This organization allows you to connect with incarcerated members of the queer community, who could often benefit from the connection and support of members of the community.

For more information, visit:  
<https://www.blackandpink.org/penpal-sign-up/>

#### EXPRESS YOURSELF PART III

Whether you doodle or you paint, write or collage, this is a great time to try and represent the parts of your identity you can't otherwise express. Challenge yourself to make art expressing these parts of you!

#### THINK LOCAL

The best way to support your community is to get involved with those around you! Consider doing some research and locating your nearest LGBT+ community center or provider and contacting them to see ways you can provide support during this time!

### WHY SELF AND COMMUNITY?

While both of these are always important parts of our lives, during distressing and unpredictable situations like our current time of physical distancing they are especially important. For those in the Queer community, home is not always the safest, most affirming place, making it even more crucial that we find sources of affirmation and connection during this time.