Trans wellness zine

Wellness Zine for Trans Youth by Trans Youth
# Table of Contents

1. Welcome Letter ........................................... 3
2. Guided Journaling Prompts ......................... 4
3. Q&A - Trans Wellness .................................. 6
4. Words of Affirmation .................................. 8
5. Emergency Planning ................................... 9
6. Doodling Page ........................................ 11
7. Poem .................................................. 12
8. Resources .............................................. 13
Welcome to the Trans Wellness Zine, created by trans folks for trans folks. We invite you to use the zine to support you in your wellness journey whether you are barely starting out, continuing your journey, or returning to your healing after some time. We have included journaling prompts, affirmations, emergency planning, and an exclusive interview with nonbinary leaders within TRUTH and Roses sharing the importance of trans wellness.
Guided Journaling Prompts

1. If you could create your own fictional world, what does it look like?

2. What are you grateful for today?

3. Is there anything you want to manifest?

4. What brings you joy?
Guided Journaling Prompts

5. What quote has resonated with you recently? Why?

6. How have you been taking care of yourself?

7. What are your current hobbies? How did you get into them?
How do you prioritize your wellness in times of high volumes of stress?

"I've taken up ceramics recently, and I was like, oh my gosh, that sounds kind of weird to do you know, but it helps me spend hours just not thinking. And sometimes that's what you need—something that completely engulfs you, where you don't look at social media, you don't have to talk to people and you let yourself recharge."

Lakshmi (they/them)
TRUTH Youth Leader
What are things you do for your own personal wellness?

"For me, I am moving... I need to be away from home. I need to explore within myself by myself [in] my own space... find more community and other places. I'm also trying to just do more activism work and more community work. Because for me, that feeds me, like, when I see other people doing good, it makes me feel like I can do that too."

Amayas (they/them)
Roses Youth Leader
I am WORTHY
RESILIENCE runs through me
I am FREE

I attract OPPORTUNITY and SUCCESS
I am WORTHY

I use my failures as lessons to PROPEL me towards my goals
I am POWER

Take an Affirmation!!!
Emergency Planning

Emergency planning, also known as "pod mapping," is a great tool to come up with a personal plan for you and your loved one(s) in case you ever find yourself in crisis and needing support from your community.

We invite you to check out the next page and fill out the flower with your friends! Be sure to ask someone to be a part of your emergency plan before including them in your plan.

Additional Resources

BATJC - Pod Mapping
BEAM - Community Care Support Plan
Name & Pronouns

How will I know when I need support?

People that can offer support:

What does support look like?

Warning signs I may be unwell:

Internal Coping Strategies:

Things to avoid:

People/places that offer distractions:

Things that make me feel grounded/safe:
Doodle your current emotions
Design a Magazine Cover
What is your current view?
First thing that comes to mind
Free Draw
Self Portrait
radical gratitude spell by adrienne maree brown

a spell to cast upon meeting a stranger, comrade or friend working for social and/or environmental justice and liberation:

you are a miracle walking
i greet you with wonder
in a world which seeks to own
your joy and your imagination
you have chosen to be free,
every day, as a practice.
i can never know
the struggles you went through to get here,
but i know you have swum upstream
and at times it has been lonely

i want you to know
i honor the choices you made in solitude
and i honor the work you have done to belong
i honor your commitment to that which is larger than yourself
and your journey
to love the particular container of life
that is you

you are enough
your work is enough
you are needed
your work is sacred
you are here
and i am grateful
Resources

Trans Lifeline: (877) 565-8860
GLBT National Hotline: (888)843-4564
GLBT National Youth Talkline: (800)246-7743
National Coalition of Anti-Violence Programs: (212)714-1141
DeHQ: LGBTQ Helpline for South Asians: 908-367-3374
Crisis Text Line: Text HOME to 741741
Trevor Line: Text START to 678678
Trevor Line: (866)7386

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