

Trans Wellness zine

Wellness Zine for Trans Youth by
Trans Youth




GJLP

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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?

Q&A with Trans Youth about Trans Wellness!

Read the complete interview at: ourtranstruth.org/trans-wellness-zine-2021/

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



Q&A with Trans Youth about Trans Wellness!

Read the complete interview at: ourtranstruth.org/trans-wellness-zine-2021/

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

AMAZING

I wake up as a
WINNER.

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

Affirmation I take an





Emergency Planning

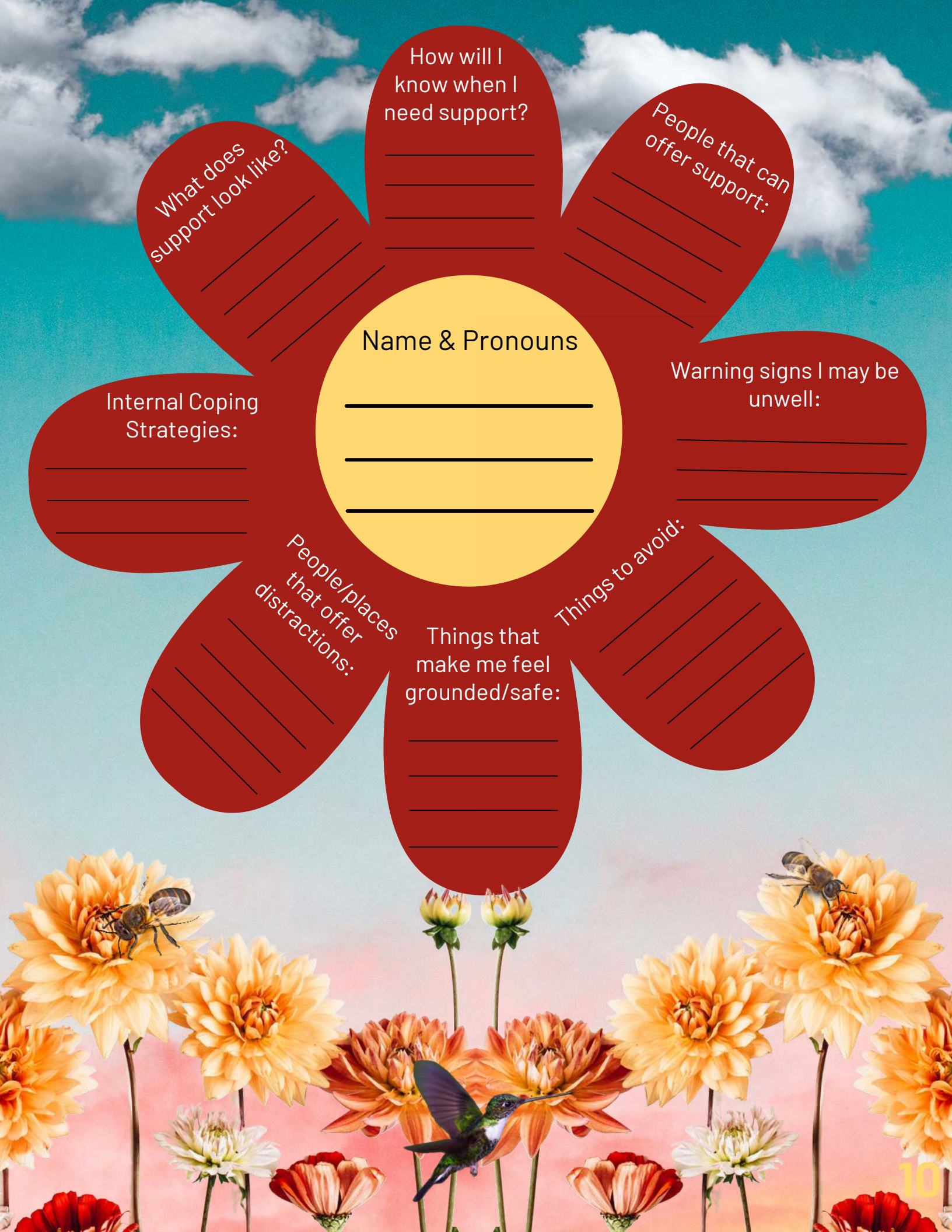
Emergency planning, also known as "pod mapping," is a great tool to come up with a personal plan for you and your loved one(s) in case you ever find yourself in crisis and needing support from your community.

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](#)



How will I know when I need support?

People that can offer support:

What does support look like?

Name & Pronouns

Warning signs I may be unwell:

Internal Coping Strategies:

People/places that offer distractions:

Things that make me feel grounded/safe:

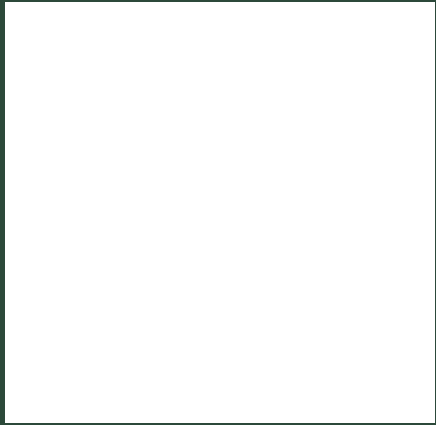
Things to avoid:



Doodle your current emotions



First thing that comes to mind



Design a Magazine Cover



Free Draw



What is your current view?



Self Portrait



radical gratitude spell by adrienne maree brown

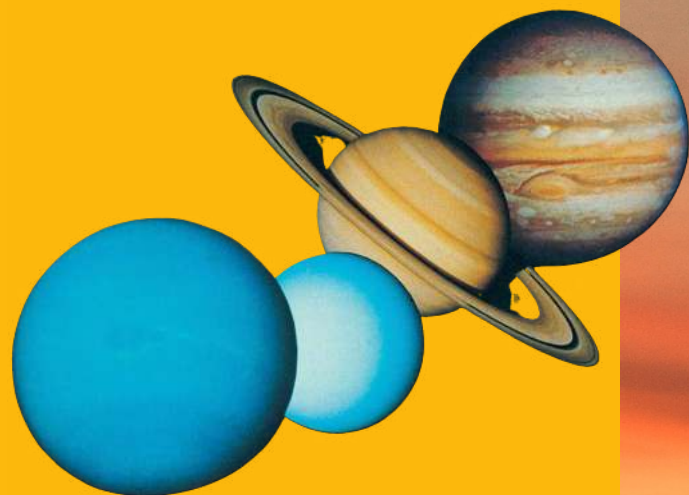
a spell to cast upon meeting a stranger, comrade or friend working for social and/or environmental justice and liberation:

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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