

Identity Affirming (IA) Activities

Engaging in activities that **affirm your identity** is an important step to take to decrease any negative impacts that stem from minority stress. These activities can **improve** your sense of self and mental health. The purpose of this list is to identify physical spaces, emotional spaces, interpersonal relationships, and **safe zones** within our lives.

Here are some examples:

- Listen to an Identity-Affirming (IA) podcast
- Watch an IA TV show
- Read an IA book
- Watch an IA movie
- Find an IA club/group/team
- Find an IA space (LGBTQ+ resource center, etc.)
- Text an IA friend
- Reach out to an IA family member
- Find an IA therapist
- Reach out to an IA mental health resource (Trevor Project, CAPS, RISE, LGBTQ+ Resource Center)
- Write an IA poem, story, journal entry
- Make IA art
- Listen to IA music
- Write out an IA plan or dream (maybe share this with an IA friend)
- Take an IA class (or look in the course catalogue for one in a future quarter)
- Reach out to an IA mentor/coach/teacher/leader
- Find opportunities to be an IA mentor/coach/teacher/leader
- Volunteer in the IA community (clubs, orgs, non-profits, sports leagues, arts groups, etc.)
- Start an IA club, org, non-profit, sports league, arts group, etc.
- Identify possible IA careers or find IA professionals in the career in which you are interested
- Try on clothes/hair/makeup/accessories that feel IA
- Seek out IA theater or entertainment (drag shows, queer theater, etc)
- Follow IA instagram, tiktok, reddit, twitter, media
- Identify a space in which you feel safe and affirmed (your bedroom, a park bench, a bar or restaurant, etc)

What IA activities do you want to try?

List some below
