



# Quarantined and Queer

## LGBTQIA+ and Coping through COVID





## Who Are We?

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# Topics for Today

- » Stressors unique to the LGBTQIA+ community
- » Stress & Anxiety
- » Loneliness & Isolation
- » Grief & Loss
- » Practical Skills to Cope
- » Resources



# Who Are You?

**Name**

**Pronouns**

**On or off campus?**

**Favorite TV show or Movie**





# Stressors Unique to the LGBTQIA+ Community

# What is different for our community?

- » LGBTQIA+ people already face increased stress due to queerphobia
  - ◇ Pandemic can exacerbate this
- » Quarantine = isolation
  - ◇ Can feel like the isolation we may have already felt as part of this community
- » What have you noticed?

## Why is this so hard?

- » We are facing uncertainty and a lack of control
- » We have lost structure / routine
- » We have lost connection
- » This can lead to stress and anxiety, but we can learn new ways to cope with our current situation!

# Stress & Anxiety



# Stress versus Anxiety

- » Stress usually stems from an *external* cause, whereas anxiety generally stems from an *internal* cause
- » Stress can *lead to* anxiety
- » Stress tends to subside when the situation has ended whereas anxiety can persist

**Stress is inevitable but we can learn to  
prevent & manage anxiety**

# Symptoms of Anxiety

## Physical

- » Heart pounding
- » Flushing
- » Shortness of breath
- » Sweating
- » Dizziness
- » Headache
- » Dry mouth
- » Stomach pains
- » Nausea
- » Diarrhea
- » Muscle aches
- » Restlessness
- » Inability to relax

## Psychological

- » Excessive worry
- » Irritability
- » Impatience
- » Feeling “on edge”
- » Fatigue
- » Vivid dreams
- » Mind racing
- » Mind going blank
- » Indecisiveness
- » Difficulty concentrating
- » Decreased memory

## Behavioral

- » Obsessive or compulsive behavior
- » Phobic behavior
- » Avoidance of situations
- » Distress in social situations



# Isolation & Loneliness

## What are you used to?

- » Autonomy, independence
- » Community of your choosing
- » Being able to be out
- » People using your correct pronouns
- » Access to resources on campus (in person)
- » What else?

## What could be happening now?

- » Lack of independence
- » Experience of family members who are not accepting of your identities
- » Inability to connect with friends and allies
- » Exacerbation of existing trauma

All of this can lead to feelings of isolation  
and loneliness

# Grief & Loss

# Loss

Being stuck at home has led to all of us experiencing loss, which can lead to grief

Examples of potential losses:

- » Community, physical presence
- » Routine
- » Graduation
- » Loss of loved one
- » Financial loss
- » Travel opportunities (such as study abroad)




# How Do We Cope?







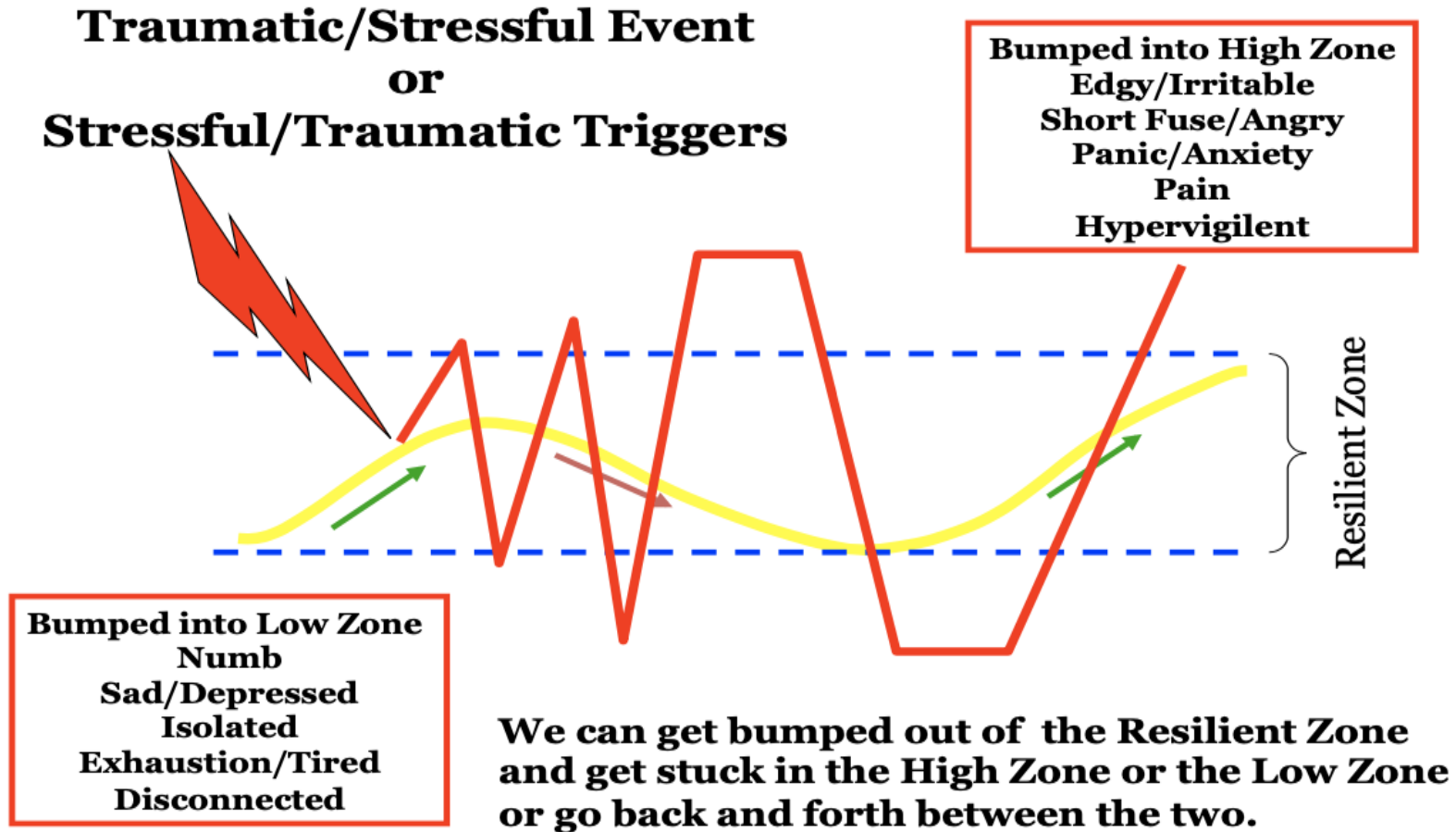
## What can help?

- » Learn skills to help our BODY and MIND
  - » Understand how to come back to the HERE and NOW
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# What is the Resiliency Zone?

- » An overall state of well-being, in mind, body and spirit
- » When we're in our resiliency zone, we can still feel scared, sad, angry, annoyed, etc., but can still think clearly, handle our feelings and function okay





# How can I stay “in the zone?” longer?

- » Focus on what’s in your control
- » Create a daily routine
- » Social support
- » Acknowledge your thoughts & feelings
- » Come back to the present
- » Honor your own values
- » Limit news
- » Walk outside
- » Creative activities
- » Use resources
- » What else?

## What can I do if I get “bumped out?”

- » Breathing
- » Mindfulness
- » Notice 3 things you can see, 2 you can hear, 1 you can feel
- » Slowly stretch
- » Slowly press your fingertips together
- » Press your feet into the ground
- » Press your back against the wall
- » Drink something cold
- » Count backwards from 20
- » What else?

# Self-Compassion



# Self-Compassion [3 Components]


## Mindfulness

- » Acknowledge what is, without judgement
- » “This is a moment of suffering”

## Common Humanity

- » Suffering and feelings of inadequacy are part of the shared human experience
- » “We all struggle in our lives”

## Self-Kindness

- » Give yourself compassion instead of punishment, rather than ignoring the pain
  - » “May I be kind to myself”
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# Resources





## Resources

- » Apps:
  - ◇ UCLA Mindful (free)
  - ◇ Headspace app  
([headspace.com/lacounty](https://www.headspace.com/lacounty))
  - ◇ What's Up - A Mental Health App  
(free)
- » Trans-Wellness Center  
([mytranswellness.org](https://www.mytranswellness.org))
- » LA LGBT Center ([lalgbtcenter.org](https://www.lalgbtcenter.org))
- » TREVOR Project Lifeline (866-488-7386)
- » CAPS (310-825-0768)

## Financial / Food Resources

- » CPO food closet  
([foodcloset/@cpo.ucla.edu](mailto:foodcloset@cpo.ucla.edu))
  - » UCLA Economic Crisis  
Response Team  
([ecr@saonet.ucla.edu](mailto:ecr@saonet.ucla.edu))
  - » CalFresh benefits  
([https://www.cdss.ca.gov/calfr  
esh](https://www.cdss.ca.gov/calfresh))
  - » Dail 211 for info about  
foodbanks/resources
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Questions?