

Helpful Coping Strategies

1 | Change your environment

- Find affirming support
- Seek support online
- Find material support
- Find affirming information
- Find your “chosen family”
- Set boundaries

2 | Adjust your thinking

- Be self-affirming
- Perspective taking
- Deconstruct queerphobic arguments
- Adopt a “new normal”

3 | Take action to manage emotions

- Vent to a friend
- Pick your battles
- Listen selectively
- Direct the conversation
- Go to an ally
- Limit your time in non-affirming spaces
- Step-up/Step-back