

NARRATIVES OF US

self-care
low mood
anxiety
mental health
sadness
trauma
stress
worry
disorder
cross
anger

ACTIONS OF
CARE: RESOURCES
& TOOLS



Resource Hubs For Gender Expansive & Trans People

*Click the image for the link /
Google The Bold Key Words*

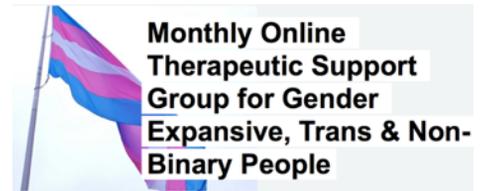
Gendered Intelligence

Trans led charity offering youth work, creative projects training, and an excellent resource page.



Narratives Of Us Online Group

Therapeutic support group, which hopes to run monthly, online for 1.5 hours, for trans non-binary and gender expansive folk anywhere in the world, aged 18+.



GLAAD Tips for Allies of Transgender People

Tips that can be used as you move toward becoming a better ally to transgender people.



Portal Bookshop

Non-Fiction and Fiction bookshop operating online offering knowledge including a teen survival guide.



Seen Zine

Zine amplifying young LGBT+ voices, an initiative through the Albert Kennedy Trust.



Resource Hubs For LGB+ People

*Click the image for the link /
Google The Bold Key Words*

LGBT+ Switchboard

A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.



The Trevor Project

A leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.



Biphoria Mental Health E-Booklet

Bisexual support, website and information, including a mental health booklet through the lens of bisexuality aimed at service providers.



Stonewall Housing

Helping LGBT+ people find safer secure homes, consultancy, advocacy, and confidential housing helpline.



Bgiok

Practical advice, recommended reading and films and information from LGBT volunteers via the support charity 'Outline'.



Self Care Responses To The Pandemic

Click the image for the link /
Google The Bold Key Words

Selfcare Zine

Off beat zine by Dr Meg Josh-Barker, taking a critical, productive and practical approach to self-care for these weird times.

HELLYEAH SELFCARE

By Meg-John Barker

Radical Reframing of Covid-19 Zine

A great reframe zine by Emily Ehlers about how to manage the global pandemic and many of the effects it brings

a Radical
reframing of
Covid-19
by @ECOEM_

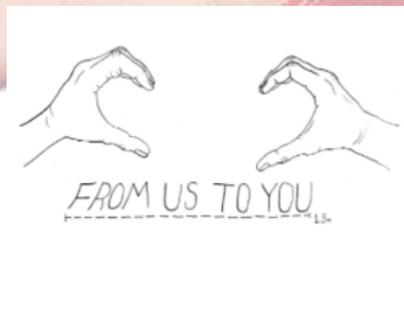
A Small Toolkit For Taking Care

A narrative therapy inspired zine by the amazing Tiffany Sostar, full of top notch ideas and checklists.



Lived Wisdom on Panic Worry and Isolation

This document contains the wisdom of thirty people's experience with panic worry and isolation. It comes out of the hard won knowledge of survivors and users of services.



Human Connection Right Now

Click the image for the link /
Google The Bold Key Words

Samaritans

Helpline there to listen if you need emotional support, 24/7.



CALM

A movement against suicide, rich resources including helpline, community and campaigns particularly responding to male distress.



Maytree

Helpful registered charity for respite, guidance and signposting for people when they are feeling suicidal.



Papyrus

A suicide prevention charity aimed at under 35's and people worried about others - offering a Hope Line confidential and practical service to explore options of support.

HOPELINEUK



Grounding Tools You Can Try Right Now

*Click the image for the link /
Google The Bold Key Words*

Body Work - Rufus May

Some body based knowledge and skills, practical and easy to learn for grounding and calming yourself or others. Rufus May is a Dr. with a lived experience of surviving mental health challenges himself.



Writing to Fear With Compassion - Elizabeth Gilbert

Here Liz Gilbert shares an exercise she has used through the most frightening moments of her life, to soothe and bring comfort using a pen and paper.



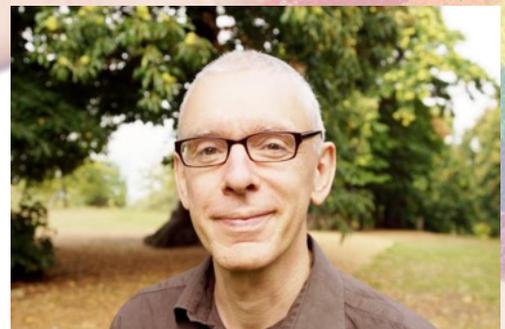
Nostal Breathing Technique - Tim Senesi

An excellent breathing technique, using the hands and alternate nostrils, quick to learn and very effective, known by the yogi's as: "Nadi Shodhan Pranayama". It's the real deal.



3 Minute Breathing Space - Maitreyabandhu

A mini floating island of stillness in your busy life, 3 minute breathing to ground you, guided by meditation teacher Maitreyabandhu.



Sleep As Self Care

*Click the image for the link /
Google The Bold Key Words*

Guided Sleep Relaxation - Saqib Rizvi

This Sleep meditation is on 'Insight Connect' free app. It guides you through how to relax your mind and body to prepare for sleep. Available online or via the free app: Insight Connect.



Deep Sleep Body Scan – David Gendelman

This is a short guided imagery exercise which scans through the body using a simple but effective visualization, to help calm busy minds. Available online or via the free app: Insight Connect.



6 Tips For Better Sleep– Dr. Matt Walker

Short YouTube video with tips on how to not only fall asleep quickly but also stay asleep for longer from sleep Scientist Matt Walker author of 'why we sleep' who outlines a checklist of easy yet important factors for getting a good nights sleep for adults and children alike.



The Dream Completion Technique – Dr Justin Havens

This animated Youtube tutorial “Learn how to stop PTSD nightmares with Dr Justin Havens (extended self-help version)” teaches a useful technique for responding to nightmares.



Stress & Anxiety Videos To Check Out

*Click the image for the link /
Google The Bold Key Words*

Make Stress Your Friend

Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.



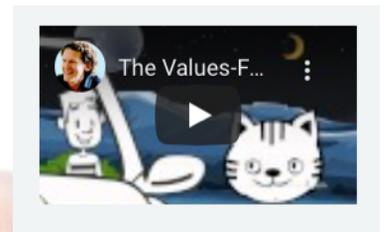
The Space Between Self Compassion & Self-Esteem

Excellent ideas from Dr Kristin Nef on why it makes sense to reach for Self Compassion over attempting to boost our self-esteem - and how to do this.



Values-Focused vs Goals-Focused Life

Dr. Russ Harris, explains the important distinction between living a goals-focused vs a values-focused life.



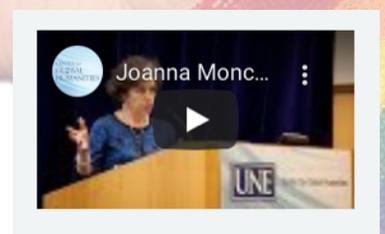
How To Square Breathe

This technique and visualisation is known as square breathing and is a useful tool to reduce moments of stress and anxiety.



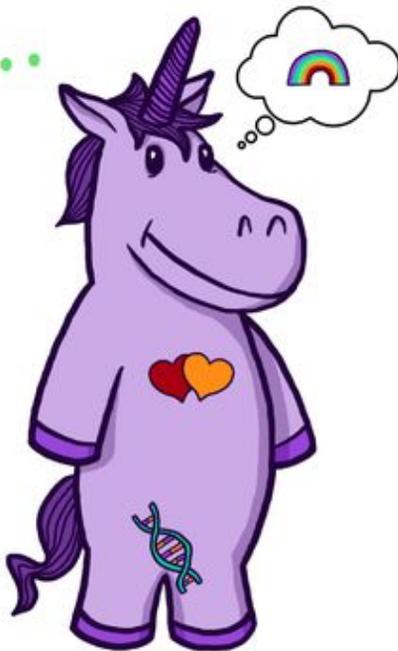
The Chemical Cure

Valuable, balanced, un-biased factual and evidence based knowledge review of the evidence base from Qualified Psychiatrist Dr Joanna Moncrieff for those considering psychiatric drugs for mental health.



The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resource



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

low mood
self-care
anxiety
mental health
sadness
trauma
stress
worry
disorder
cross
anger
healer



ONLINE TALKING THERAPY SERVICE

Narratives of Us offers down to earth, jargon free online talking therapy from a highly qualified and HCPC registered Clinical Psychologist with 12 years NHS experience, offering online private practice for individuals & couples who may find themselves sort of stuck, lost, turned around, unrooted... or maybe in need of some space and time to find the right direction. Equally, it can be a place to grow and kindle the things already going well in life, after all, you made it this far! Unlike counsellors/psychotherapist, Clinical Psychologists, are trained in multiple therapies to **tailor and shape the sessions to fit you**. Be it issues about living with a label such as anxiety, depression, stress, or something unique to you. I currently offer online video sessions due to the pandemic. I have specialist training and publications on trans group therapy and extensive experience facilitating thoughtful group therapy spaces and experience supporting trans and non-binary clients in therapy, as well as reviewing and delivering gender diversity training in the NHS.

Many people dislike traditional talking therapy for some common reasons... jargon, labels, stigma, silence, power and deep-diving back to early childhood without clear reasons why. The way I work is different. The aims are tailored to you. What is important to you, is always at the centre of the conversation. I believe that **the person is the person, the person is not the problem, the problem is the problem**. I also specialise in conversations about relationships, gender diversity and sexuality.

I offer a **free 15-minute telephone consultation** so you can sound out if our fit would be right, and I can send a free welcome pack with information and resources to help you to decide . I also offer a fee sliding scale. Please do ping me a message with your hesitations and curiosities and I will respond within 24 hours.

020 3322 6706

NarrativesOfUs@gmail.com

www.NarrativesOfUs.co.uk/Contact



SELF CARE AS...



LOOKING AFTER MYSELF
MEANS THAT I SURVIVE IN A
WORLD THAT DOESN'T WANT
PEOPLE LIKE ME TO SURVIVE
RIGHT NOW



CARING FOR MYSELF DEMONSTRATES
THAT PEOPLE LIKE ME ARE
VALUABLE EVEN IF WE'RE
BEING TREATED AS THOUGH
WE WERE DISPOSABLE



SELF CARE GIVES ME THE
ENERGY TO RESIST



WHEN I LOOK AFTER MYSELF
I HAVE MORE ENERGY TO
LOOK AFTER OTHERS



PAUSING FOR SELF CARE MEANS
I PICK MY BATTLES MORE CAREFULLY
SO I HAVE THE TIME & RESOURCES
TO ENGAGE IN WAYS THAT ARE
MOST LIKELY TO MAKE A DIFFERENCE

On what we have known to be useful when facing Worry or Panic

Reflecting on what makes me feel safe

When I notice feelings of worry or panic, I check in about what I am scared of, and what I need to feel safe.

If I'm in panic mode, I need to be able to call on my inner resources, focus on stopping, making things still, whatever feels right for that time, whether it's meditative, walking, drawing, music. We each need to have our own reserve of these ways to calm.

Hold tight to any feeling that is known to be good.

Sharing the experience with others

Sometimes I find talking to a trusted mate is great to help put things in perspective and reduce my fear. Ring friends.

My tip is trying to get a hold of someone who is able to help plant my feet on the ground...

Worry is reduced if I can pull myself away from my own head and talk out my concerns with someone, a person who cares and will listen all the way through, a person who can smile, offer reassurance, relate, and offer some steps to help me sort out all that I'm fretting over.

Be with trusted people and avoid arseholes.

What helped was when I found a way of being listened to, where all feelings were welcome.

Keep in touch with other people, remember that the best that we can hope for in this life is to be the narrator of our own story.

Reaching out to like minded people. Spending time with animals.



Knowing it comes and goes



Remembering that it passes like a wave and delaying action on anything important when I can think panic might be around is how I get through with minimal effects. This too will pass.

Don't approach cliffs, real or metaphoric where it's only one step over the precipice. Cos there's no backward step.

Ride the wave think like a canoeist on moving water - as long as I move slower or faster than the water I will be ok.



Self Care Checklists

DAILY

- ∞ Breathe
This is an invitation to breathe mindfully and intentionally (however that looks for you on any given day – one deep breath is a place to start) at least once in the course of the day.
- ∞ Stretch
At least once a day, stretch your wrists, neck, and back. You do not have to do a whole yoga routine, but if you want to, that's great!
- ∞ Hydrate
Pay attention to when you feel thirsty. At least once a day, drink a glass of water (you can add juice to it if you hate drinking water, or make yourself a mug of herbal tea).
- ∞ Nourish
Shame-free nourishment!
- ∞ Connect
Reach out to someone who cares about you, or someone that you care about, or someone who has inspired you, or someone who seems to be struggling. This might involve writing a letter (whether or not you send it), sending a text, making a phone call, going for a walk together, or doing something that you shared with someone who is no longer in your life.

WEEKLY

- ∞ Time outdoors, looking out the window, or near plants
- ∞ Social connection
If you're not sure how to do this, and you're feeling isolated, one way to start is just by sending a message to someone you would like to connect with. You could play the "+1" game – ask them how their day is going on a scale of 1-10, then, when they answer, ask if there's anything you can do to add a +1 to their rating.
- ∞ Intentional movement
This just means moving your body mindfully and intentionally – it could be a stretch, a wiggle, a dance, or anything that helps you focus on what your body feels like, and how you feel inhabiting your body.
- ∞ Body awareness
Checking in with your body and noticing any changes or physical experiences like pain, discomfort, or wellness.
- ∞ Sensory awareness
"Remarkable" because it's worth noticing things even if they aren't necessarily pleasant.
 - Smelled something remarkable
 - Saw something remarkable
 - Heard something remarkable