

# Coping in Chaos

At a time when every day brings a new violent act towards the LGBTQ community, it can be hard to find ways to care for self and easy to lose ourselves amongst the chaos. Here are a few ways we can tend to our own needs and support one another during this trying time:



## Reach out to trusted friends and family

Being the target of new legislation and local hate crimes can make us feel more alone than ever. Some may even feel unsafe engaging with others. During this time it is important to identify safe individuals and reach out to them for care and support.



## Limit the time you spend online

With the news being so accessible, we can often find ourselves scrolling through harmful information for hours on ends. While it is important to stay informed it is all beneficial to step away from news and give our mind and body time to process.



## Connect with local organizations

Another way we can help feel less alone is by finding local support groups like the San Diego LGBT Community Center and PFLAG San Diego. Finding ways to surround yourself with people who understand and resonate with what you are experiencing



## Advocate for a better tomorrow

It is easy and understandable to feel helpless at a time like this. So finding ways to join the movement against the current legislations may be a source of comfort for some. Learn more ways you can join the fight for justice with the Human Rights Campaign.

