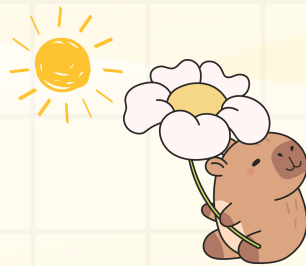


# queerwell

## HAPPY WORLD MENTAL HEALTH DAY, GORGEOUS!

A Dose of Sunshine from Queerwell -  
Your Social Prescription for World Mental Health Day



Your brain has four brilliant feel-good chemicals, and you can nudge them along with small, joyful things. Pick one from each group at the start and end of your day. No pressure, no perfection. Just a little sunshine, twice a day.

### 1. DOPAMINE: THE "YES, I DID THAT!" BOOST



#### **Put on an upbeat playlist**

Dance-around-the-kitchen volume encouraged.



#### **Take a 15-minute siesta** - Rest is productive.



#### **Start a Sunshine Jar**

Write down one achievement or act of kindness, big or small, on a post-it (physical or virtual). Save them up for the days you need proof that you are worth it.



## 2. OXYTOCIN:

### THE CONNECTION CUDDLE



**Reach out to someone you haven't spoken to in a while**

Send a Queerwell postcard or ask for a 10-minute catch-up.



**Cook a meal and share it** with someone you haven't seen in ages.



**Get some pet time**

Yours, a friend's, or a very friendly dog in the park.



## 3. SEROTONIN: THE CALM AND GLOW



**Take a 15-minute walk in the morning daylight.**



Meditate for five minutes. **Close your eyes and head to your best place.**



**Take five deep breaths** with your eyes closed.



**Flip the script.** Turn "what ifs" into "I wills".



## 4. ENDORPHINS: THE JOY RUSH



**Watch something that makes you laugh out loud.**



**Move for 30 minutes a day.**  
Anything that gets your heart going. \*



**Get creative.**  
Spend five minutes planning something you're looking forward to.

**\*Please check in with your doctor first.**





## WISDOM FROM OUR COMMUNITY

### TOM DALEY

finds calm and mindfulness  
in knitting and says it  
relieves stress.



### JONATHAN VAN NESS

dances and moves when  
anxious or tired.

## THIS TOO SHALL PASS

### OLLY ALEXANDER

***"Remember it will pass."***  
Feelings are temporary, and  
knowing that is key to  
managing his mental  
health.

### DEMI LOVATO

takes a few weeks off social  
media at a time to protect  
her mind.

**Choose your people.**  
Demi says the right people  
around her ease her social  
anxiety.

## CHOOSE JOY

### LAVERNE COX

says lean into your joy.  
Focus on what feels good,  
like a song or someone you  
love, and let go of what  
doesn't.

### ELLIOT PAGE

describes his most recent  
gender euphoria as simply  
drinking his coffee in  
silence.

Savour the  
small, calm  
moments



Find affirming community.

**The Trevor Project's** research  
links affirming families,  
caring friends, and access to  
care with better outcomes  
for LGBTQ+ young people.

### TIM FROM QUEERWELL

"If you want to help a  
friend, drop a text and  
invite a friend you haven't  
spoken to for a long time to  
have a chat. They may be  
really in need of you  
reaching out."



### AMULYA FROM QUEERWELL

When the world feels  
distant, she turns to poetry.  
Words ground her and  
remind her of the many  
quiet ways we're connected  
to the world around us.

# WANT MORE SUPPORT? WE'VE GOT YOU



## **QUEERWELL**

Free and low-cost therapy, coaching, and workshops for the LGBTQ+ community – visit [queerwell.org.uk](https://queerwell.org.uk)

## **SWITCHBOARD**

The LGBTQIA+ support line, open 10am to 10pm daily on [0800 0119 100](tel:08000119100). Webchat or email [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt) also available.

## **URGENT HELP (ENGLAND)**

call [111](tel:111) and select the mental health option

## **EMERGENCY**

You are not alone. Reach out when you need to.  
You deserve support, joy, and a little sunshine.

**if someone's life is at risk, call 999.**

You are not alone. Reach out when you need to. You deserve support,  
joy, and a little sunshine.



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Your Community-led LGBTQIA+ Mental Health and Wellbeing Charity

Registered Charity Number: **1210152**

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