

## Coping with Discrimination & Minority Stress

Experiencing prejudice, exclusion or repeated pressure to explain yourself can be exhausting. Your wellbeing deserves protection.

What situations leave me feeling most drained or unsafe?

How does this stress affect me emotionally?

How does it affect my body?

What helps me recover after a difficult experience?

Who believes and supports me?

What environments feel safer or more affirming?

What boundary or support could reduce the impact?

Something I want to remember is...