TRANS & STRONG

Remember, who you are is not up for debate.
Your gender is valid and beautiful. You are loved.
acon.org.au/tgd

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Acknowledge your feelings
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Look out for each other
It has been a distressing time for TGD people. Check in with your trans friends. Let them know you’re there if they need you. Look after each other.

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Self care
It’s a good idea to make sure you’re getting enough sleep, drinking enough water and eating regularly. Using essential oils like lavender can be really helpful and making sure your hormone levels, if relevant, are in a happy place can go a long way to improving mood.

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