

Trans Resilience in Isolation

Drew (they/them)

Transphobic Hate Crime Victim Advocate

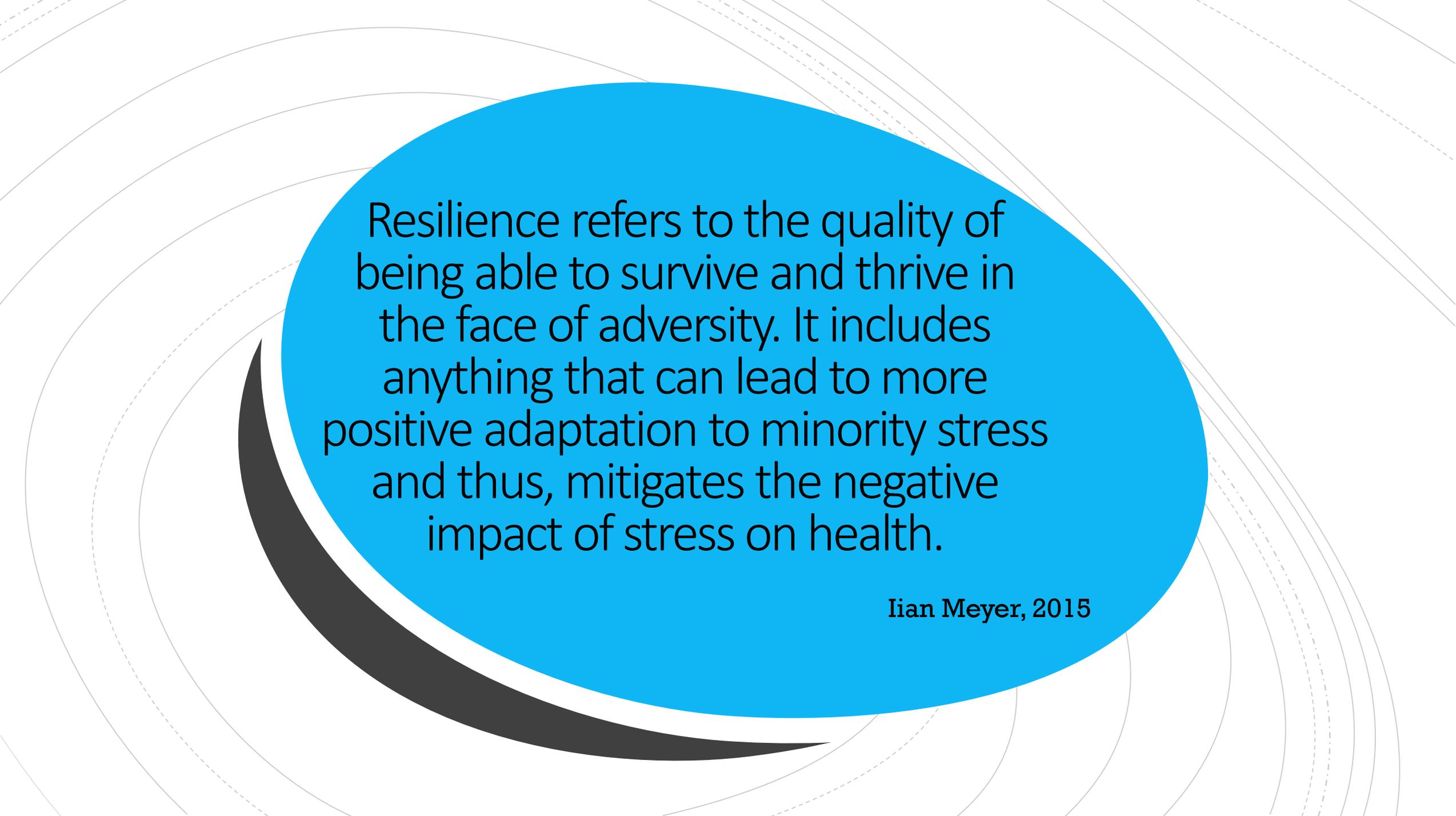
Galop, the LGBT+ anti-violence charity

Why trans resilience?

- We are more likely to experience anxiety and depression than our cisgender peers.
- In these anxiety-provoking and isolating times people who already struggle with anxiety and depression are particularly at risk.
- There are a lot of general tips widely available, but we also have community specific issues that are relevant to the current crisis.

What is
Resilience?





Resilience refers to the quality of being able to survive and thrive in the face of adversity. It includes anything that can lead to more positive adaptation to minority stress and thus, mitigates the negative impact of stress on health.

Iian Meyer, 2015

VULNERABILITY *is not*
winning or losing; it's
having the courage to
show up and be seen
when we have no control
over the OUTCOME .

-BRENÉ BROWN

**PERFECT AND
BULLETPROOF
ARE SEDUCTIVE,
BUT THEY DON'T EXIST
IN THE HUMAN
EXPERIENCE.**

Brené Brown

Vulnerability is not the opposite of resilience,
vulnerability is a part of resilience

Research evidence for trans resilience factors

Factors we have control over:

- Self-definition
- Identity Pride
- Community belonging
- Activism
- Having and being a mentor

Factors we don't have control over:

- Family support
- Being able to transition
- Low levels of Minority Stress

Transgender Resilience Intervention Model (TRIM) -
Matsuno and Israel 2018

Self-definition

- It can be easy to fall into not getting dressed when you stay at home
- This may lead to an upswing in dysphoria
- Take this opportunity to try new things that may help e.g. if you are someone who wears makeup, you can use youtube tutorials to learn new makeup skills.
- Everyone has their own way of doing gender, take the time to do whatever makes you feel valid, even if you aren't going anywhere.



FLAWLESS In-Depth Makeup Tutorial | NikkieTutorials

<https://www.youtube.com/watch?v=dhLCzSwUTvc>

NAVIGATING COVID-19 AND CHEST BINDING

8 TIPS TO LOOK AFTER YOUR RESPIRATORY HEALTH FOR TRANS AND NON BINARY PEOPLE WHO BIND THEIR CHEST



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NAVIGATING COVID-19 AND CHEST BINDING

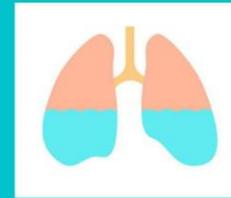
TRANS AND NON-BINARY PEOPLE WHO BIND THEIR CHEST ARE AT MUCH HIGHER RISK OF COMPLICATIONS FROM COVID-19. IF YOU HAVE ASTHMA OR RESPIRATORY ILLNESS, THIS IS PARTICULARLY IMPORTANT.



JACK METCALFE AND AMELIA ARNOLD, 2020.

NAVIGATING COVID-19 AND CHEST BINDING

IF YOU HAVE A COUGH, THE MEDICAL RECOMMENDATION IS TO AVOID BINDING, AS IT CAN LEAD TO A FLUID BUILD-UP IN THE LUNGS. PNEUMONIA IS A COMPLICATION ASSOCIATED WITH COVID-19, AND RESPIRATORY ILLNESS CAN BE EXACERBATED BY CHEST CONSTRICTION.



JACK METCALFE AND AMELIA ARNOLD, 2020.

NAVIGATING COVID-19 AND CHEST BINDING



IMAGE: SAM ORCHARD COMICS @RODSTERTAILS

IT IS RECOMMENDED TO AVOID BINDING IF YOU ARE SICK. IF THIS DOES NOT FEEL POSSIBLE FOR YOU, CONSIDER IF YOU HAVE WORN-IN BINDERS THAT COULD BE WORN SPARINGLY, OR TIGHT SINGLETS OR SHIRTS TO WEAR UNDER CLOTHES.

JACK METCALFE AND AMELIA ARNOLD, 2020.

Be cautious when chest binding- which can increase the risk of complications if you get sick

Name Validate Act

- When you experience transphobic microaggressions: name it, validate your emotional reaction and decide how best to act.
- e.g. "Because I was just told I am not a real woman (naming), it makes sense that I am feeling hurt and withdrawn (validating)."
- The action you then take may be:
- *internal*, such as affirming your identity e.g. "I deserve to be treated respectfully and with dignity as a trans person."
- *Verbal*, e.g. "when you said that, it wasn't affirming of who I am, please don't say that to me again."
- Or *behavioural* e.g. exiting the situation and connecting with social support.

Identity Pride: Releasing Internalized Stigma for Empowerment

- Attitudes have 3 components: thoughts, feelings and behaviour.
- Challenging negative attitudes about yourself is difficult because all 3 of these aspects feed into each other.



Development of Theory-Driven
Interventions for Sexual and Gender
Minorities- Lin, Israel and Ryan, 2019

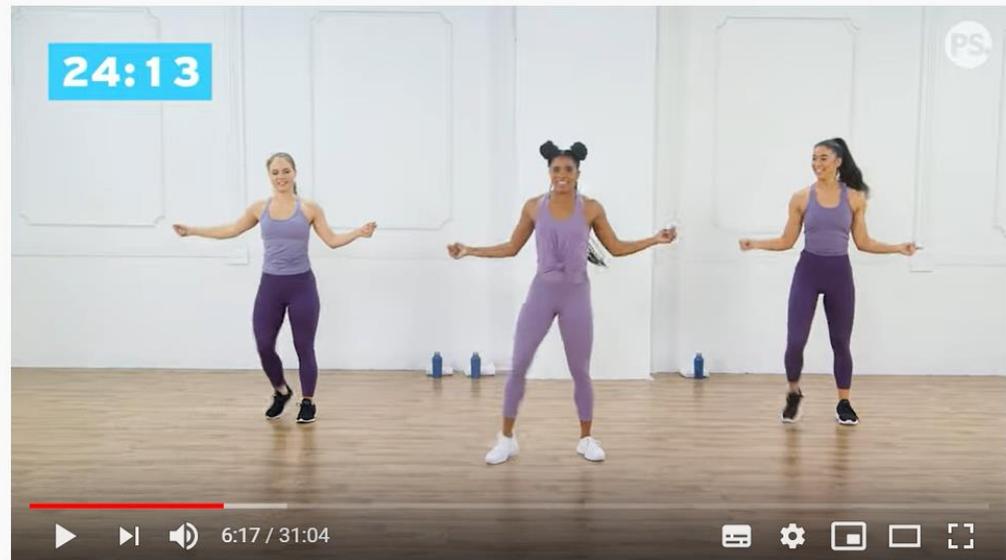
<https://www.youtube.com/channel/UCKDBJO1KAhAHroi44gRqyFQ>

Exercise for
mental health-
avoiding
unhelpful thinking

- For many of us exercise gives us a sense of control over our bodies we may otherwise lack- isolating interrupts this.
- Look for exercise videos online that focus on feeling good or feeling energised and strong- avoid videos that emphasise burning calories or punishing yourself.
- Dance videos are good for this and you don't need much space or equipment.

YouTube^{GB}

dance workout feel good



30-Minute Feel Good Dance Cardio & Grooves Workout

Remote Community Belonging

WHAT THE TRANS!?

A podcast for trans people

Join the What The Trans!? Discord Server!

Check out the What The Trans!? community on Discord - hang out with 121 other members and enjoy free voice and text chat.

discordapp.com

<https://twitter.com/WhatTheTrans/status/1240058308972732422>



@FTM_London

In light of the latest coronavirus advice, we've decided to hold our April meeting online. We're still figuring out the logistics, but can confirm it'll be on Saturday 4 April, from 7pm-9pm as usual 😊



Resilience online

- Use semi-private online groups of friends e.g. locked twitter accounts and private facebook groups as safe havens for support.
- If you are the victim of hate speech online you can still report this remotely www.catch-hatecrime.org.uk/
- Galop is still running but at a reduced service. If you experience hate crime, domestic abuse, or sexual violence and need support, we are still here- www.galop.org.uk

Activism

- If you are well you can sign up to QueerCare as a volunteer to help those in need-
<https://docs.google.com/forms/d/e/1FAIpQLSeobSg0-C19YQtDmnrHxxRiipS-ybUWtL6Z-qc-GRuOu7TQw/viewform>
- There may be those in the community who need help but are anxious of experiencing discrimination from general support services.
- If you are one of those people you can also sign up at QueerCare to receive support-
<https://docs.google.com/forms/d/e/1FAIpQLScvXT8F7Ha2uijlwrUnT'TliRDHc Ew38m-RVyzbOiRiQe7eYQ/viewform>
- You can also search facebook or other networking sites for other local community groups delivering aid.



**Hope for the best...
Plan for the worst**

If you wait until you need a crisis plan, it'll be too hard to make one



List friends/family members/professionals you can reach out to



What does crisis look like?



What has helped in the past?



What has not helped?



What does it look like when you are doing better again?



Build a Literal Coping Toolbox

- Something that smells nice
- Something that feels nice
- Something that tastes nice
- Something that makes you slow down
- Something to help you remember you are loved
- Something distracting

