

CONSTRUCTIVE WAYS TO COPE

WITH GENDER DYSPHORIA



Identify your support network and communicate with them regarding anything they can do that can be helpful to you when you're feeling dysphoric (for example: talking about it, taking a walk with you, distractions, positive affirmations, etc.)



Think about aspects of yourself or your daily life that affirm your gender; wear gender affirming clothing items, makeup, or get a haircut that feels good for you.



Smell something that you find comforting or a smell you find gender affirming---a bag of herbs and other scented smells, a candle if you live off-campus (remember, lighting candles is not permitted in residence halls), air fresheners, etc.



Visualize your ideal self: What are they wearing? What do they look like? How do they navigate the world? Take one small action that gets you closer to that (could be buying a T shirt you really like, getting a haircut, learning a hobby, or reaching out to a therapist), and make a list of qualities and ways that show you're already that person.



Mindfulness exercises, visualization exercises



If you're not out in certain situations and aren't able to express your gender the way you want, is there any small piece of clothing or item you can wear/have that feels affirming, even if others can't see it? A piece of jewelry under a shirt, underwear, socks, or something else less noticeable?

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If you're having a hard time feeling positive about aspects of your body/your body as a whole, try switching your frame to "body neutrality." Is there anything that doesn't feel dysphoric? Maybe freckles, the color of your hair, etc. Consider trying to focus on the functions of aspects of your body - every body has varying abilities, is there anything you can appreciate about your senses, or how your body helps you move?



"9 Keys for Dealing With Gender Dysphoria This Trans Awareness Week" by thebodyisnotanapology.com:
Click on the website link to read more of their tips!

Make a cultural connection:

"Gender is a social construct. As we develop our sense of gender, we shape ourselves in relation to our cultures. But oftentimes, people of color and others find themselves in a social context that does not represent the cultures that they identify with. This cultural estrangement can frustrate one's relationship with their gender and exacerbate feelings of dysphoria."



From callen-lorde.org:

Click on the website link to read more resources!

Tips on Transgender health including binding, tucking, vocalization, and other health-centered resources!