



MINORITY STRESS SUPPORT KIT FOR TRANS FOLK

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INTRODUCTION

THIS SUPPORT KIT IS FOR TRANS FOLK NAVIGATING THE EMOTIONAL TOLL OF MINORITY STRESS. WHETHER YOU'RE DEALING WITH SOCIAL STIGMA, SYSTEMIC INJUSTICE, OR PERSONAL INVALIDATION, THIS KIT HELPS YOU RECONNECT WITH YOUR TRUTH, REGULATE YOUR NERVOUS SYSTEM, AND HONOUR YOUR RESILIENCE.



YOU DESERVE JOY,
SOFTNESS, AND SAFETY
— NOT JUST SURVIVAL.



AFFIRMING REFLECTION WORKSHEET

• WHAT ARE THREE THINGS I APPRECIATE ABOUT BEING TRANS?

• WHAT WOULD I TELL MY YOUNGER SELF ABOUT THEIR FUTURE?

• WHEN I'M OVERWHELMED, WHAT REMINDS ME THAT I AM WORTHY?

• WHERE IN MY LIFE HAVE I SHOWN COURAGE OR GROWTH?



MANAGING SOCIAL VIGILANCE & BURNOUT

TRY THESE GENTLE STRATEGIES:

- TAKE INTENTIONAL BREAKS FROM SOCIAL MEDIA AND NEWS
- SET BOUNDARIES WITH THOSE EXPECTING EMOTIONAL LABOUR
- SAY “NO” WITHOUT EXPLANATION WHEN YOU FEEL UNSAFE
- USE BODY SCANS AND GENTLE MOVEMENT TO GROUND YOURSELF
- REMEMBER: YOU DON'T OWE ANYONE YOUR STORY



SELF CARE INTENTIONS

DAILY AFFIRMATIONS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01

02

03

SCHEDULE

WATER

SLEEP

MOOD

NOTES



CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

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NIGHT SELF-CARE

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GROUNDING SCRIPT

“I AM ENOUGH JUST AS I AM.
MY IDENTITY IS VALID.
I HAVE SURVIVED THIS FAR, AND I
AM NOT ALONE.
MY EXISTENCE IS NOT A DEBATE —
IT IS A TRUTH.”

(PAUSE. PLACE YOUR HAND ON
YOUR CHEST. LET THIS SETTLE IN.)



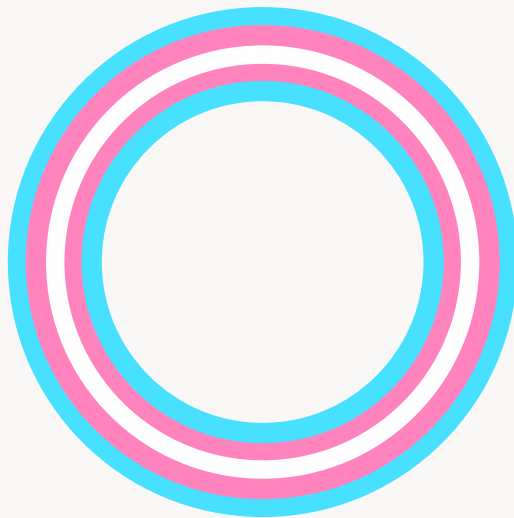
VISUAL RESILIENCE MAPPING

ACTIVITY:

DRAW A CIRCLE WITH YOUR NAME OR CHOSEN IDENTITY IN THE MIDDLE.
AROUND IT, WRITE OR SKETCH:

- PEOPLE WHO AFFIRM AND LOVE YOU
- QUOTES THAT GIVE YOU STRENGTH
- SONGS, SYMBOLS, OR MEMORIES THAT GROUND YOU
- WORDS YOU WANT TO BELIEVE AGAIN

THIS IS YOUR EMOTIONAL ANCHOR. REVISIT IT OFTEN.



GENTLE SELF-CARE FOR TRANS FOLK

SMALL BUT POWERFUL SELF-CARE IDEAS:

- WRAP YOURSELF IN A BLANKET AND LISTEN TO MUSIC THAT AFFIRMS YOUR SPIRIT
- LIGHT A CANDLE, WEAR SOMETHING SOFT, OR SPRITZ A CALMING SCENT
- WRITE AFFIRMATIONS ON YOUR MIRROR: I DESERVE LOVE. I DESERVE PEACE.
- MOVE YOUR BODY IN A WAY THAT FEELS FREE — NOT PERFORMATIVE
- MAKE SPACE FOR JOY, EVEN JUST 10 MINUTES



SMART GOALS

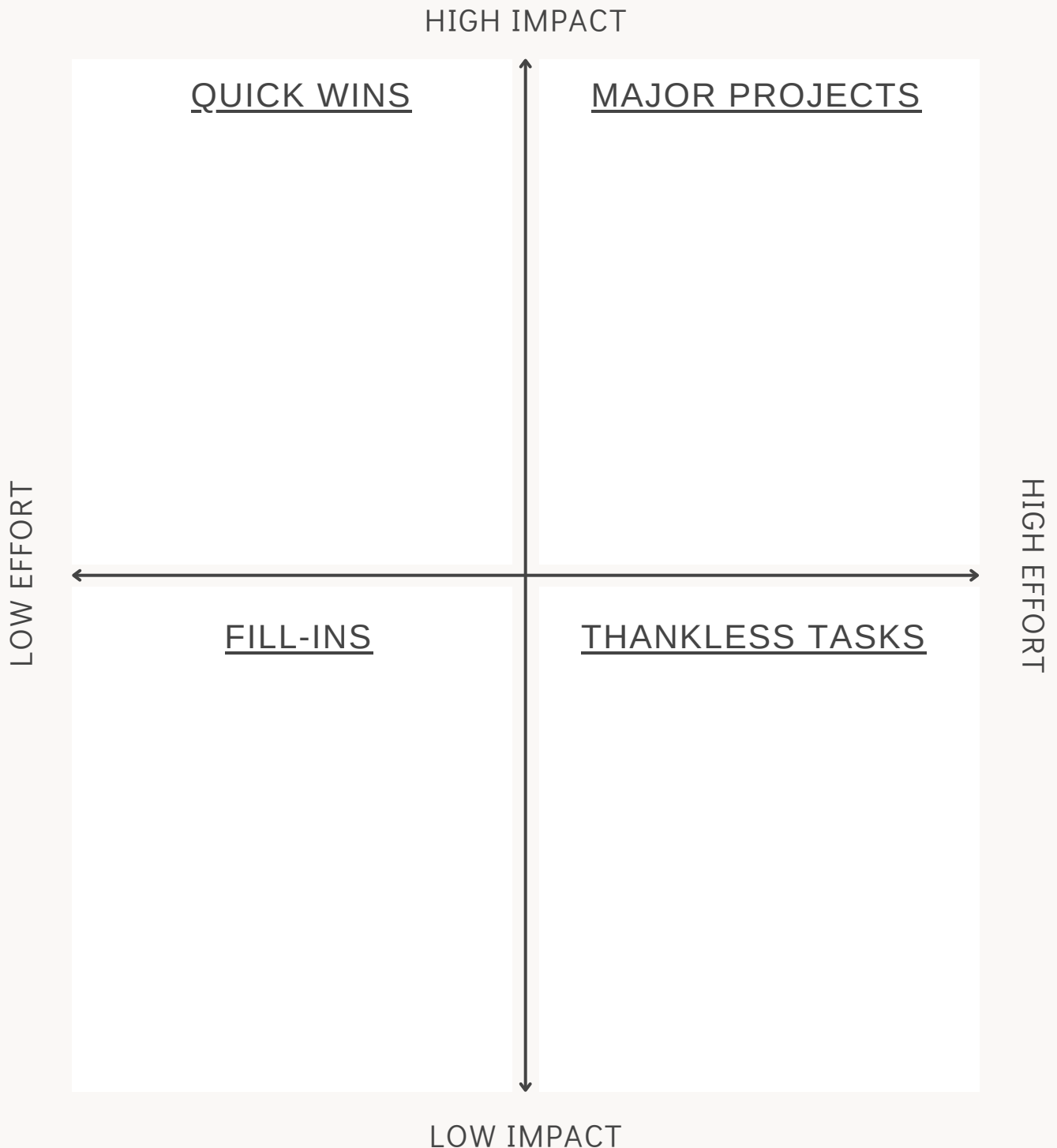
WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



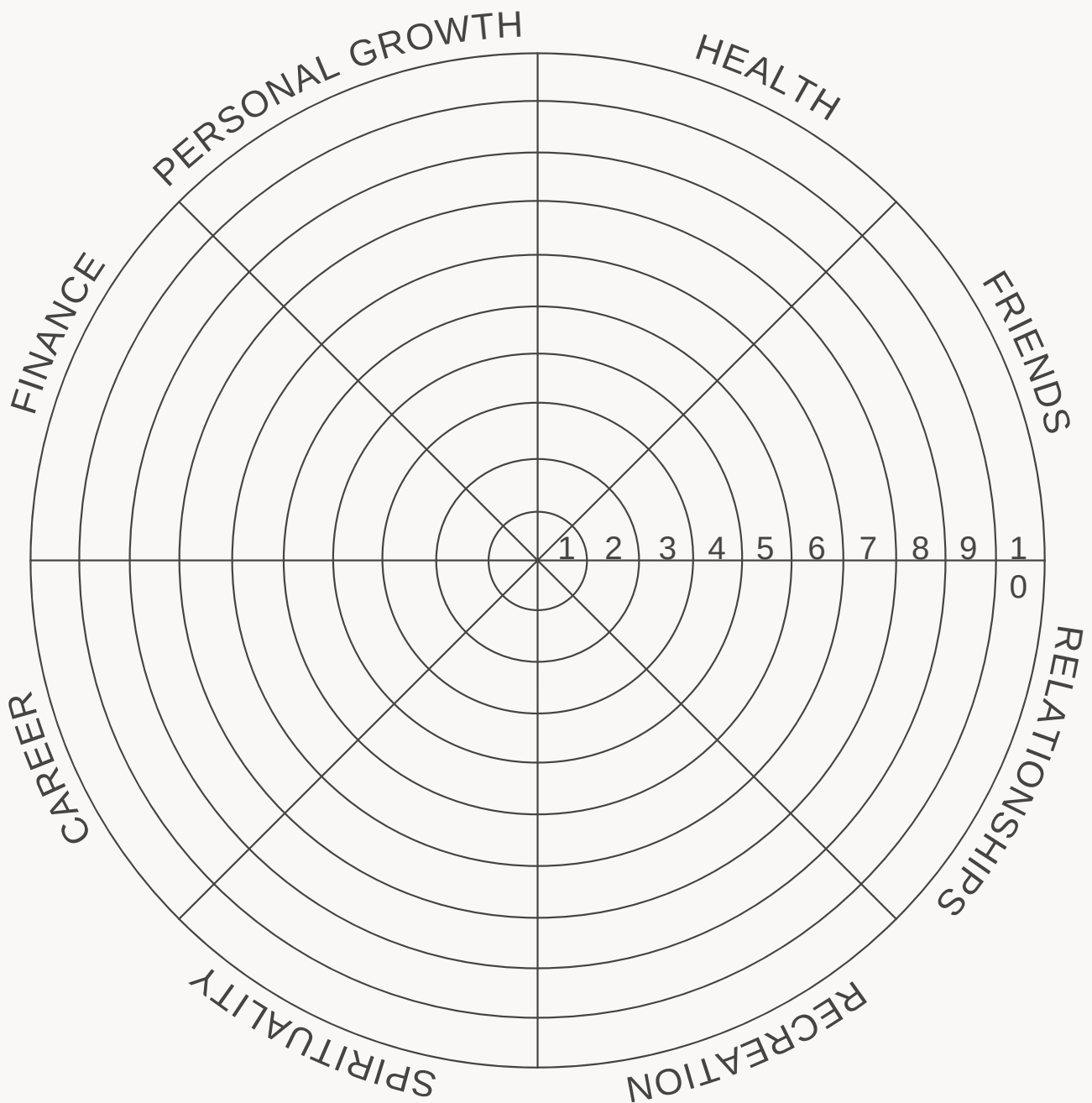
ACTION PRIORITY MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01	☐	☐	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐	☐
07	☐	☐	☐	☐	☐	☐	☐
08	☐	☐	☐	☐	☐	☐	☐
09	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐

REFLECTION NOTES



GOAL SETTING

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			



WEEKLY GOALS TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			☐
TUE			☐
WED			☐
THU			☐
FRI			☐
SAT			☐
SUN			☐



GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



“

“

AFFIRMING QUOTES

“YOUR SILENCE WILL NOT PROTECT YOU.” – AUDRE LORDE

TRANS PEOPLE ARE SACRED.” – ALOK VAID-MENON

TO BE YOURSELF IN A WORLD THAT IS CONSTANTLY TRYING TO MAKE YOU
SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT.” – RALPH WALDO EMERSON

“YOU DESERVE TO TAKE UP SPACE.” – UNKNOWN



TRANS FOLK HELPLINES & SUPPORT SERVICES

FOR IMMEDIATE SUPPORT, PEER CONNECTION, AND AFFIRMING RESOURCES.

AUSTRALIA

- QLIFE – 1800 184 527 | [HTTPS://QLIFE.ORG.AU](https://qlife.org.au) (3PM–MIDNIGHT AEST)
- TRANSCEND AUSTRALIA – [HTTPS://TRANSCEND.ORG.AU](https://transcend.org.au)
- MINUS18 – [HTTPS://WWW.MINUS18.ORG.AU](https://www.minus18.org.au)
- SWITCHBOARD VICTORIA – 1800 184 527 |
[HTTPS://WWW.SWITCHBOARD.ORG.AU](https://www.switchboard.org.au)
- TRANSHUB (BY ACON) – [HTTPS://WWW.TRANSHUB.ORG.AU](https://www.transhub.org.au)
- MUSLIMS FOR PROGRESSIVE VALUES (MPV) AUSTRALIA
[MPVUSA.ORG](https://mpvusa.org)

UNITED STATES

- TRANS LIFELINE – 877-565-8860 | [HTTPS://TRANSLIFELINE.ORG](https://translifeline.org)
- THE TREVOR PROJECT – 1-866-488-7386 |
[HTTPS://WWW.THETREVORPROJECT.ORG](https://www.thetrevorproject.org)
- LGBT NATIONAL HELP CENTER – 1-888-843-4564 |
[HTTPS://WWW.GLBTHOTLINE.ORG](https://www.glbthotline.org)
- PFLAG – [HTTPS://PFLAG.ORG](https://pflag.org)
- MPV USA – MUSLIMS FOR PROGRESSIVE VALUES - [MPVUSA.ORG](https://mpvusa.org)

UNITED KINGDOM

- MERMAIDS UK – 0808 801 0400 | [HTTPS://WWW.MERMAIDSUK.ORG.UK](https://www.mermaidsuk.org.uk)
- SWITCHBOARD LGBT+ HELPLINE – 0300 330 0630 |
[HTTPS://SWITCHBOARD.LGBT](https://switchboard.lgbt)
- MINDLINE TRANS+ – 0300 330 5468
- STONEWALL UK – [HTTPS://WWW.STONEWALL.ORG.UK](https://www.stonewall.org.uk)
- GENDERED INTELLIGENCE – [HTTPS://GENDEREDINTELLIGENCE.CO.UK](https://genderedintelligence.co.uk)
- HIDAYAH UK - [HIDAYAHLGBT.COM](https://hidayahlgbt.com)
- IMAAN LGBTQI+ MUSLIM SUPPORT - [IMAAN.ORG.UK](https://imaan.org.uk)

Reminder:

Your existence is not a contradiction. You are loved, seen, and supported — in your wholeness.



WHO AM I?

Shazzy is a therapist, speaker, and passionate advocate for mental health, neurodiversity, and LGBTQIA+ rights. With their own worldwide private therapy practice - Positively LivINg. as a disabled, neurodivergent person and member of the rainbow community, They bring lived experience, professional insight, and deep compassion to Their work supporting trans folk through trauma, identity reclamation, and healing. Shazzy believes everyone deserves to take up space, be heard, and live without fear. This booklet is part of Their ongoing commitment to creating safer, affirming spaces for those navigating minority stress, marginalisation, and emotional recovery.



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Contact: positivelyliving@protonmail.com

Website: www.positivelyliving.com.au

