

THE COLORFUL POST



Education + Joy
AN EJOYCATIONAL NEWSPAPER

ISSUE. 003 - QOLORFUL+

WWW.PAPER.COLORFUL.ZONE

QOLORFUL+

ATTENTION!
Reading this issue causes tolerance, and happiness!

A DIVERSE MIX OF VOICES LEADS TO BETTER DISCUSSIONS, DECISIONS, AND OUTCOMES FOR EVERYONE.

-SUNDAR PICHAI

SUNDAR PICHAI IS AN INDIAN-AMERICAN BUSINESS EXECUTIVE. HE IS THE CHIEF EXECUTIVE OFFICER OF ALPHABET INC. AND ITS SUBSIDIARY GOOGLE.



How Can We Create Safe Zones for LGBTQ Community?

A lot of LGBTQ people feel like they're not safe or accepted in a new environment or group. To help them feel welcome and loved, we can make our workplace, group, school, or neighborhood safer. This means that inside these places, we:



Here's how we can create safe zones wherever we are:

- Don't be judgmental- we need to learn and accept that everyone is different, and their ways of self-expression are also varied. By confronting our own prejudices, we can normalize queerness and make our environment safer for LGBT individuals.
- Be a good listener- a lot of LGBT youth get bullied in school, and many of them don't have support at home. Listening to them and giving them advice can be a great start to making them feel loved and valid.
- Empower them- ignoring them is not going to make them feel safe. Acknowledge them and thank them for their efforts, for being kind, or for any other reason.
- Educate yourself and others- when everyone is an ally and creates a supportive atmosphere, all members of the LGBTQ community in your environment feel safe.
- Recognize privileges- if there are legal powers that you have and the LGBT community is denied, try to change them, and raise awareness for equality.
- Fight against discrimination- no homophobia or transphobia is allowed in safe spaces.
- Provide resources- help everyone have access to the resources they need, such as mental health services.

IN THIS ISSUE YOU'LL:

- Read articles about LGBTQ+ and allyship
- Practice allyship through different exercises
- Receive tips about LGBTQ+ and allyship
- Read quotes
- Solve puzzles
- and much more :)

How do people know they're part of the LGBT community?

A lot of LGBT youth know from a young age, and as they enter adolescence, they understand themselves even better. Some feel like they're different from their peers from childhood, and later find out why.

SOURCE: KIDSHEALTH.ORG/EN/PARENTS/SEXUAL-ORIENTATION.HTML

It is not our differences that divide us. **BE YOU**
It is our inability to recognize, accept, and celebrate those differences.

- Audre Lorde

Audre Lorde was an American writer, feminist, womanist, librarian, and civil rights activist. She was a self-described "black, lesbian, mother, warrior, poet," who "dedicated both her life and her creative talent to confronting and addressing injustices of racism, sexism, classism, and homophobia.



Thank you!

Instead of "yes, sir" or "thank you, ma'am" or other language that makes gender-based assumptions, you could simply communicate:

- GOOD MORNING!
- IT'S A PLEASURE.
- YES, PLEASE.
- THANK YOU VERY MUCH.
- COULD I HELP THE NEXT GUEST?

YES, ABSOLUTELY. COMING RIGHT UP.

HOW CAN I BE OF ASSISTANCE TODAY?



INCLUSIVE LANGUAGE

A SIMPLE AND USEFUL GUIDE

ALTHOUGH YOU MIGHT NOT MEAN HARM, USING LANGUAGE THAT ASSUMES ANOTHER PERSON'S GENDER OR PRONOUNS CAN CAUSE HARM, AS CAN USING LANGUAGE THAT ERASES SOME PEOPLE'S GENDERS BY IMPLYING THERE ARE ONLY TWO GENDERS (OR THAT ONLY A CERTAIN GENDER IS QUALIFIED TO DO A PARTICULAR JOB).

WE NEED TO SHIFT OUR LANGUAGE TO AVOID FURTHER ASSUMPTIONS THAT PARTICULARLY HARM TRANSGENDER AND GENDER NONCONFORMING PEOPLE. SMALL CHANGES IN LANGUAGE CAN MAKE A BIG DIFFERENCE IN PEOPLE'S LIVES.



The person!

Instead of calling upon or remarking about a particular "man" or "woman" (who has not disclosed that identity), you could indicate:

THE PERSON WITH THEIR HAND RAISED

THE PERSON WHO JUST SPOKE

THE PERSON OVER HERE

(GESTURING)

THE PERSON IN THE RED SHIRT



Who?

Instead of "he or she" or "s/he" (when speaking of an unknown or universal person) you could communicate:

- THEY
- THAT PERSON
- THE PATRON
- THE GUEST



Hey friends!

Instead of "ladies and gentlemen" or "boys and girls" or other language that assumes only two genders, you could use:

- FRIENDS
- COLLEAGUES
- FRIENDS AND COLLEAGUES
- ESTEEMED GUESTS
- CHILDREN / YOUNGSTERS
- STUDENTS

Did you know...?

People who identify as non-binary perceive their gender as something outside the categories of man and woman. Their gender might fall somewhere in the spectrum of man-woman, or completely outside of it.



Y'all!

Be tolerant! It's not that hard :)

Instead of "men and women," you could communicate (depending on what you mean to construe):

WOMEN, MEN, AND NONBINARY PEOPLE

EVERYONE

ALL PEOPLE

PEOPLE OF ALL GENDERS

SOURCE: WWW.GLAAD.ORG/REFERENCE/NONBINARY

SOURCE: PRONOUNS.ORG/INCLUSIVELANGUAGE

ALLYSHIP



Why Should We Be Allies?

★ This way, we stand up for equal rights for everyone, regardless of their sexual orientation, gender, race, etc.

★ We make the world a brighter and happier place by helping the LGBTQ+ community achieve their rights.



How Can We Be A Colorful Ally?

🌈 Educating ourselves about issues the LGBTQ+ community faces in the modern day.

🌈 Showing visible and verbal support and taking positive action, like calling out homophobia and transphobia.

🌈 Being there for our queer loved ones when they need us.

🌈 Encouraging others to be an ally.



When we talk about being an ally with the LGBTQ+ community, we mean working towards a world that accepts and values them.



They may be a part of the community itself, or be heterosexual- but all allies work together for a brighter world for LGBT people. They also try to do anything in their power to end discrimination against queer people in general, as well as supporting and standing up for them.

RESOURCES:
AU.REACHOUT.COM/ARTICLES/WHAT-IS-AN-LGBTQIA-ALLY-AND-HOW-CAN-I-BE-A-GOOD-ONE
COUNSELINGCENTER.ILLINOIS.EDU/OUTREACH-CONSULTATION-PREVENTION/CULTURAL-DIVERSITY-OUTREACH/QUEERS-ALLIES/LGBT-ALLY-NETWORK/WHAT

The Most Influential Allies

🌈 **Daniel Radcliffe:** He is a passionate speaker for LGBT rights, and has been named the RBS British LGBT Awards' Celebrity Straight Ally.

🌈 **Anne Hathaway:** She has done a lot for the community, and even received an award from the Human Rights Campaign, the largest LGBTQ+ rights organization in the US, for her advocacy work.

🌈 **Jennifer Lopez:** She has been a great ally, doing things such as raising money for HIV/AIDS research, as well as helping the victims of hate crimes.

🌈 **Elliot Page:** He has been advocating for trans and gay rights for a long time.

🌈 **Lady Gaga:** She has spoken out against homophobic laws, and has launched campaigns to help LGBT youth.

WWW.HELLOMAGAZINE.COM/CELEBRITIES/GALLERY/20210602127353/CELEBRITIES-ROYALS-LGBTQ-ALLIES/1
WWW.ELLE.COM/UK/LIFE-AND-CULTURE/CULTURE/NEWS/630794/CELEBRITIES-SUPPORTING-LGBTQ/



PRIDE

Did you know...?
 Our perceptions of what someone's sexuality is, may not be facts. We can show support and interest in LGBT topics, and give the person time to talk to us on their own terms.



SOURCE:
WWW.KENT.EDU/LGBTQ/FREQUENTLY-ASKED-QUESTIONS-FAQ#Q5

Equality means more than passing laws. The **struggle** is really won in the hearts and minds of the community, where it really counts.

-Barbara Gittings

Colorful Friend: ADHDers



BASICALLY ADHDOERS ARE ADHDERS HELPING OTHER ADHDERS WITH CREATIVE AND PRACTICAL TOOLS. THEY HAVE A COLORING PAGE FOR YOU AS WELL, SCAN THE QR CODE AND GET YOUR GIFT FOR FREE :)

Nutrition facts	%DAILY VALUE
LGBTQ OWNED	100%
SPREADING HAPPINESS	98%
PRACTICAL ADHD HANDBOOKS	98%
FUN AND COLORFUL	97%
INSPIRING STORIES	96%



adhders
 adhdors.com

P

PANSEXUAL

A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions

A

ASEXUAL

An individual who generally does not feel sexual desire or attraction to any group of people

A

ALLY

Typically a non-queer person who supports and advocates for the queer community

I

INTERSEX

An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of female and male

Q

QUESTIONING

The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression

Q

QUEER

An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community

T

TRANSSEXUAL

An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender through surgery and hormones

T

TRANS-GENDER

A person whose gender identity differs from their assigned sex at birth

B

BISEXUAL

An individual attracted to people of their own and opposite gender

G

GAY

A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex

L

LESBIAN

A woman who is primarily attracted to women

Colorful Puzzle: Word Search

In the puzzle below, you'll find 10 words that are needed to make the world a better place for all people. How many can you find? How many can you bring to life?

```

E Y O L C A N D E L N E C Y
Y L E I O R Y O J Y O A A O
E E E N P V E I E J T C O L
C E J P R P E E E E P C L E
E P L A O R E C T F I E P N
E A A E L I P T U T E P P V
E L O C T D P M C C Y T R T
M L E N N E A O Y N T A E C
R Y E A E C T D A E I N S D
P E I R C E I E D F L C P I
E Y P E N C E E E E A E E O
E R E L I R N R A A U N C A
N E E O L R C F C C Q C T E
R O L T A R E C P D E E O C

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CHECK OUT THESE COLORFUL AND HAPPY QUOTES WITH THE RAINBOW THEME!



Did you know...?

A study found that children of same-sex parents perform better than children of different-sex parents in primary and secondary education.

Another study showed that children raised by same-sex parents had the same level of psychological well-being as those raised in heterosexual households.

SOURCE: JOURNALS.SAGEPUB.COM/DOI/FULL/10.1177/0003122420957249
LINK.SPRINGER.COM/ARTICLE/10.1007/s13178-015-0185-x

Colorful Friend: HappyTears



MAKING ANY GOOD CHOICE TAKES PRACTICE, AND THIS INSIGHT IS WHAT INSPIRED THE CREATION OF HAPPYTEARS VIBRANT, SUSTAINABLE BAGS. THESE BAGS ARE INTENDED TO BE CARRIED AS A DAILY REMINDER TO MAKE THOSE CHOICES THAT MOST CLOSELY ALIGN TO WHO WE ARE.

Nutrition facts	%DAILY VALUE
LGBTQ OWNED	100%
SPREADING HAPPINESS	98%
SUSTAINABLE	97%
MEANINGFUL	96%
(FUN)CTIONAL	98%

happy tears



www.happytears.ca

Don't Shy Away From Help

Build Healthy Relationships

MENTAL HEALTH MATTERS!

Queer & Proud

AS A MEMBER OF THE LGBTQ COMMUNITY, YOU MIGHT FEEL PRESSURE FROM YOUR SURROUNDINGS. THESE SIMPLE WAYS HELP YOU BECOME MORE COMFORTABLE WITH WHO YOU ARE, AND THEY ENCOURAGE YOU TO BE

There's absolutely nothing wrong with asking for help. Our mental health needs to be taken care of as much as our physical health does. Nowadays, there are countless centers -online or otherwise- through which you can seek professional help.

It could be tough for people in the LGBTQ community to find accepting friends, especially when they live in closed-minded societies. But putting yourself out there and finding loving people really helps. In other words, lean on the queer support! What matters most is that you're not isolated and that you increase the visibility of your true self.

the best version of YOURSELF- BECOMING HAPPIER CAN REALLY DO THAT!

5 Ways to be a Happier member of the LGBTQ+

Express Yourself

Explore who you are as a person

We're the happiest when we're being ourselves, without any secrets or anything to hide. One of the ways to become a happier member of the LGBTQ community is to simply behave however you want to! Dress the way you want, come out to more people you feel comfortable with, and find a safe space in which you can truly be yourself- uncensored!

If you don't live in a place that encourages self-expression, find that place online. You can even express yourself in smaller ways, or to a limited number of people. Explore who you are as a person. What activity brings you joy? What do you really want to do? Do exactly that.

Practice Mindfulness

Being mindful makes us more creative, less stressed, and more satisfied with our lives.

Mindfulness is when we're fully aware of our surroundings, and we live in the here and now. Being mindful makes us more creative, less stressed, and more satisfied with our lives.

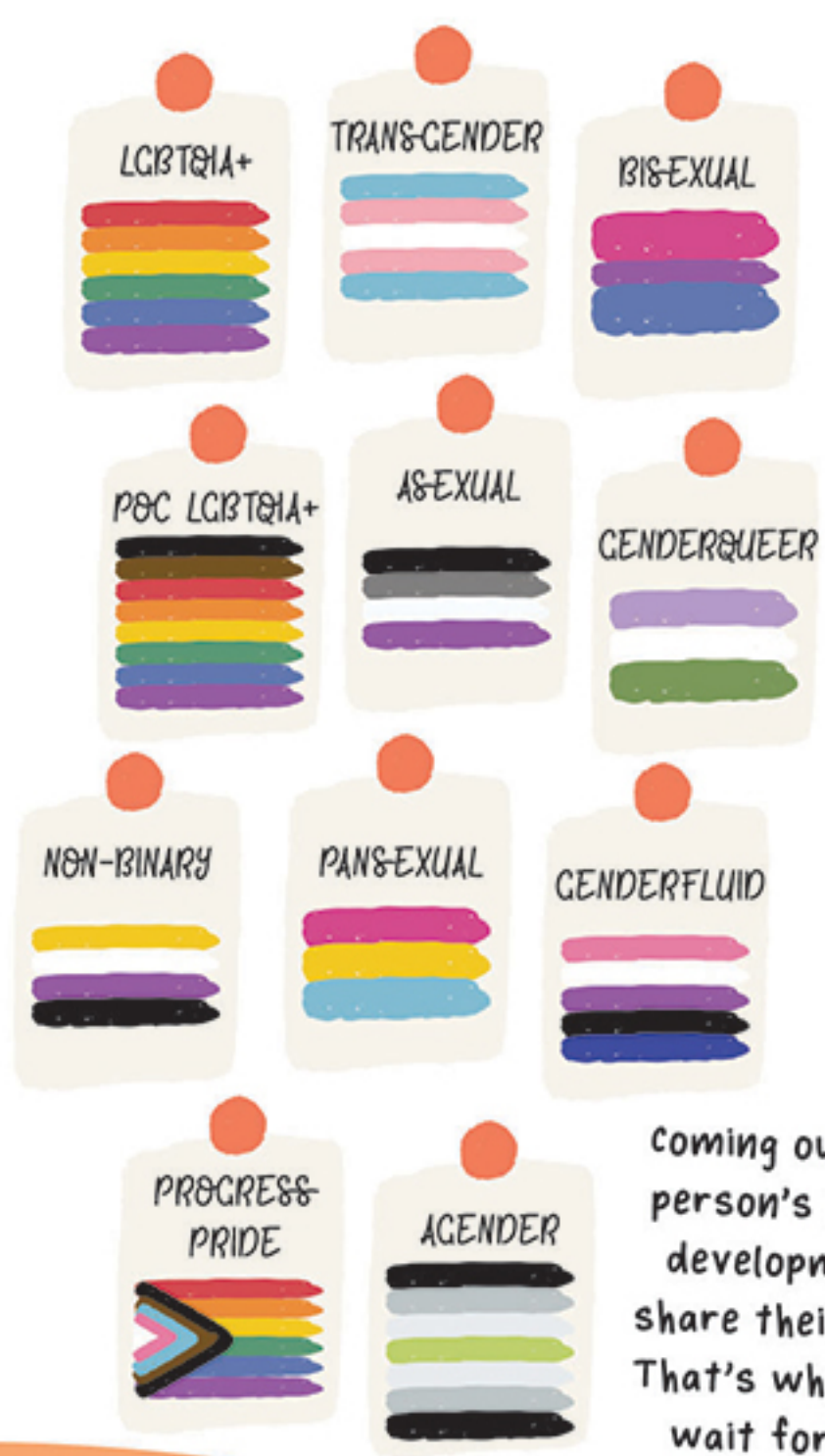
In addition, physical health is related to our mental health. When we take care of our mind by getting rid of stress as much as we can, we also take care of our body!

Meditate

You might have heard this advice many times, but have brushed it off! The truth is, when we're calm and stress-free, chances are that we're happier as well. When we meditate, we sleep better, and wake up refreshed and well-rested. Apart from that, without anxiety to wear us down, we're able to be kinder to others, as well.

By meditation, you focus on yourself and your mental health needs- it's all about you caring about your well-being. What's a better way of treating yourself than that?

focus on yourself



CHECK OUT THIS COLORFUL PLAYLIST AND SHAKE THE BIASES OFF :)



L G Q

Coming out has a big impact on a person's positive self-image and development, because they can share their true self with others. That's why it's also important to wait for the right moment to come out, when one is ready :)

COLORFUL DICTIONARY

"THE WHOLE PURPOSE OF EDUCATION IS TO TURN MIRRORS INTO WINDOWS"

SYDNEY J. HARRIS WAS AN AMERICAN JOURNALIST FOR THE CHICAGO DAILY NEWS AND, LATER, THE CHICAGO SUN-TIMES. HE WROTE 11 BOOKS AND HIS WEEKDAY COLUMN, "STRICTLY PERSONAL", WAS SYNDICATED IN APPROXIMATELY 200 NEWSPAPERS THROUGHOUT THE UNITED STATES AND CANADA.

FIND RESOURCES FROM THE CDC FOR LGBT YOUTH



Did you know...? Studies show that 40-60% of gay men and 45-80% of lesbians are involved in committed romantic relationships. They've also found that there is no difference between same-sex and different-sex couples when it comes to relationship satisfaction and commitment.

SOURCE: WWW.APA.ORG/TOPICS/LGBTQ/ORIENTATION

Colorful Tool

If you've subscribed, use your email address as the discount code for 100% off



GET THIS BUNDLE OF RAINBOW HANDBOOKS! ALL THESE HANDBOOKS HELP YOU IN YOUR JOURNEY OF MENTAL HEALTH, WHILE BEING COLORFUL AND JOYFUL!

Education is simply the soul of a society as it passes from one generation to another. -G.K. Chesterton

SCHADENFREUDE:

THE UNATTRACTIVE HUMAN TENDENCY TO TAKE PLEASURE IN THE MISERY OF OTHERS.

SHOY:

INTENTIONALLY SHARING THE JOY OF SOMEONE RELATING A SUCCESS STORY BY SHOWING INTEREST AND ASKING FOLLOW-UP QUESTIONS.

FREUDENFREUDE:

THE LOVELY ENJOYMENT OF ANOTHER PERSON'S SUCCESS. IT IS A SUBSET OF EMPATHY, WHICH SEEMS TO PLAY AN IMPORTANT ROLE IN SUSTAINING RELATIONSHIPS.

BRAGITUDE:

INTENTIONALLY TYING WORDS OF GRATITUDE TOWARD THE LISTENER FOLLOWING DISCUSSION OF PERSONAL SUCCESSES.

SOURCE AND TO LEARN MORE ABOUT THE RELATIONSHIP BETWEEN DEPRESSION AND BOTH SCHADENFREUDE & FREUDENFREUDE: WWW.REMEDYPUBLICATIONS.COM/OPEN-ACCESS/THE-ROLE-OF-FREUDENFREUDE-AND-SCHADENFREUDE-IN-DEPRESSION-277.PDF

Colorful Practice: Values Clarification



1. Select 10 words from below that you value the most. You can add values to the list yourself.

2. Write down the values you chose and then rank them.

	10	9	8	7	6	5	4	3	2	1
	10	9	8	7	6	5	4	3	2	1
	10	9	8	7	6	5	4	3	2	1
	10	9	8	7	6	5	4	3	2	1
	10	9	8	7	6	5	4	3	2	1
	10	9	8	7	6	5	4	3	2	1
	10	9	8	7	6	5	4	3	2	1
	10	9	8	7	6	5	4	3	2	1

SOURCE: WWW.THERAPIST.AID.COM/THERAPY-WORKSHEET/VALUES-CLARIFICATION

The function of *education* is to teach one to **THINK** intensively & to **THINK** critically. Intelligence plus character - that is the *goal* of true education.

- Martin Luther King

Martin Luther King Jr. was an American Baptist minister and activist who became the most visible spokesman and leader in the civil rights movement from 1955 until his assassination in 1968.



Did you know...? While sex is referred to the physical and biological aspects of a person, gender is a social construct. It refers to behaviors and attributes based on how masculine or feminine they are. Gender is our own perception of ourselves, so the gender we identify with might not be the same as our sex.



SOURCE: WWW.ONS.GOV.UK/ECONOMY/ENVIRONMENTALACCOUNTS/ARTICLES/WHATISTHEDIFFERENCEBETWEENSEXANDGENDER/2019-02-21

Colorful Friend: IT GETS BETTER



WITH A FOOTPRINT SPANNING FOUR CONTINENTS AND SIX MAJOR LANGUAGES, THE IT GETS BETTER PROJECT IS THE WORLD'S LARGEST STORYTELLING EFFORT TO EMPOWER LGBTQ+ YOUNG PEOPLE WHERE THEY LIVE, LEARN, AND SOCIALIZE. FROM LIVE DIGITAL EVENTS TO IN PERSON CELEBRATIONS, STAY UP TO DATE ON WHAT'S COMING UP NEXT FROM IT GETS BETTER PROJECT.

Nutrition facts	%DAILY VALUE
LGBTQ OWNED	100%
SPREADING HAPPINESS	97%
EMPOWERING	98%
ENCOURAGING	97%
GLOBAL	99%



itgetsbetter.org

IT GETS BETTER PROJECT.



Make the World a Happier Place by **being an Ally.**



Learn about inclusive language



Send a pride e-card to your LGBT friend



Listen to an LGBT artist



Post a supportive message on social media



Watch LGBT YouTube

Learn about LGBT rights

Volunteer at an LGBT organization

Learn the history of pride



Stand up for a queer person

Support an LGBT small business



Listen to an LGBT podcast

Did you know...?

Read queer poetry

Identifying the stereotypes and learning information is useful, so we can discuss the topic with that person. Sometimes people are just misinformed, and discussing the researched truth can be helpful.

Source: www.kent.edu/lgbto/common-ally-questions#Q2

Learn about trans history

Read an LGBT book

Watch an LGBT TV show

Make a new queer friend

Support a queer-owned café

Support a queer bookshop

Read an LGBT comic

Learn the pride flags

Listen to a speech about LGBT rights

Donate to an LGBT organization



Colorful Calendar

ARE YOU LOOKING FOR A COLORFUL INSPIRATION FOR YOUR DAY? THEN LOOK NO FURTHER. USE THIS CALENDAR TO MAKE YOUR MONTH INSPIRING!



Did you know...?
Being attracted to the same sex is not an illness to require treatment, and it doesn't change with conversion therapy.



SOURCE: CASE.EDU/LGBT/RESOURCES/FAQS

LITTLE JOYS AGENDA

DID YOU ENJOY THIS CALENDAR? THEN LET US INTRODUCE YOU TO OUR FREE APP! LITTLE JOYS AGENDA IS A TOOL THAT HELPS YOU BRING TINY HAPPY ACTIVITIES TO YOUR LIFE AND MAKE IT A DYNAMIC ADVENTURE TOWARDS YOUR GOALS. IT'S GOT PLANNED JOYFUL ACTIONS FOR EACH DAY THAT ARE BOUND TO KEEP YOU ON THE RIGHT TRACK OF POSITIVITY AND GRATITUDE FOR THE SMALL THINGS!

DOWNLOAD LITTLE JOYS AGENDA APP FOR FREE!



GOOGLE PLAY



APP STORE

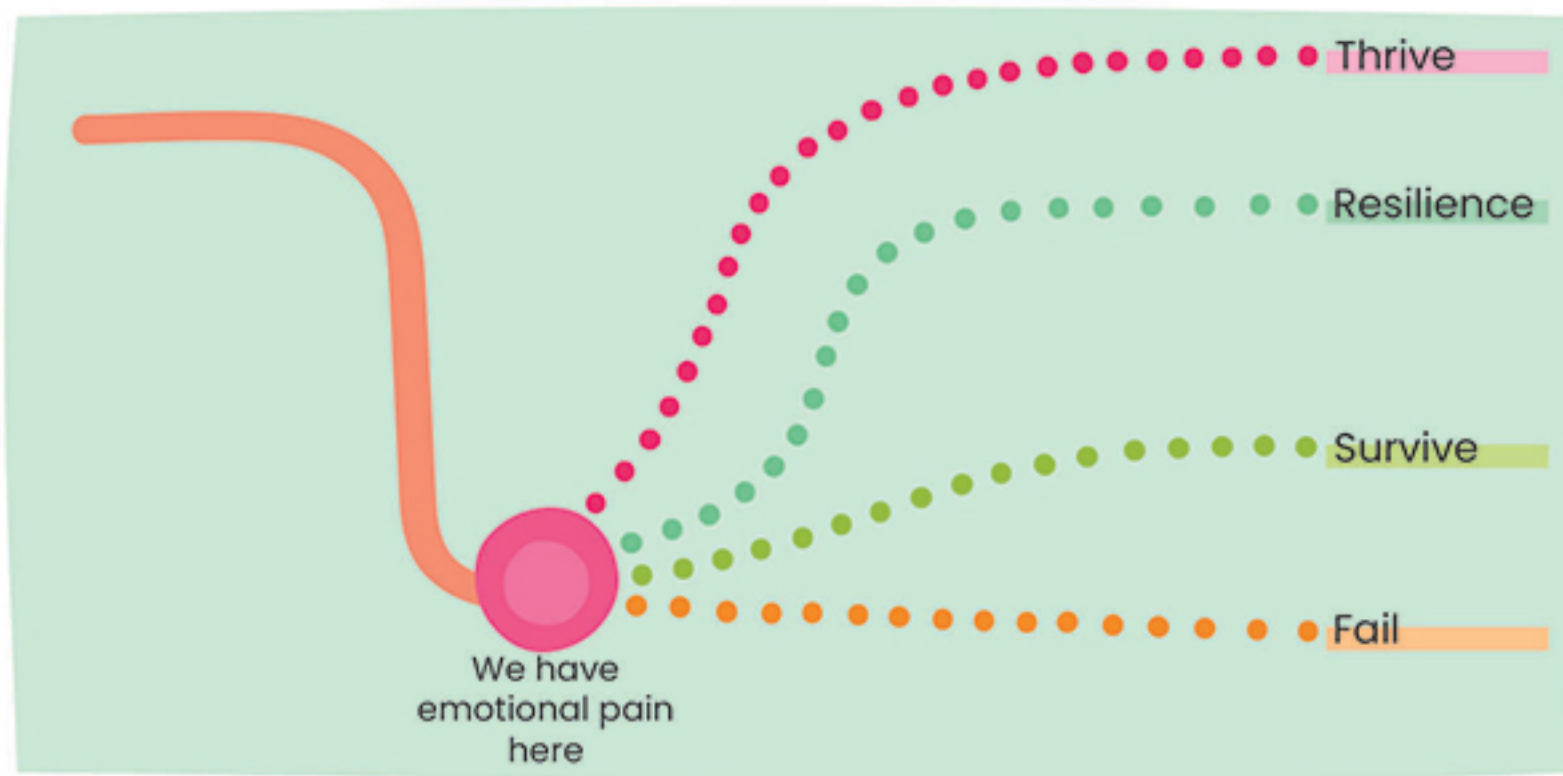
Feeling to Healing

A 5-hour experience to manage emotional pain

We humans are **more alike** than we might think! We're on **top of the world** when everything is going **according to plan**, but at some point in our lives, we all **experience failure or loss**.

No matter where we come from, what we do and what type of a person we are, we can all relate to **an initial emotional pain** after a challenging experience. The **sadness** that comes with losing something, the **anger** that we feel when our rights are violated or the **frustration** that comes with repeated failure.

What we do after that hurtful experience, though, is **different** for each person! What do we do with that mental pain we experienced? Do we give in to it? Survive it? Build resilience to it? Or do we rise even higher than before?



This educational-entertaining experience is designed to **help you through** that initial pain; so you can take the **first step** in the longer journey of understanding yourself!

This experience provides **the toolbox of skills** you can use to take a bigger step towards healing :)

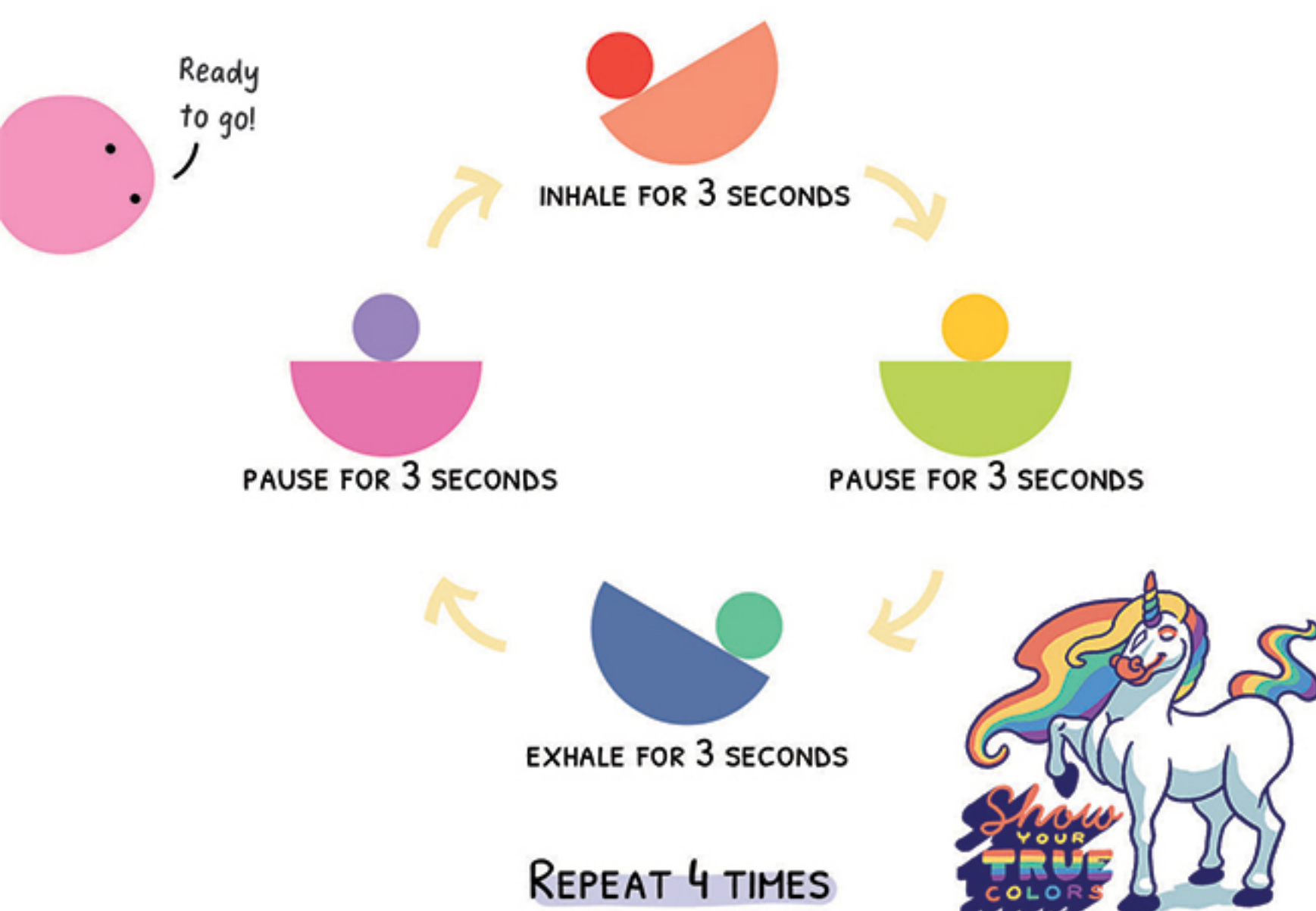
STEP 01

MEDITATION STATION

DONE

~20 MINUTES

Let's start our experience with some **breathing exercises!** This simple technique influences your body's **ability to calm down**. Take **bigger breaths** than you usually do, and let them out **slowly** to feel more relaxed!



STEP 02

CHILLAX TIME

DONE

~25 MINUTES

You can choose any one of these activities that you find more interesting and helpful! Each of them takes only 25 minutes, and you'll find yourself **more at peace** with the world around you after you've done the one you like the most.

• **CLOSE YOUR EYES AND TAKE A DEEP BREATH. NOW THINK OF SOMEONE YOU WOULD LIKE TO HAVE A SMALL CHAT WITH, MAYBE TO JUST SAY HI. THIS COULD BE SOMEONE YOU MISS, SOMEONE YOU WANT TO SAY THANK YOU TO OR WHOEVER YOU THINK WILL BRING A SMILE ON YOUR FACE RIGHT NOW. NOW YOU CAN EITHER SEND A MESSAGE, CALL OR TALK TO THEM IN PERSON.**

• **WE ALL HAVE SOME NORMAL DAY TO DAY ACTIVITIES THAT MAKE US FEEL "ACCOMPLISHED". THIS CAN BE ORGANIZING YOUR DESK, CLEANING A ROOM, DOING THE DISHES OR ORGANIZING THE BOOKS IN THE BOOKSHELF. LOOK AROUND YOU, CAN YOU THINK OF SOMETHING SIMILAR?**

• **WORDS ARE MORE THAN JUST LETTERS. THEY MAY ALSO CARRY WITH THEMSELVES A SPECIFIC EMOTION. WE FOUND THREE WORDS FOR YOU THAT WE THINK WILL LIGHT UP YOUR MOOD: LOOK THEM UP, AND MAYBE USE THEM THIS WEEK.**
• FIKA
• METANOIA
• DUENDE

STEP 03

SUMTICLE

DONE

~20 MINUTES

We've summarized this interesting scientific article about **psychological pain**:

It's brief and easy to read, and you can learn a lot about psychological pain. Understanding **how** you feel and **why** you feel a certain way is one of the **first steps** towards **making your own happiness!**

WHAT IS PSYCHOLOGICAL PAIN?

People might dismiss it as unimportant, but studies show it can be even worse than physical pain.

Whoever we are and however strong we might be, pain is something that affects us all. Sometimes that pain is physical, like breaking an arm- other times it can be emotional pain, something that results from loss, grief, or other terrible experiences.

This psychological pain can affect our lives in significant ways. But oftentimes, people dismiss it and say it's not "real pain". This article, written by a group of professionals, explains what psychological pain is and why understanding it matters.

Psychological pain doesn't have a physical source.

Different people may have different thresholds for psychological pain as they do for physical pain. An experience that's unbearable for one person can be manageable for another.

Both kinds of pain can lead to depression.

Psychological pain can exist on a continuum from mild to severe.

STUDIES PROVIDE EVIDENCE THAT PSYCHOLOGICAL PAIN ACTIVATES MANY OF THE SAME NOCICEPTIVE BRAIN STRUCTURES AS PHYSICAL PAIN.

Social stressors like the loss of a job can make psychological pain worse.

Physical pain can increase psychological pain, which leads to depression.

WHY IS IT IMPORTANT FOR US TO UNDERSTAND IT?

In a study, they asked patients who had experienced both extreme psychological and physical pain which one was worse. 28 of 30 said that psychological pain was worse.

INDIVIDUALS FACING EXCRUCIATING LIFE STRESSORS SUCH AS THE SUFFERING ASSOCIATED WITH THE SUDDEN LOSS OF A CHILD, SPOUSE OR SIGNIFICANT OTHER MAY EXPERIENCE 'UNBEARABLE' PSYCHOLOGICAL PAIN PLACING THEM AT HIGHER RISK FOR DEPRESSION...

Studies show that there are a lot of similarities in brain structures associated with physical and psychological pain.

MANY OF THE HUMAN BRAIN AREAS THAT 'LIGHT UP' DURING PHYSICAL PAIN ARE ALSO ACTIVATED DURING EMOTIONAL 'PAIN' INDUCED BY SOCIAL EXCLUSIONS.

This study provides evidence that supports the importance of recognizing and studying psychological pain.

Since every one of us feels pain of some kind all through life, it's better to broaden our concept of pain- this way, we can treat every kind of pain in the best way possible.

STEP 04

DONE

MOOD CHANGERS

~20 MINUTES

What can usually elevate your mood? Here, we have a list of potential mood changers that can do wonders for your mental health and stress levels. Circle 3 of them that can be outlets for your negative moods!

DO YOU FEEL STRESSED? TRY THESE:

LISTEN TO CALMING MUSIC

5 MINUTES OF GUIDED MEDITATION, TRY THIS YOUTUBE VIDEO:



MAKE A STRONG FIST AND OPEN IT - REPEAT 10 TIMES

DO SOME ART

DO YOU THINK YOU NEED A MOOD BOOSTER?

TEMPORARILY CHANGE YOUR ENVIRONMENT IF POSSIBLE

SEE A PHOTO OF A BEAUTIFUL LANDSCAPE

SMELL YOUR FAVOURITE ODOUR

TASTE YOUR FAVOURITE FLAVOUR

LISTEN TO ENERGETIC MUSIC

TOUCH A SILKY MATERIAL OR A STUFFED TOY

DO YOU FEEL FRUSTRATED AND PERHAPS ANGRY?

GO FOR A WALK

JOGGING OR RUNNING

COUNT YOUR BREATHS UP TO 10, REPEAT 4 TIMES

COUNT ALL THE GREEN THINGS IN YOUR ENVIRONMENT, THEN REPEAT WITH BROWN

COUNT YOUR BREATHS UP TO 10, REPEAT 4 TIMES

JOURNALING

STEP 05

STRESS BUSTERS

Eating! Finally!

DONE

~25 MINUTES

We have so many natural stress busters at home that can help calm us down! Some are comfort foods, perfect for getting a serotonin boost to relax us, while others control cortisol and adrenaline levels (stress hormones that can wear us down).

GREEK YOGURT AND CEREAL



YOGURT IS AN EXCELLENT SOURCE OF PROTEIN BENEFICIAL TO OUR MENTAL HEALTH, AND CEREAL IS A FANTASTIC HIGH-CARB COMFORT FOOD!

ORANGES



THEY'RE RICH IN VITAMIN C, WHICH LOWERS CORTISOL (STRESS HORMONE) LEVELS!

BLACK OR GREEN TEA



THESE TEAS HELP A LOT FOR RELAXATION AFTER STRESSFUL EVENTS BY REDUCING CORTISOL LEVELS!

RAW VEGGIES



THEIR EFFECT IS LESS CHEMICAL, BUT EATING CARROTS OR CELERY IS A GREAT WAY OF RELEASING TENSION!

WATER



LAST BUT NOT LEAST- STAYING HYDRATED IS A SIMPLE WAY OF LOWERING STRESS LEVELS. YOU CAN EVEN ADD SOME LEMON OR CUCUMBER SLICES OR FRESH MINT LEAVES TO ENHANCE THE TASTE!

STEP 06

DONE

UNWIND YOUR MIND

~30 MINUTES

This step is all about self-love and paying deeper attention to your mind and soul! Choose one of these activities that seems the most fun to you, spend half an hour on it, and feel the tension leave your body!

TAKE A WARM SHOWER / BATH

GIVE YOURSELF A HAND MASSAGE

FREE ASSOCIATION - WRITING: WRITE WITHOUT THINKING (WITH MUSIC)

STEP 07

DONE

PICTURE THIS

~30 MINUTES

You're about to read 2 scenarios and answer a few questions about yourself! Think of this exercise as a fun worksheet that you can fill in to understand your own feelings better.

1. Imagine that you have been entrusted with an important task at work, school or university. You know that it is a very important task and if it is completed in efficiently and in time, it will affect your performance review / scores. This is your first opportunity to do such task and it is going to be an important experience. You are then asked to submit a report on your project that will be assessed by your manager / head of faculty or school. The report has very specific rules that you follow carefully, the best way you can.

On the submission day, you submit your work and sit with your manager / head of faculty or school to go through the report together. This person starts with saying that overall it seems to be well-written. However, there is scope to improve the cohesion and flow of the write-up in order to portray your work more efficiently. This person recommends you take another week and re-write your report.

What thoughts will probably enter your mind? Choose all that apply on the next page.



I KNEW THIS SOUNDED TOO GOOD TO BE TRUE

GREAT, NOW I KNOW WHAT TO DO FOR MY NEXT STEP

THEY SHOULD HAVE NEVER TRUSTED ME WITH THIS

SO MY WORK WAS ALL GOOD! JUST NEED TO MAKE SOME CHANGES TO THE WRITE-UP

THEY WANTED TO SAY THAT I HAVE FAILED, BUT JUST WANTED TO BE POLITE

2. First, think of a person you care about a lot. Someone who is approximately your age, like a friend of yours.

Imagine that this person tells you that they have been entrusted with an important task at work, school or university. They say that it is a very important task and if it is completed in efficiently and in time, it will affect their performance review / scores. This is their first opportunity to do such task and it is going to be an important experience. They are also asked to submit a report on the project that will be assessed by their manager / head of faculty or school. The report has very specific rules that they follow carefully, the best way they can.

On the submission day, They tell you that he has submitted their work and is sitting with their manager / head of faculty or school to go through the report together. The manager starts with saying that overall it seems to be well-written. However, there is room for improve the cohesion and flow of the write-up in order to portray their work more efficiently. They recommend your friend to take another week and re-write the report. Your friend then calls you to say that they are confused about the meeting.

Which of the following sentences you would probably tell your friend? Choose all that apply.

I KNEW THIS SOUNDED TOO GOOD TO BE TRUE

GREAT, NOW YOU KNOW WHAT TO DO FOR MY NEXT STEP

THEY SHOULD HAVE NEVER TRUSTED YOU WITH THIS

SO YOUR WORK WAS ALL GOOD! JUST NEED TO MAKE SOME CHANGES TO THE WRITE-UP

THEY WANTED TO SAY THAT YOU HAVE FAILED, BUT JUST WANTED TO BE POLITE

▶ Did you find out something new about yourself? What was that?

▶ Can you think of similar situations where you treat yourself differently compared to your friends or loved ones?

▶ Where do you think your inner critic comes from?

STEP 08

DONE

EVERY TRICK IN THE BOOK

~30 MINUTES

Books are amazing things that teach us about everything we can imagine! This particular book, *Why Zebras Don't Get Ulcers*, is a book about the effects of stress on our bodies and how we can control it! We've made a compact summary of it so you can get the gist of it and try to implement it in your own life!

WE HUMANS SHARE THE SAME STRESS-RESPONSE MECHANISM WITH ANIMALS LIKE ZEBRAS, CALLED THE FIGHT-OR-FLIGHT SYNDROME.

WHEN ANIMALS SENSE DANGER, THEY EITHER RUN AWAY OR FIGHT. EITHER WAY, A LOT OF ENERGY GOES TO THE MUSCLES.

FOR THIS ENERGY TO BE FOCUSED ON MUSCLES, OTHER PARTS OF THE BODY SHUT DOWN- LIKE DIGESTIVE FUNCTIONS.

THIS IS FINE FOR ZEBRAS, BECAUSE THEY ONLY EXPERIENCE THIS WHEN DANGER IS NEAR, AND EVERYTHING GOES BACK TO NORMAL ONCE THE DANGER HAS PASSED.

ZEBRAS AND LIONS MAY SEE TROUBLE COMING IN THE NEXT MINUTE AND MOBILIZE A STRESS-RESPONSE, THEY CAN'T GET STRESSED ABOUT EVENTS FAR IN THE FUTURE.

For us, it's different. Our brain is more developed; so we get stressed in advance by just thinking about danger. This means we are stressed for a lot longer.

This repeated stress is damaging to our bodies. We waste energy by stressing over small things, and deprive some parts of our bodies of the energy they need.

Sustained or repeated stress can disrupt our bodies in seemingly endless ways.

HOW CAN WE CONTROL STRESS?

We can never completely get rid of stress, but we can reduce it. Here are some of the tips the book gives us:



SPENDING TIME WITH OUR LOVED ONES DISTRACTS US FROM THE FIGHT-OR-FLIGHT SYNDROME.



FIND SOMETHING THAT BRINGS YOU TO YOUR NORMAL STATE AND MAKES YOU FEEL RELAXED. THIS IS DIFFERENT FROM PERSON TO PERSON.



EXERCISING



THE FIRST 20% OF OUR EFFORTS SHOULD REDUCE 80% OF OUR STRESS. ACTUALLY DOING THE THING WE'RE STRESSED ABOUT HELPS US REALIZE IT'S NOT THAT SCARY AFTER ALL!



REMEMBER TO EMBRACE THE THINGS YOU CAN'T CHANGE, AND TO WORK FOR THE ONES YOU CAN.



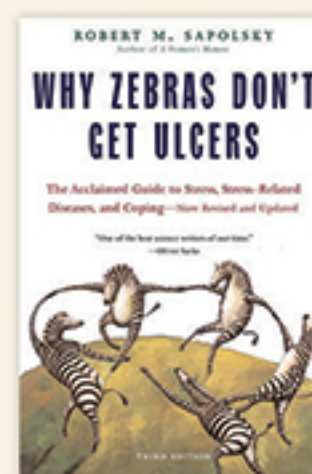
MAKING OUR LIVES PREDICTABLE HELPS US PREPARE OUR BODIES FOR WHAT'S COMING. IT GIVES US TIME TO PROCESS IT BETTER.

THE IMPACT OF SOCIAL RELATIONSHIPS ON LIFE EXPECTANCY APPEARS TO BE AT LEAST AS LARGE AS THAT OF VARIABLES SUCH AS SMOKING...



THE GIST OF IT

In the end, the book talks about how excessive stress is harmful for our bodies, but it's not the cause of diseases. We can't simply cure ourselves by thinking positive thoughts, but controlling stress can make us healthier.



Why Zebras Don't Get Ulcers

By Robert Sapolsky
A Stanford University biologist

Trying to be like a zebra!

STEP 09

DONE

FIND YOUR INNER PEACE

~20 MINUTES

Take a deep breath, close your eyes and think about something that can bring your blood pressure down, something that you do to relax your body and have anxiety flow away out of it. Here we've made some suggestions about activities that can do just that! Pick one and spend 20 minutes on it.

YOU HAVE SPENT APPROX. 3.5 HOURS LEARNING THE ART OF HAPPINESS. THINK BACK AT ALL YOU DID AND ALL YOU LEARNT. WHAT WERE THREE THINGS THAT WERE YOUR FAVOURITE? CHOOSE YOUR TOP 3 ACTIVITIES AND WRITE THEM DOWN IN THESE THREE BOXES. YOU CAN KEEP THESE IN A LITTLE BOX CALLED: [YOUR NAME]'S CARE BOX.

OR YOU CAN PUT THEM SOMEWHERE YOU CAN ALWAYS SEE AND REMEMBER THREE THINGS THAT HAVE PROVEN TO HELP YOU CHEER UP!

GET YOURSELF READY TO WRITE A LETTER! TO AN INCREDIBLY IMPORTANT PERSON, YOURSELF IN THE FUTURE. WHY, YOU ASK? BECAUSE YOU ARE THE PERSON WHO KNOWS 'YOU' THE BEST. YOU KNOW EXACTLY WHY AND WHEN IN THE FUTURE YOU MIGHT NEED A LITTLE PUSH OR ENCOURAGEMENT. SO WRITE A GENUINE LETTER TO ENCOURAGE YOURSELF TO GO ON. WRITE WHY IT IS IMPORTANT FOR YOU TO TAKE CARE OF YOURSELF IN THE BEST WAY POSSIBLE.

CAN YOU IMAGINE 5 YEARS FROM NOW? WHERE DO YOU WANT TO BE IN 5 YEARS? LIST THREE OF THE MOST IMPORTANT THINGS YOU WANT TO HAVE / BE IN 5 YEARS AND IN FRONT OF IT, SCORE YOURSELF FROM 1 - 10 ON HOW CONGRUENT YOUR CURRENT ACTIONS ARE WITH IT?

1: I'M MOVING THE OPPOSITE DIRECTION

10: I'M MOVING TOWARDS IT - I WILL REACH IT FOR SURE.

STEP 10

DONE

HAPPINESS TOOLBOX

~25 MINUTES

These days, we're never really separated from our phones- so why not use them to achieve happiness? Here are some apps that can help you take it easy and feel better after a long day, or just in between daily activities! Download one of them that seems to work for you the best, and try to use it in your day to day life.

LITTLE JOYS AGENDA



This free app motivates you to do your day-to-day tasks with more energy! It's a calendar app with a fun twist- there's an inspirational planned joy for each day that you can do to start your day off with happiness and positivity.

LAKE



The act of coloring is very relaxing and mood-boosting! This meditative coloring book app has gorgeous illustrations for any artistic taste. The illustrations are great for coloring and you can color them any time you want to reduce stress!

THIS SAND



This is an app that's perfect for creativity and calming yourself down! The concept is simple: pouring sand- but you get to create beautiful, colorful artwork while also reducing stress levels.

THE HAPPINESS PLANNER



With this to-do list app, you can set monthly and daily goals and practice self-reflection. You get to become a happier you by starting each day with inspirational quotes, healthier eating habits, and gratitude!

I AM



Positive thoughts can help us get rid of our inner critic who constantly fills our mind with negativity. With this app, you remind yourself of what a magnificent human being you are. You can also focus better and get a daily dose of encouragement!

We're almost there :)

STEP 11

DONE

TAKE THE INSIDE LIBRARY

~25 MINUTES

Here are some colorful scientific article summaries to read! They're quite short and to the point, so it won't take much time to choose and read one that you think can be helpful!

SADNESS VS DEPRESSION



OVERCOMING UNHEALTHY SELF-CRITICISM



HOW CAN YOU GET AROUND UNWELCOME THOUGHTS?



STEP 12

DONE

SHAKE THE STRESS OFF

~30 MINUTES

It takes only 10 minutes to do this yoga workout. After you're done, go out for a short 20-minute walk and get some fresh air!



ALL DONE!



For years, sexual minorities have been facing discrimination and rejection. Usually, when queer people are **rejected by their own families**, they don't have anywhere else to go. That's why almost 40% of homeless youth are part of the LGBT community.

40%
of homeless youth!



How does discrimination affect mental health?

A study done in 2009 found that LGBT youth who don't get any support from their families are more likely to have some negative experiences. They are more likely to attempt suicide, become severely depressed, use illegal drugs, and have risky sexual activities.



How can we make a difference?

We have the power to reduce the effects of stigma and discrimination LGBT youth face.

One of the ways we can try is showing **social support**. Studies show that gay men who receive good social support- whether from family or friends- **have better self-esteem and mental health**, and have a more positive group identity.

How Can We STOP the STIGMA & DISCRIMINATION of LGBT PEOPLE



you got this!

How can parents help?

It's no secret that family plays an important role here:

PARENTS SHOULD BE OPEN, NON-JUDGMENTAL, AND ACCEPTING.

THEY SHOULD WATCH FOR SIGNS THAT THEIR CHILD IS BEING TREATED BADLY, AND STEP IN TO HELP.

PARENTS SHOULD SHOW SUPPORT AND LISTEN TO THEIR CHILD.

THEY SHOULD ALSO USE THE HELP OF OTHER RESOURCES TO LEARN MORE ABOUT THEIR LGBT TEEN.

THEY SHOULD HAVE HONEST AND OPEN TALKS ABOUT TOPICS LIKE SAFE SEX AND STDs.

We can all help reduce LGBT stigma, whether we are straight or part of the community.



Not only can it help boost the mental health of LGBT youth, but it can also make our environment a happier, more loving place!

How can schools help?

ENCOURAGING A POSITIVE AND SAFE ENVIRONMENT TO PREVENT BULLYING AND INVOLVING THE PARENTS.

GIVING SUPPORT TO LGBT YOUTH IN SAFE SPACES THROUGH COUNSELING.

CREATING SCHOOL CLUBS THAT BRING THE LGBT COMMUNITY AND ALLIES TOGETHER.

EDUCATING ALL STUDENTS ON SAFE SEXUAL PRACTICES IN A DIVERSE AND INCLUSIVE WAY.

EDUCATING THE SCHOOL STAFF.

PROVIDING SAFE PHYSICAL AND MENTAL HEALTH SERVICES FOR STUDENTS.

REPORTING ANY FORM OF DISCRIMINATION.

Colorful Challenge: 7-Day Pride

Our role in changing social norms, though it may be small, is very significant. With this challenge, spend a week doing different activities that help normalize queerness!



DAY 1: BREAK THE NORMS

Normalizing being part of the LGBTQ community is all about showing that being different is okay!

People come in all colors, sexualities, genders, and beliefs. Today's challenge is for you to try and break a gender stereotype.



This could be something like painting your nails, or appearing less feminine or masculine. This way, not only are you helping to reduce the stigma around being different, you're boosting your own confidence as well!

DAY 2: PRIDE IN THE WORKPLACE

Our queer colleagues need to feel safe and welcome at the workplace.

It's our job to make the workplace a safer space for everyone. So today, appreciate your LGBT coworkers- you can write them a nice note and stick it to their desk, send them an e-card signed by other colleagues, or organize a pride office party to celebrate their efforts.

As small as these acts are, they can make a change for the better. Remember, normalizing is mostly about visibility and acknowledgment!

DAY 3: PRIDE IN THE LANGUAGE

The language we use matters a lot in normalizing and including the LGBTQ community.

When we use inclusive language, we help everyone feel like they're a part of the community. This sense of belonging makes people feel happier and reduces the stigma around being queer.



Today, try to use language that includes everyone, and ask people what pronouns they prefer. Even if you don't identify as part of the LGBTQ community, normalize telling people what your pronouns are. You can also learn about slurs and hateful language, so you never use them. Being an ally is in these small details as well as bigger acts!

DAY 4: AWARENESS STARTS FROM THE FAMILY

What's a better way to normalize queerness than starting from those around you?



There are always new things to learn when it comes to the LGBTQ community. Today, gather your family, and organize a movie night.



Watching a queer film together will make everyone see the struggles, hopes, and lives of the LGBTQ community, and is a small step towards normalizing it in society!

DAY 5: SPREAD THE WORD

Although society has come a long way regarding LGBT rights, we still have a lot to do.



In today's world, we're more connected than ever, which gives us an advantage! You have the power to change hearts through your social media.



So today, read about some of the most influential LGBT individuals, and write about them on social media. This will get more queer people recognized and loved.

DAY 6: ENCOURAGE FRIENDS

After our family, our friends are the most important people in our lives.



In our friend groups, we can encourage LGBT activism and support! Going to events together, organizing educational movie nights, sharing articles about LGBT people, recommending LGBT media, or having an LGBT book club are all small steps toward a great cause.



So today, gather your friends and be the encouraging force that brings people together and makes them more accepting and loving!

DAY 7: CREATE SAFE ZONES

Doesn't matter where you are- whether at work, at home, or outside, you can show support and create safe zones for queer people.



You can put up a sign that says everyone is welcome, regardless of their sexuality, gender, etc. You can also wear a rainbow or ally pin to show you're a safe person to talk to.

So today, try to create safe spaces wherever you go!



Did you know...?

Research hasn't suggested any relationship between being gay and having a mental disorder. Being gay, lesbian, bi, etc. are just different and normal human experiences.

SOURCE: WWW.APA.ORG/TOPICS/LGBTQ/ORIENTATION

SOURCE: AMP.THEGUARDIAN.COM/GLOBAL-DEVELOPMENT-PROFESSIONALS-NETWORK/2016/FEB/16/13-STEPS-TO-GREATER-LGBT-EQUALITY

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The **NOBLEST**
pleasure

is the

JOY of

understanding.

-Leonardo da Vinci

