How We're Taking a Break

@humberlgbtq

Me: Ugh I wish there were more LGBTQ+ representation in media

me writing my homebrew world:

"Fine."

"I'll do it myself."

Click here to try a playlist created in our Drop-in Program!

We've been watching...

Call Me By Your Name

- Rishabh

We've been cooking...

Browned Butter Chocolate Cookies

Click here to try it!

- Matthew Travill

HUMBER LGBTQ+ Resource Centre
How We're Taking a Break

Tips for Self-Care + Wellness

- Go for a walk
- Take a relaxing bath
- Start a bullet journal
- Practice positive affirmations
- Meditation and/or yoga
- Catch up with friends and family
- Declutter or clean your space
- Drink water!

You are not alone!

Mental Health Resources

- Click here for Humber's Health & Counselling
- Click here for Queer Health Resources in Toronto
- Click here for Queer Mental Health Resources and information

Humber LGBTQ+ Resource Centre
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We've been reading...
Cemetery Boys
By Aiden Thomas
- Anthony

We've been using our FREE subscription to
headspace

Click here to register!
Courtesy of @shareignite

What's been inspiring us...
“You can only become truly accomplished at something you love. Don’t make money your goal. Instead pursue the things you love doing and then do them so well that people can’t take their eyes off of you.”
- Maya Angelou
How We're Taking a Break

"Digital Detox on weekends. I try to stay as far away from my cell phone as possible on the weekends to engage in "real world" activities like going for walks, reading, and this has helped me reconnect with myself a bit more."
- Polly S

Our Wellness Tip!

What We're Grateful For

- Health
- Friends and Family
- Education
- Pets
- Music & Literature

What are YOU grateful for?