

SELF CARE  
SUNDAY



HAPPY PRIDE MONTH  
"Love wins"

Create a Vision board  
for Joy: Visualize your  
future filled with joy,  
love, and acceptance

Pamper Yourself for  
once." Loving ourselves  
is the most radical  
thing we can do."

Seek Out Queer  
Mentorship or reconnect  
with someone who  
inspires you

SPEND THE DAY RESTING

MINDFUL  
MONDAY



Start JUNE with mindful  
meditation set your  
intentions on pride,  
self-acceptance and joy

Affirm yourself in the mirror:  
"My joy matters. I am  
enough Remember  
queer joy is resistance

Practice mindful eating  
Learn to savor your  
meals pay attention to  
the tastes, textures, and  
smells.

Try grounding exercises  
Center your joy to you.  
"There is nothing more  
beautiful than being  
unapologetically yourself."  
"Laverne

Reflect on the things  
you are grateful for  
beyond your identity

TOUCH DOWN  
TUESDAY



Hydrate because  
radical joy requires  
radical care

Wear something. that  
makes you feel. Colorful  
AND bold.

Those who could afford  
to write it have written  
history. We are  
rewriting it in glitter.

Practice saying "no"  
as a form of self-love.  
"No" is a complete  
sentence."

WELLNESS  
WEDNESDAY



Let our joy be loud, visible  
and let it be a testament  
to the beauty and  
resilience of our lives.

Spend time in nature.  
Let the world witness  
YOUR JOY

To love and be loved is  
to feel the sun from  
both sides."Viscott

Meditate on a joyful  
memory.  
#CantStopWontStop  
#2024Goals

THANKFUL  
THURSDAY



MAKE SOMEONE  
SMILE. or Laugh today.

Write a love letter  
to your younger queer  
self.

Do an act of kindness.  
Joy is contagious.

Tell someone what you  
appreciate about them.  
Joy shared is joy  
doubled."

FEEL GOOD  
FRIDAY



Create a vibrant playlist  
Dance your heart out  
We are powerful  
because we have survived.  
"Audre Lorde

Take a social rest day.  
Turn off the noise. Be  
with yourself Rest is  
resistance." "Tricia

Celebrate representation  
"Representation is the  
first step toward  
liberation." "Janet

Cut the ending. Revise  
the script. The man of  
her dreams is a girl.  
Love is never wrong.

SERENE  
SATURDAY



CLEANOUT MAY,  
declutter room for more  
joy "Outer order  
contributes to inner  
calm."

Do something creative  
just for fun no pressure.  
Try one thing that  
allows you to express  
yourself freely.

Read or listen to queer  
spoken word or music.  
Feel the rhythm of  
resistance

Set aside time for fun.  
Our joy is not frivolous;  
it is fuel for our fight



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Connect with us

