

HEY THERE. KELLI DUNHAM HERE. I'M A COMEDIAN AND A NURSE AND A NONBINARY MIDDLE-AGED QUEER WITH A --YOU'RE NEVER GONNA BELIEVE THIS--A TRAUMA HISTORY. I'VE BEEN SO LUCKY AND PRIVILEGED TO HAVE HAD ACCESS TO THERAPY AND EDUCATION ABOUT PTSD AND WAYS TO DEAL WITH THE AFTERMATH OF TRAUMA. AND AT THE SAME TIME, I'VE FOUND THAT THERE ARE STILL SOME SITUATIONS WHERE I END UP WAAAAAY MORE EMOTIONALLY ACTIVATED THAN I WANTED TO BE. SO I STARTED LOOKING FOR MORE TIPS AND TRICKS TO SELF-SOOTHE. HERE ARE SOME OF THESE TIPS!

I PUT TOGETHER THIS ZINE WITH HELP FROM A BIGGOLE BUNCH OF QUEERS INCLUDING FOLKS WHO MADE SUGGESTIONS AT A RECENT FIVE COLLEGE GENDER AND SEXUALITY CONFERENCE AT HAMPSHIRE COLLEGE.

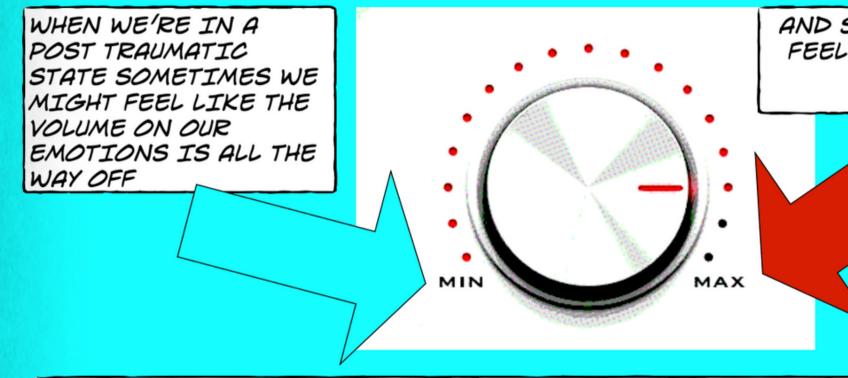
A REMINDER THESE TIPS AREN'T FOR THE HARDEST MOMENTS WHEN YOU'RE ACTIVELY TRIGGERED OR IN A SPIRAL, NONE OF THIS IS A SUBSTITUTE FOR ANY KIND OF PROFESSIONAL HEALTHCARE. AND ALSO I KNOW THAT SOME OF THESE MIGHT SEEM ALMOST...LAUGHABLE...IN THE FACE OF THE TRAUMA SYMPTOMS YOU MIGHT BE EXPERIENCING. BUT SOMETIMES SMALL STEPS HAVE MADE A DIFFERENCE FOR ME. AND SOMETIMES TAKING ANY STEP AT ALL HAS AT LEAST HELPED ME FEEL IN CONTROL OF SOMETHING WHEN EVERYTHING ELSE FELT OUT OF CONTROL.

I'M SORRY YOU'VE HAD TO DEAL WITH TRAUMA. AND I HOPE SOMETHING YOU READ HERE IS HELPFUL. IF YOU HAVE SUGGESTIONS FOR FUTURE EDITIONS OR THOUGHTS TO SHARE, ALL MY CONTACT INFO IS ON THE LAST PAGE. HANG IN THERE.





SO WHAT DOES SELF SOOTHING HAVE TO DO WITH TRAUMA EXACTLY. WELL YOU PROBABLY **KNOW THIS ALREADY** BUT...



IF WE WALK INTO A SITUATION (LIKE A PROVIDER'S OFFICE) WITH OUR FEELINGS VOLUME ALREADY SET AT AN 8 OR 9, THE FIRST BIT OF NONSENSE CAN PUT US TO A 10. THAT'S NEVER FUN. FOR ANYONE INVOLVED.

AND SOMETIMES IT MIGHT FEEL LIKE THE VOLUME IS WAY UP





LOWERS THE VOLUME

IF RADIO DIALS AREN'T YOUR THING, BECAUSE, FOR EXAMPLE, YOU WERE BORN AFTER THE TIME OF RADIOS, WELL, MAYBE THINK ABOUT A THERMOMETER FOR METAPHOR REASONS. BUT PROBABLY NOT SO MUCH THIS THERMOMETER BECAUSE THIS ONE IS A FUNDRAISING THERMOMETER. FOR A FUNDRAISER THAT CLEARLY ISN'T DOING THAT WELL.,

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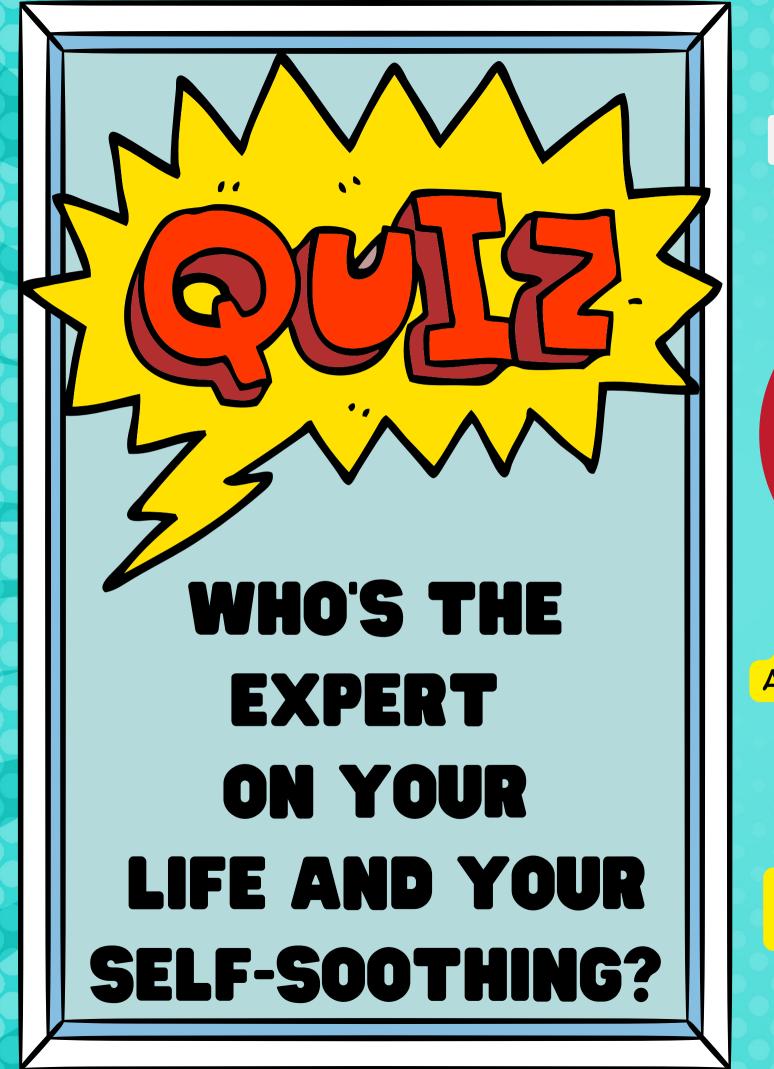
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WHEREVER YOU, WELL, THAT'S WHERE YOU ARE. I MEAN, I GUESS THAT'S OBVIOUS RIGHT? BUT YOU CAN ENHANCE WHATEVER SELF SOOTHING SKILLS YOU HAVE NOW.

AND IT'S ALWAYS HANDY TO HAVE ADDITIONAL SKILLS FOR THOSE TIMES WHEN YOUR CURRENT SKILLS GET OVERWHELMED, EVEN IF THAT'S NOT SUPER COMMON.



ONE WAY TO THINK ABOUT EXPANDING YOUR SKILLS IS TO THINK OF EMOTIONAL SELF MANAGEMENT AS A COOKBOOK AND THE DIFFERENT SELF-SOOTHING SKILLS SETS AS INDIVIDUAL RECIPES.

FOR EXAMPLE, I'M A PRETTY GOOD COOK FOR LET'S SAY. A CHURCH POTLUCK IN WISCONSIN. I'LL MAKE MY POTROAST AND EVERYONE WILL BE HAPPY.

BUT I BEG YOU IN THE NAME OF ALL YOU CALL SACRED PLEASE DO NOT INVITE ME TO A RAW VEGAN POTLUCK

HUH. **REALLY? EVERYONE?**

I CAN ALMOST **GUARANTEE** THAT'S NOT HAPPENING.

01

I DON'T HAVE THE RIGHT RECIPES



I'VE GOT A LOT OF RECIPES/SKILLS TO DEAL WITH FAMILY OF ORIGIN STUFF.

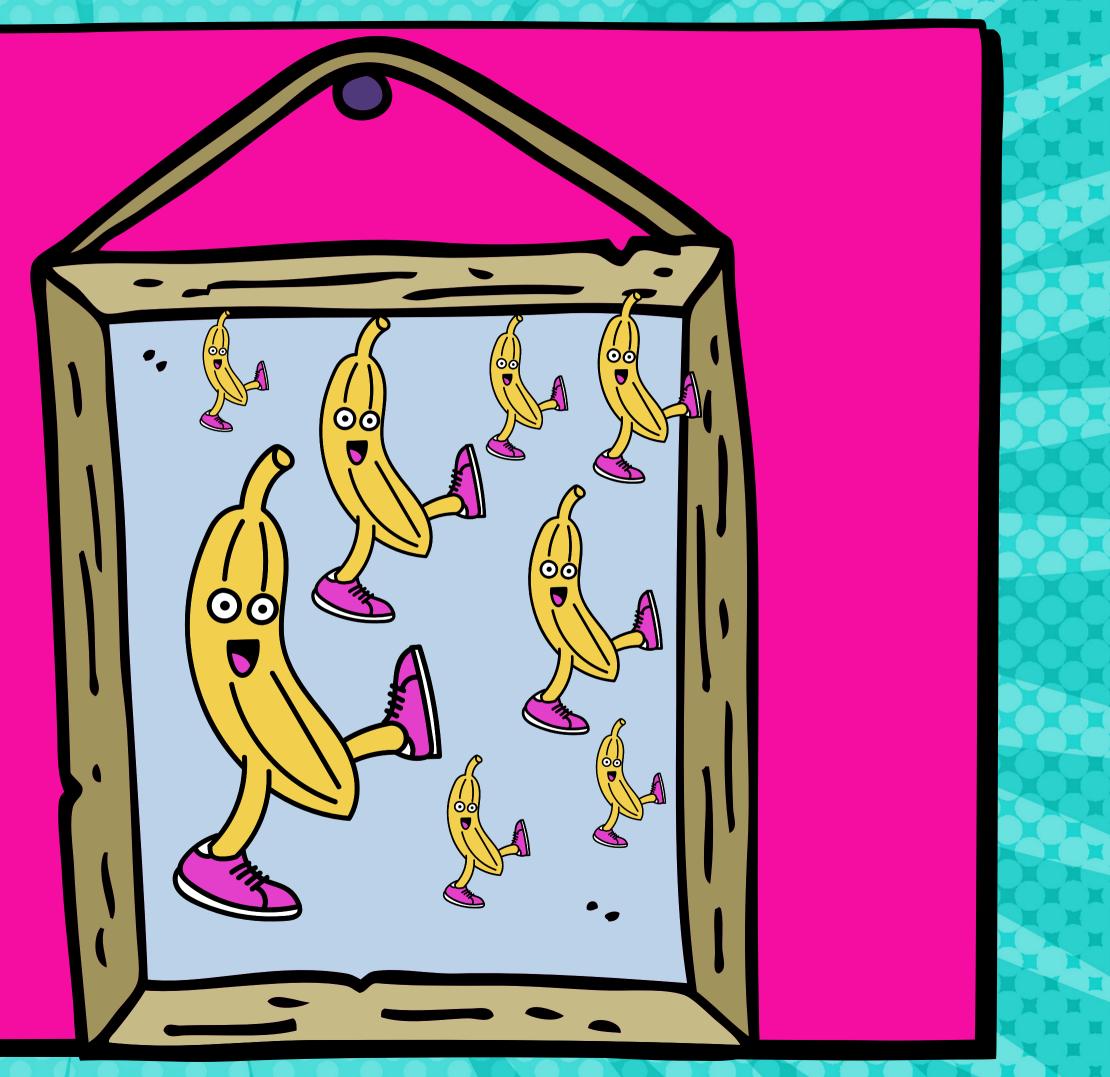


OMG EVERY TIME I DEAL WITH THE ...



Transphobic Security Administration

I THINK "DAMN, I GOTTA DEVELOP SOME BETTER SELF SOOTHING SKILLS, I DON'T HAVE THE RIGHT RECIPES."



THINK ABOUT THE PLACES OR SITUATIONS WHERE YOUR SELF SOOTHING SKILLS SOMETIMES GET OVERWHELMED ...

ORK

SOMETIMES FINDING A SKILL /RECIPE THAT WORKS IN A SIMILAR SITUATION CAN HELP YOU EXPAND SKILLS **INTO NEW AREAS**

PHYSICAL

LOCATIONS?

HOW THEY

MAKE YOU

FFEL

THEY HAVE

COMMON?

ROMANTIC RELATIONSHIPS

FAMILY

THIS SHIT IS HARD. AND CATS ARE CUTE. SO I'D LIKE YOU TO MEET SAUCE THE CAT. WHO IS GONNA INTRODUCE EACH SELF SOOTHING TIP. YOU GOT IT FROM HERE BOSS?

> BOSS. I LIKE THE SOUND OF THAT. YEAH I GOT IT. WE'LL GET THROUGH THIS TOGETHER Y'ALL.





USE TIKTOK TO GET THROUGH A DIFFICULT FEW MINUTES:

--ASMR --FUNNY FOLKS GOING THROUGH THEIR DAILY LIFE --DANCING FAMILIES (SAVE TO YOUR PHONE IN ADVANCE)



ALREADY HAVE AN ACTIVITY THAT YOU USE FOR SELF-SOOTHING? BRAINSTORM WITH FRIENDS TO FIGURE OUT A WAY TO MAKE IT PORTABLE.

SERIOUSLY. I'VE SEEN **BEARS KNITTING**

IN BARS LATELY.

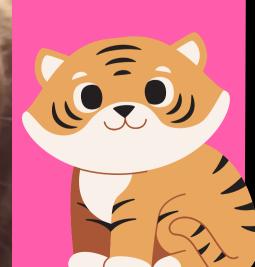


TEMPORARILY DISTRACT YOURSELF WITH SUDOKO AND/OR WORD GAMES

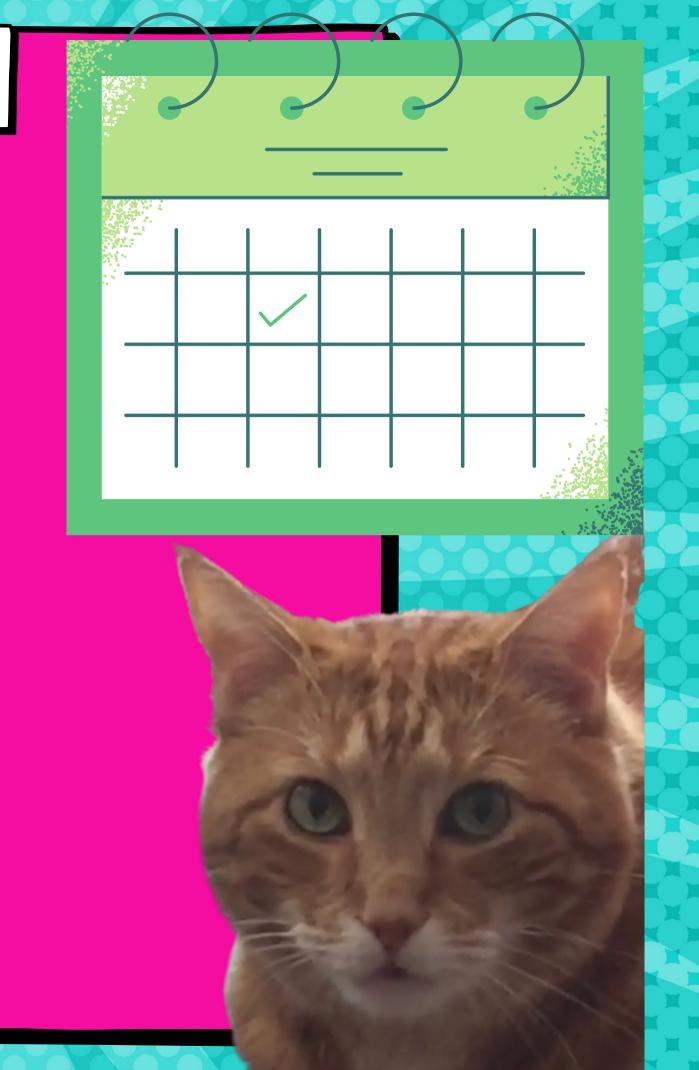
PROTIP: YOU'LL WANT TO PRACTICE WHEN YOU'RE NOT FEELING SUPER ESCALATED TO FIGURE OUT WHICH KIND OF DISTRACTO-PUZZLE WORKS FOR YOU Workshop participant thanked the Therapy For Black Girls Podcast for this suggestion!

SELF SOOTHING TIP # 4 DISTRACT WITH PHONE GAMES OR ANYTHING YOU USE TO CREATE YOUR

OWN WORLD (EG ANIMAL CROSSING)







MAKE A GRATITUDE LIST.

SOMETIMES THIS CAN BACKFIRE -LIKE WTH DO I FEEL BAD WHEN I HAVE SO MUCH TO FEEL GRATEFUL FOR? AND SOMETIMES THERE IS A DOMINANT CULTURE FOCUS ON GN GRATITUDE THAT IS JUST A FORM OF GUILT MONGERING. IF MAKING A GRATITUDE LIST MAKES YOU FEEL TERRIBLE, DEF DON'T DO IT!

THINK ABOUT A TIME YOU DEALT WITH A TRIGGER IN A WAY THAT YOU HELPED YOU TURN DOWN THE VOLUME ON YOUR REACTIONS. **IMAGINE YOURSELF** DOING THAT AGAIN.



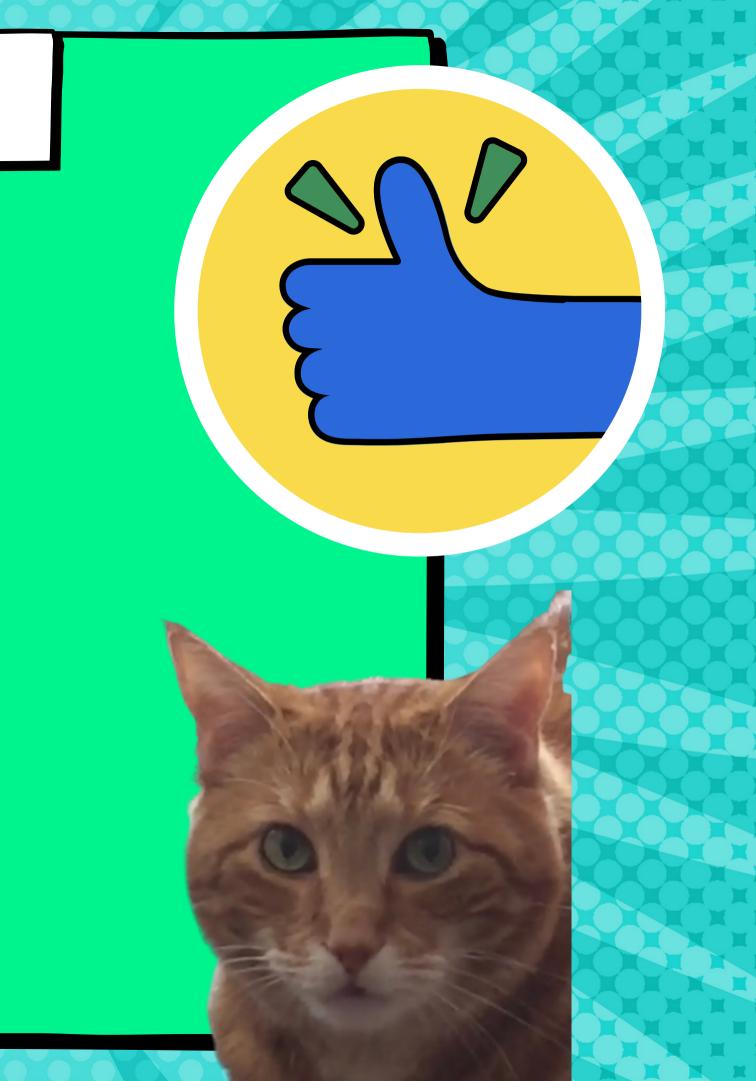




IT IS VERY HARD TO BE ENVELOPED IN ANGER, ETC WHEN YOU ARE PLAYING AIR CAN YOU BELIEVE THEY MAKE CLIP ART OF A SILHOUETTED LESBIAN PLAYING AIR GUITAR?



TENSE AND THEN RELAX EACH MUSCLE. SKIP PARTS OF YOUR BODY THAT MIGHT MAKE YOU MORE TRIGGERED. IF YOU END UP JUST TENSING AND RELAXING YOUR RIGHT THUMB, WELL, JUST TENSE AND RELAX THAT THUMB VERY THOROUGHLY!



REMIND YOURSELF: THESE STRONG FEELINGS ARE JUST INFORMATION. THEY AREN'T GOOD, THEY AREN'T BAD (EVEN IF THEY FEEL REALLY BAD) THEY JUST ARE

TAKE A FEW DEEP BREATHS.

DEEP BREATHING COMMUNICATES TO YOUR BRAIN "HEY EVERYTHING IS OKAY"



OKAY ENOUGH TO PICK UP A GUITAR AND SING A 80S POWER BALLAD? HARD TO SAY.

IN THROUGH YOUR NOSE OUT THROUGH YOUR MOUTH

THIS TRAUMA WORK IS BULLCRAP

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PATRIARCHY GROUNDING WHITE SUPREMACY HOMOPHOBIA TRANSPHOBIA ANGER TRAUMABONDING CHILDABUSE SELFSOOTHING DISSOCIATING CRYING

DO A WORD FIND

OBVIOUSLY WE DON'T THINK TRAUMA WORK IS BULLSHIT. BUT IT'S HARD, AND IT'S OKAY TO SAY THAT !! YOU'RE NOT DOING IT WRONG JUST BECAUSE IT'S HARD!!!

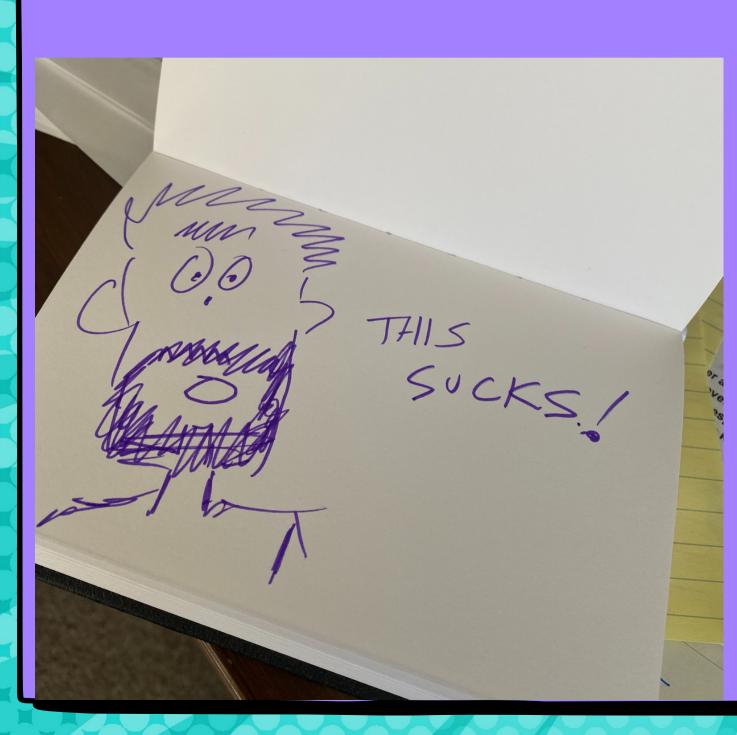


CHECK YOUR JAW-IS IT CLENCHED?

UNCLENCH IT! (if you want)



DRAW SOME SHIT



OR DRAW SOME CATS.

CATS ARE SUPER FUN TO

-DRAW OUT THE STUFF THAT'S BOTHERING YOU OR HECK, JUST SCRIBBLE



MAKE A BIGGOLE PAPERCLIP CHAIN

IT MIGHT SOOTHE YOU A BIT AND THEN, IF YOU NEED A PAPER CLIP, YOU'LL ALWAYS HAVE A BUNCH!



ESSENTIAL OILS. SIGH. I KNOW. I KNOW. YOU PROBABLY ALREADY TRIED ESSENTIAL OILS.

BUT JUST IN CASE. SOMETIMES SMELLING ORANGE IN THE MIDDLE OF THE WINTER OF A TERRIBLE BROOKLYN WINTER JUST MIGHT GIVE YOU A LITTLE ROOM TO PULL OUT OF AN **OTHERWISE ALL-ENCOMPASSING** EMOTIONAL SPIRAL! **YKNOW. SPEAKING TOTALLY** 52 THEORETICALLY OF COURSE.

STEREOTYPE MUCH?

ALSO WHY

DOES THAT

ORANGE LOOK

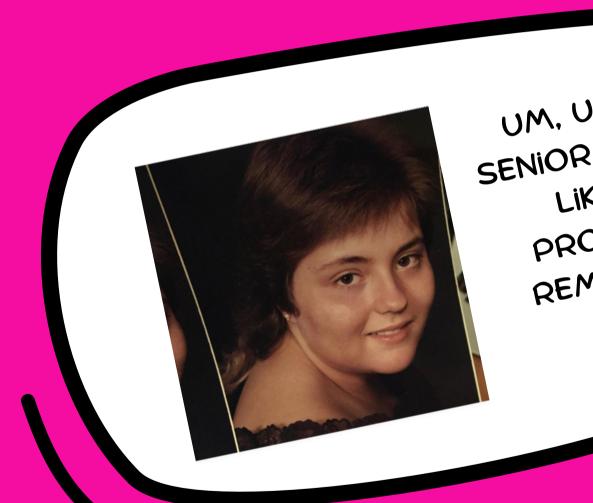
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IF YOU'RE FEELING FRUSTRATED WITH ALL THE THINGS THAT TRIGGER YOU, REMIND YOURSELF OF ALL THE THINGS THAT SCARE /WORRY ETC OTHER PEOPLE THAT DON'T BOTHER YOU AT ALL. IF YOU'RE A NEW YORKER, LIKE THERE MIGHT BE LITERALLY EVERYTHING **THOUSANDS OF THINGS** BUT TIMES SQUARE



GO BACK TO THE ARTS AND CRAFTS OF YESTERYEAR. IF YOU CAN FIND SOME THAT DON'T HAVE NEGATIVE CHILDHOOD/FAMILY MEMORIES ASSOCIATED WITH THEM.

REMEMBER LATCH-HOOK? **REQUIRES NO CRAFTY TALENT REQUIRES NO THINKING VERY REPETITIVE** CHEAP AF





BONUS. LATCH HOOK IS PERFECT FOR MAKING COOL-LOOKING RANBOW RUGS.

UM, UNLESS YOUR SENIOR PHOTO LOOKS LIKE THIS, YOU PROBABLY DON'T REMEMBER LATCH HOOK.

PLAY! YEAH WITH ACTUAL TOYS. WE MIGHT HAVE MISSED IT AS KIDS ... THAT MAKES IT EXTRA FUN AS ADULTS (SOMETIMES IT DOES. TRY IT AND SEE HOW IT WORKS FOR YOU)



BONUS: WE SOMETIMES HAVE ACCESS TO BETTER TOYS AS ADULTS....



I GET THE LEGO BUT WHY ARE SO MANY PLASTIC CATS VISITING LEGO SESAME STREET? IT'S EMBARRASSING.

KEEP AROUND PHYSICAL PHOTOS THAT MAKE YOU FEEL SOMETHING...DIFFERENT.





SOMEONE YOU LOVE IN AN UNCOMPLICATED WAY. MAYBE A PET?

A SELFIE AT A NICE MOMENT



OR SOMEONE ELSE'S PET?



A CUTE ANIMAL THAT ISN'T TERRIBLY IMPACTED BY CLIMATE CHANGE



PATTERNS PATTERNS PATTERNS

(PHYSICAL PHOTOS PART 2)

SPONSOR YOUR OWN CAPTION CONTEST. WITH YOURSELF. OR OTHER FOLKS!

SIONER Hodde



my name is

Queer Person Just Trying To Get Through The Day



CUT OUT APPLY TO TEE SHIRT. THE ONE YOU'RE WEARING

SELF SOOTHING TIP # 24 PLAYLISTS. ALL THE PLAYLISTS **YOUTUBE PLAYLISTS** -SNL MUSICAL PARODIES -QUEER ANTHEMS FROM WHEN YOU CAME OUT -OUT-TAKES OF POP CULTURE COMEDY YOU LIKE -BUBBLE GUM POP -BACKGROUND NOISE APPS/ CHANNELS -CHANNELS MADE FOR ANIMALS (EG CAT TV)

THE POSSIBILITIES **ARE ENDLESS.**

REALLY. YOUTUBE

EXPOSURE YOURSELF TO STUFF THAT MAKES YOU LAUGH

WHAT MADE YOU LAUGH WHEN YOU WERE A KID? WHO MADE YOU LAUGH WHEN YOU WERE A KID?



WHAT MAKES YOU LAUGH NOW? WHO MAKES YOU LAUGH NOW?



DESIGN YOUR OWN IRONIC MOTIVATIONAL POSTER



DESIGN YOUR **OWN IRONIC** MOTIVATIONAL **TEE SHIRT**

IT'S LIKE RAIN. ON

YOUR WEDDING DAY

CMON EVERYONE

"EVERYTHING HAPPENS FOR A REASON"

UM, OKAY, BUT THE REASON IS USUALLY

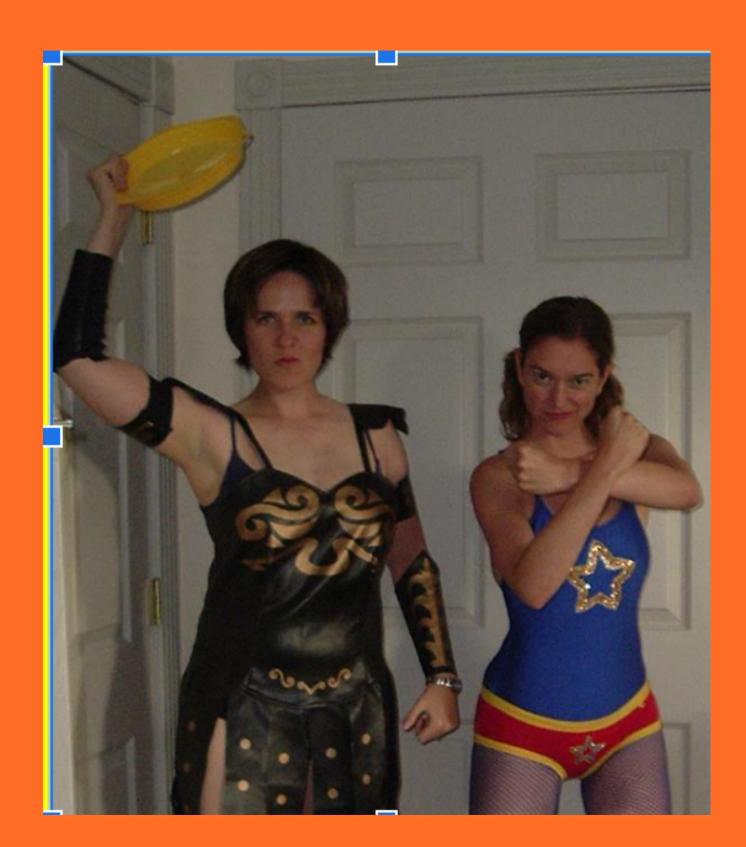
RACISM, CAPITALISM, COLONIALISM, SEXISM, HOMOPHOBIA OR BECAUSE SOMEONE IS BEING A BIGGOLE JERK ...

CELEBRATE EVERY SINGLE VICTORY ...





NO MATTER HOW SMALL...



THINK OF YOUR SILLIEST MOMENT. WHAT COULD

RECREATE THAT SILLINESS RIGHT NOW?



GOT SUGGESTIONS FOR THE NEXT EDITION? WANT TO HAVE KELLI VISIT YOUR COLLEGE SCHOOL OR LLAMA FARM?

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