

# QUEER APOCALYPSE SOLUTIONS

## Queer Apocalypse Survival Skill #3: MANAGE YOUR STRESS

Below are a variety of ways to help manage stress in your body, mind, and spirit. Please know that this list is not exhaustive and different tactics work for different people. Try them all, a few, or none. Let us know what works best for you. It has been medically proven that stress can cause any number of ailments in the body, so it is best to metabolize it out.

### ***Tactic #1: Car Screaming***

How to:

Scream “FUCK YOU” over and over again as loud as you can while in your car. Scream until you release and cry.

Safety tip: pull over to the side of the road and/or find an abandoned parking lot.

Variation: Scream into a pillow.

### ***Tactic #2: Car Singing***

How to: Choose a song that is very challenging (like Adele or Lizzo) and do your best to hold onto the notes while driving around, especially if there is traffic, as it increases pressure in the body.

Variation: Sing in the shower. Sing in your house when no one is home. Sing in the woods. Sing by the ocean.

### ***Tactic #3: Metabolize Anger***

How to: Find a wiffleball bat and hit a piece of furniture (the bed or couch work best). You have to keep going until you release and cry.

Variation 1: Punch a pillow.

Variation 2: Sign up for a free martial arts class in your town/city.

Variation 3: Sign up for a free boxing class in your town/city.

### ***Tactic #4: Exercise***

How to: Develop an exercise routine based on your individual ability levels and desires. Some favor individual practices like walking, running, or swimming, and others prefer group activities like CrossFit, Roller Derby, Tennis, or Ultimate Frisbee. Whatever it is, get out there and move your body. If you have mobility issues or are unsure about whether exercise is healthy for you, please consult a physician or expert before starting any kind of routine.

### ***Tactic #5: Morning Journaling***

How to: develop a daily journaling practice. Ideally, this will be first thing in the morning, in order to clear away that which is blocking you that day. The format that we enjoy follows with Julia Cameron's idea of "morning pages" from *The Artist's Way*. Here is more information: <https://juliacameronlive.com/basic-tools/morning-pages/>

Variation 1: Write these three pages as a letter to your higher power, whatever that may be. Make it a love letter. Ask for guidance for whatever areas of your life are the most challenging, and listen for when that guidance arrives.

Variation 2: Use questions to guide for what to journal about. This can help reveal truths about yourself that you may otherwise not see.

Recommended books:

Layla Saad, *Me and White Supremacy Workbook*

Beth Pickens, *Art Will Save Your Life*

Al Anon Family Groups, *Blueprint for Progress: Al Anon's Fourth Step Inventory*

Napoleon Hill, *Think and Grow Rich*

### ***Tactic #6: Evening Journaling***

How to: develop an evening journaling practice. When obsessive or repetitive thinking comes up that holds stress in the body, it is good to release. This can be done in long form pages, or very specifically, writing down a list of all the things that are currently stressing you out and adding to your sleeplessness. After having done so, when you lay your head down and the thoughts still pour in, say to yourself "I have already written that down, it is on the page, therefore it does not need to be in my mind. No thank you brain."