

## LGBTQI+ History Month



This month's newsletter highlights October as LGBTQI+ History Month. The health and wellness of the LGBTQI+ community is of paramount

importance. Despite many positive changes in how members of the LGBTQI+ community are accepted and treated, they continue to face great challenges that affect both mental and physical health. The many events this month will help remind us of how far we still need to go as individuals and health sciences students and professionals to improve the wellbeing of the LGBTQI+ community.

The National Alliance on Mental Illness (NAMI) presented important data regarding the mental health of the LGBTQI+ community:

*"Early intervention, comprehensive treatment and family support are key to helping LGBTQ people live well with a mental health condition. But many people in this community struggle in silence—and face worse health outcomes as a result."*

- LGBTQ adults are more than twice as likely as heterosexual adults to experience a mental health condition
- LGBTQ people are at a higher risk than the general population for suicidal thoughts and suicide attempts
- High school students who identify as lesbian, gay, or bisexual are almost five times as likely to attempt suicide compared to their heterosexual peers
- 48% of all transgender adults report that they have considered suicide in the past 12 months, compared to 4% of the overall US population <https://www.nami.org/find-support/lgbtq>

The disturbing rates of mental health concerns, substance use, depression and suicide are stark reminders of how essential it is for all of us to guarantee that members of our community, our colleagues and our patients get access to care.

It is critical this month, and always, that we do our best in our roles as students, clinicians, researchers and educators to ensure that we create a community where LGBTQI+ individuals feel fully accepted and have access to care for optimum physical and emotional health. Please take time to review the many links below that include information on important events for LGBTQI+ month as well as community resources that support the LGBTQI+ individuals and community.

By Dr. Margaret Rea

### Resources:

- We Thrive: Student Health and Counseling Services (UC Davis) - [shcs.ucdavis.edu/wethrive](https://shcs.ucdavis.edu/wethrive); Student-led resource guide to LGBTQ+ health and community resources for UC Davis students. Most resources are available at the Student Health and Wellness Center on the main UC Davis campus.
- UC Davis LGBTQIA Resource Center [lgbtqia.ucdavis.edu](http://lgbtqia.ucdavis.edu); Community center for all UC Davis students, staff and faculty.
- PRIDE employee resource group- resources/support/advocacy for UC Davis staff & faculty <https://www.facebook.com/ucdpride/>
- UC Davis Health Vice Chancellor's LGBTQ+ Advisory Councils' Annual Improving OUTcomes Conference, October 18-19, 2019. The theme this year is LGBTQ+ Healthcare Across the Ages. This is a free event to the UC Davis family. Registration includes a Friday (10/18) reception, art show and viewing of the documentary Gen Silent - the film producer will engage the audience in a Q&A after the film. On Saturday (10/19), there will be a continental breakfast, art show, vendors, picture booth, keynote speaker, lunch and workshops throughout the day. Everyone is welcomed to attend. Space is limited, please RSVP at: <http://improvingoutcomesconference.com/registration/>
- **Sacramento community resources:**
  - Gender Health Center ([thegenderhealthcenter.org](http://thegenderhealthcenter.org)) mental health, insurance navigation, and a student-run clinic for transgender people throughout Northern California.
  - Lavender Library ([lavenderlibrary.com](http://lavenderlibrary.com)) – a library full of LGBTQ+ books, and meeting spaces for lots of groups.

### Crisis resources:

- Trevor Project: 1-866-488-7386 / [thetrevorproject.org](http://thetrevorproject.org)
- Trans Lifeline (run for and by trans people): 1-877-565-8860 / [translifeline.org](http://translifeline.org)
- Crisis Text Line (not LGBTQ+ specific but super easy to use): Text 741-741 / [crisistextline.org](http://crisistextline.org)

## Wellness Events

### Work Life and Wellness Events

<https://health.ucdavis.edu/hr/wellness/index.html>

### UC Living Fit Forever

[https://intranet.ucdavis.edu/clinops/resources/living\\_fit\\_forever.shtml](https://intranet.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

### Wellness Canvas Site

Please take a look at the Wellness Canvas Site that contains helpful tools to support student well-being <https://canvas.ucdavis.edu/courses/288487>

### Farmers Market

Every Wednesdays 3-7pm  
Ed. Bldg. Outdoor Quad

### Therapy Dogs Are Back

October 8th 12-2  
Vanderhoef commons

# Wellness Tip: Using Mindfulness Meditation to Reduce Implicit Bias

A research study by Leuek and Gobson looked at the role of mindfulness meditation in reducing implicit age and race bias. They hypothesized that the mindfulness practice helped reduce automatic responses that are a central element of bias which is such a key issue for the LGBTQ+ community. The authors highlighted that, "mindfulness meditation may reduce these automatic processes which would be an important step toward reducing prejudice and discrimination. <http://journals.sagepub.com/doi/pdf/10.1177/1948550614559651>

The STOP acronym is one of the most well-known and cherished brief mindfulness practices to use during the day. It's super simple:



- S – Stop**
- T – Take a breath**
- O – Observe what's going on**
- P – Proceed**

This can be done any time during the day when you remember. You become aware of what's going on around you or inside of you, you ground yourself with some conscious breaths, and then you proceed with more clarity and from a place of choice.

Here are three wonderful ways to practice STOP in more depth: The ABCs of STOP—or practicing STOP for Awareness, Beauty, and Compassion:

## STOP — A: STOP for awareness

Using the STOP practice to become fully aware of the present moment: What is going on in the body? The mind? The emotional field? Or asking yourself: What is out of my awareness right now? It can be as simple as noticing your brain is foggy after being on a conference call for two hours (and that you need a stretch break) or that you have been thinking about the upcoming teacher meeting all morning. Simply stop and take a breath.

## STOP — B: STOP for beauty

Pause for a moment and notice something beautiful in your surroundings. It can literally be to "stop and smell the roses." Use all of your senses to find something and then take it in for a breath or two. If that feels too big of a stretch you can ask yourself: "Ok, I know this is a stressful moment right now, but if there was something beautiful about it, what would it be?" Maybe then we notice the flowers on the table, which blend into the background when we are busy. Or the beautiful braids of the woman in front of us in the (long!) check out line at the grocery store.

## STOP — C: STOP for compassion

In a moment of stress or pain, practice STOP to open your heart to kindness and compassion. Compassion is a natural, caring response to suffering, big and small, in ourselves and in others. Sometimes the tug of compassion calls us to stop, at other times we need to stop and really take something in, so we can open the doors of the heart and invite compassion in. Maybe we are a little impatient with our child complaining at length about something that happened at recess. Maybe the adult brain doesn't see it as hurtful but stopping and truly listening might allow us to connect with the truth of her hurt and allow our heart to melt a little.

<https://www.mindful.org/abcs-stop-three-short-mindful-breaks-day/>

## Monthly Recipe from the UC Davis Community

This month's recipe comes from **Shea Hazarian**; Medical Student and Resident Program Coordinator; [Office of Student and Resident Diversity](#).

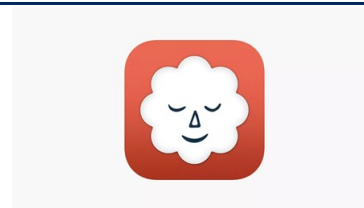
"I've been privileged to work for the last two years in the Office of Student & Resident Diversity, which provides pathways and support for learners from high school through residency. We carry all sorts of identities with us – demographics, relationships, work – and in medical school, the "medical student" identity can overwhelm everything else. My favorite part of my job is getting to know our students' other identities: partner, activist, parent, mentor. Finding a balance of those identities is crucial throughout our journeys.



When I was growing up, my mom would cook dinner every night – that was one of her forms of stress relief and mindfulness. My mom is Italian, so a big bowl of pasta is my ultimate comfort food. I didn't inherit my mom's love of cooking, but this is a super easy pasta that I can bake in a big dish and it'll last all week."

<https://thelemonbowl.com/sausage-kale-gnocchi-pasta/>

## Wellness App: Stop, Breath, and Think



This app was created by the folks at the nonprofit Tools for Peace, which teaches mindfulness and meditation to inner-city teens. Developed for adults, teens, and kids, it is perfect when for when you're overwhelmed by intense emotions like anxiety, stress, sadness, or anger. When you notice intense feelings arise, you can turn to the app, and it guides you through the practice of stopping, calming your mind and body through breathing, observing your thoughts, and then participating in a short meditation.

<https://www.stopbreathethink.com>

<https://apps.apple.com/us/app/stop-breathe-think/id778848692>