Breathe In

content warning: themes relating to addiction and mental health

WHY...?

Seven in ten U.K. LGBT+ people have some relationship with smoking - as a casual, regular or former smoker. LGBT+ people are 1.5 times more likely to smoke.

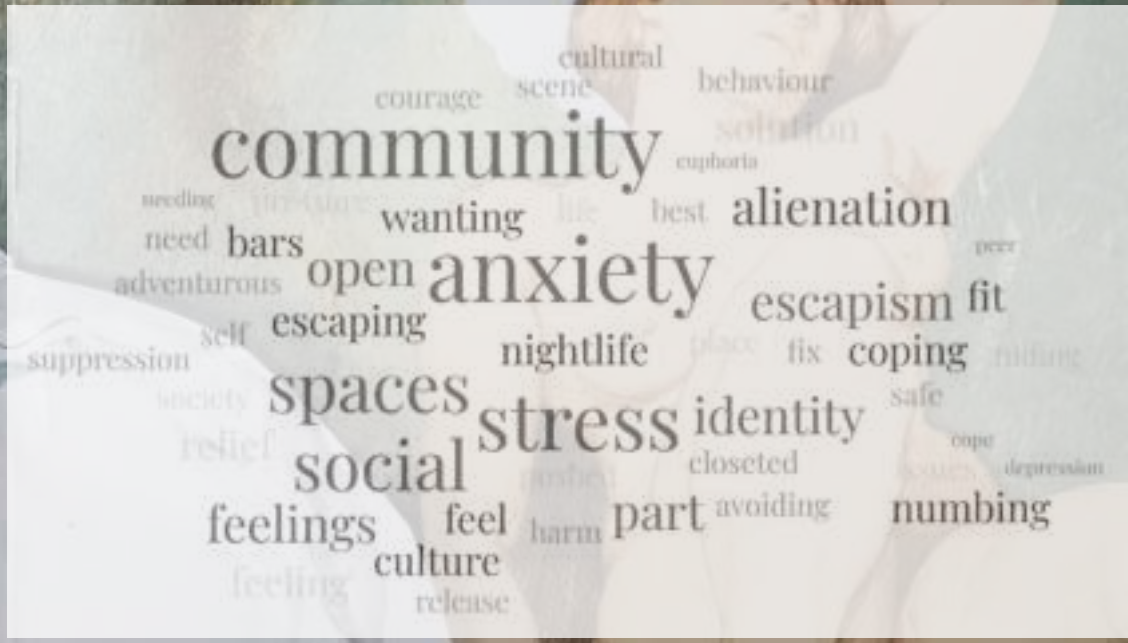
(Queer Voices Heard, 2020)

9% of LGBTQ+ people in Britain take drugs at least once a month versus 2.6% of non-LGBTQ+ people.

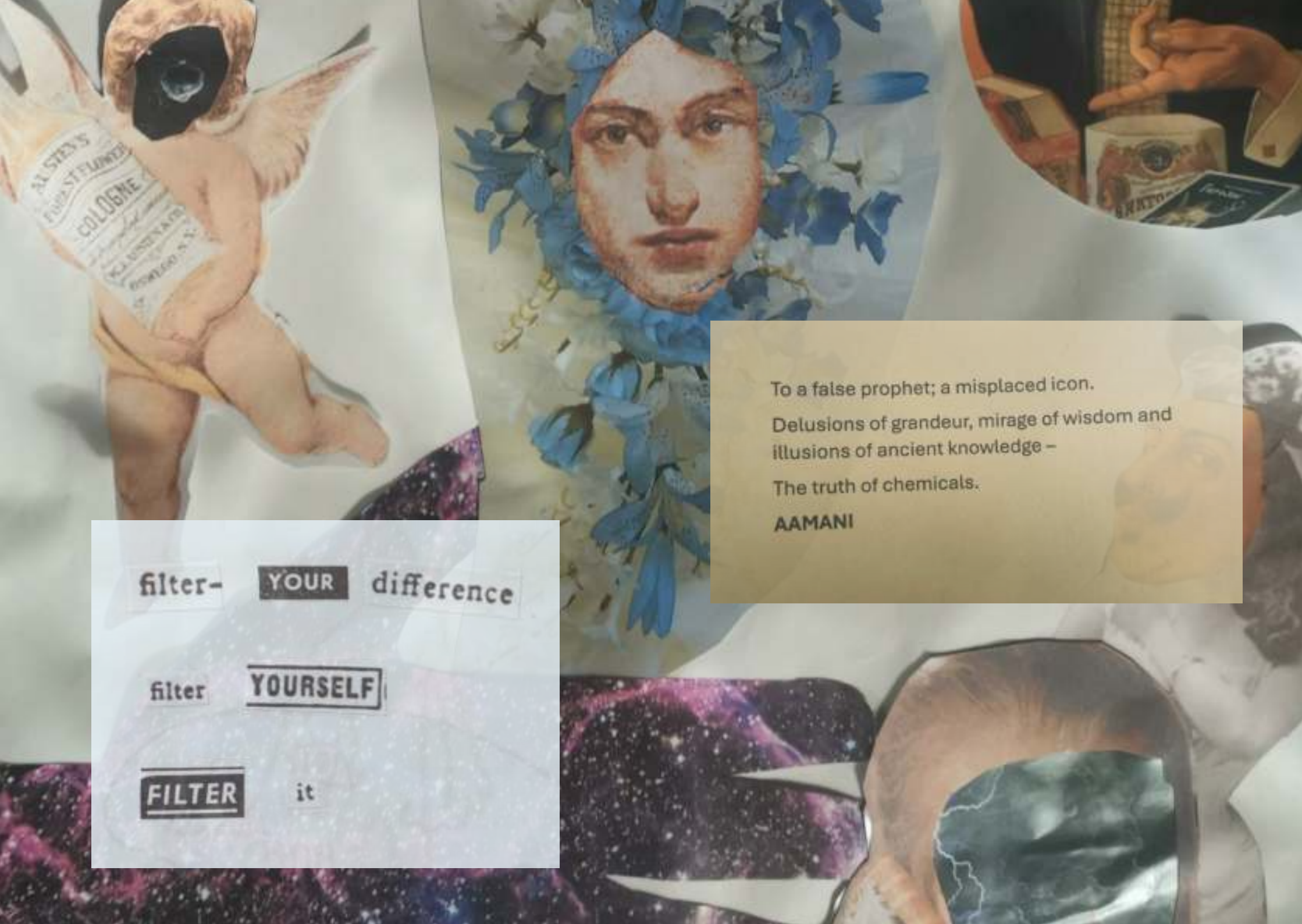
(Stonewall, 2018)

One in six LGBTQ+ individuals drink alcohol every day compared to one in ten of the general population.

(Stonewall, 2018)

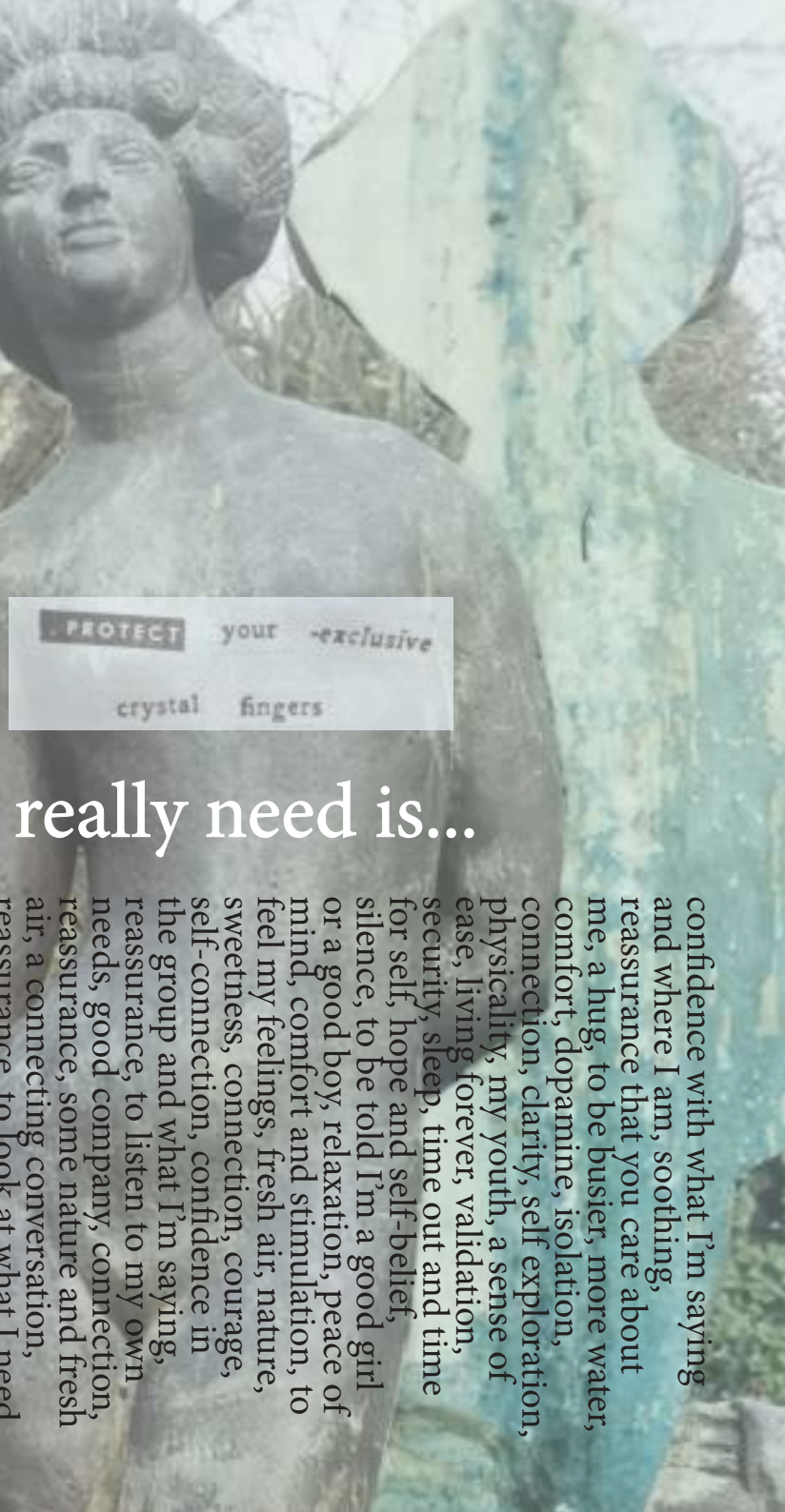


WE NEED ALTERNATIVE WAYS TO BE IN COMMUNITY AND REDUCE ANXIETY


To a false prophet; a misplaced icon.
Delusions of grandeur, mirage of wisdom and illusions of ancient knowledge –
The truth of chemicals.
AAMANI
filter- YOUR difference
filter YOURSELF
FILTER it

Refusing to ask for help is anti-community

When I reach for:
tobacco, alcohol, sugar,
negative thought patterns,
coffee, psychedelics, books,
shopping, cleaning, to-do lists,
weed, food, to rescue others,
my phone, my computer,
someone who's struggling,
validation through people
pleasing, psychs, doomscrolling,
chocolate bunnies, praise, social
media, thinking, late night
telly, work, relationships,
singledom, attention,
collecting, tidying...

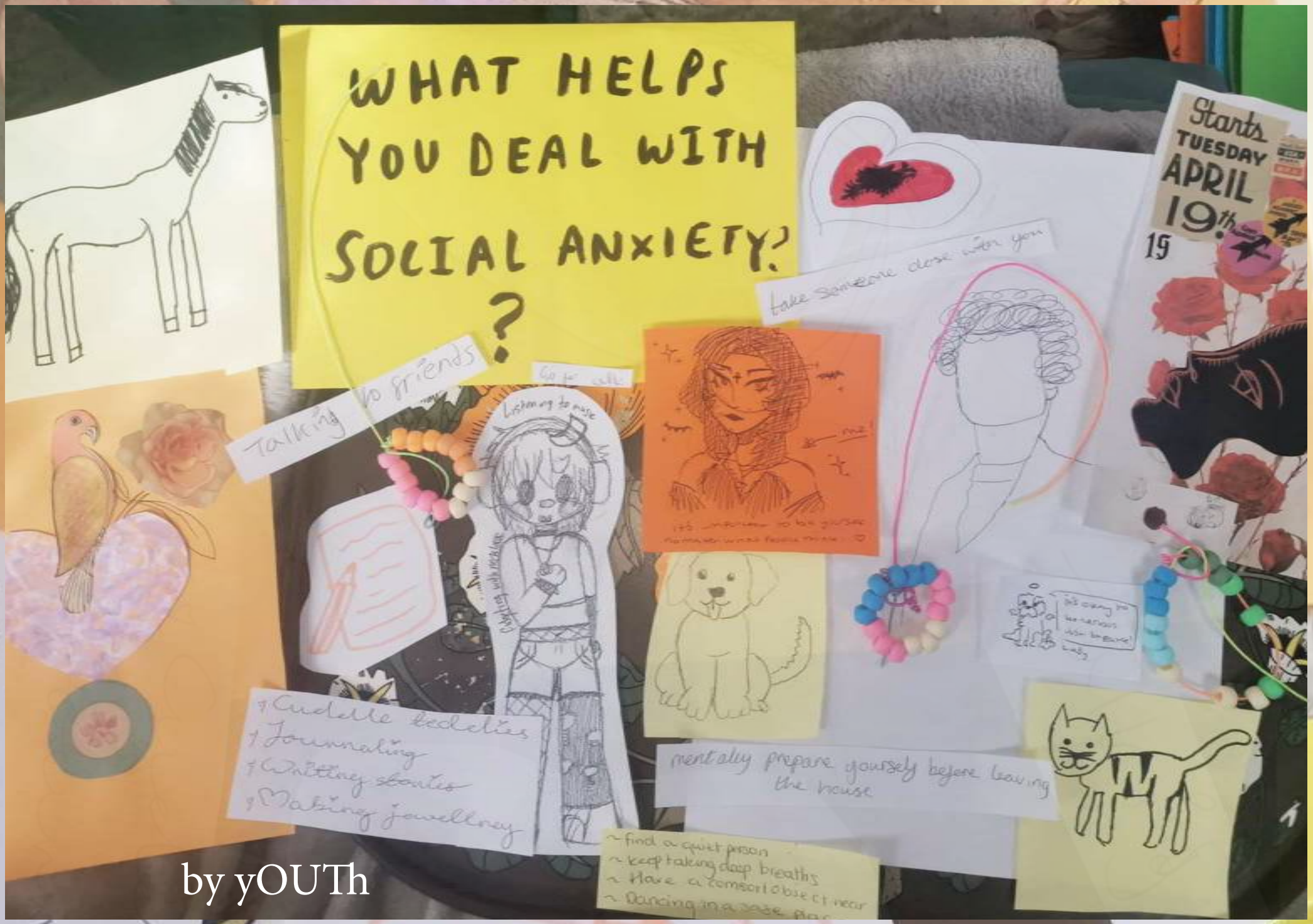


what I really need is...

confidence with what I'm saying
and where I am, soothing,
reassurance that you care about
me, a hug, to be busier, more water,
comfort, dopamine, isolation,
connection, clarity, self exploration,
physicality, my youth, a sense of
ease, living forever, validation,
security, sleep, time out and time
for self, hope and self-belief,
silence, to be told I'm a good girl
or a good boy, relaxation, peace of
mind, comfort and stimulation, to
feel my feelings, fresh air, nature,
sweetness, connection, courage,
self-connection, confidence in
the group and what I'm saying,
reassurance, to listen to my own
needs, good company, connection,
reassurance, some nature and fresh
air, a connecting conversation,
reassurance, to look at what I need,
connection, physical affection,
comfort, nervous system regulation,
courage, self-connection,
confidence, a creative outlet,
reassurance, something soothing,
safety, to feel safe, vocalising...

feeling drops from arms
inner elbow emptying
folding, shrinking, shaking.
I'm shaking but I think it away.
Convolution, stuckness, looping.
Trembling, can't hold you,
too heavy, I've gone, I'm disappearing.
Now, I'm disappearing.

FFION


WHAT HELPS YOU DEAL WITH SOCIAL ANXIETY?
Starts TUESDAY APRIL 19th
Talking to friends
Listening to music
Cuddle teddies
Journaling
Writting stories
Making jewellery
mentally prepare yoursely before leaving the house
find a quiet prson
keep taking deep breaths
Have a comfort object near
Dancing in a

by yOUTh

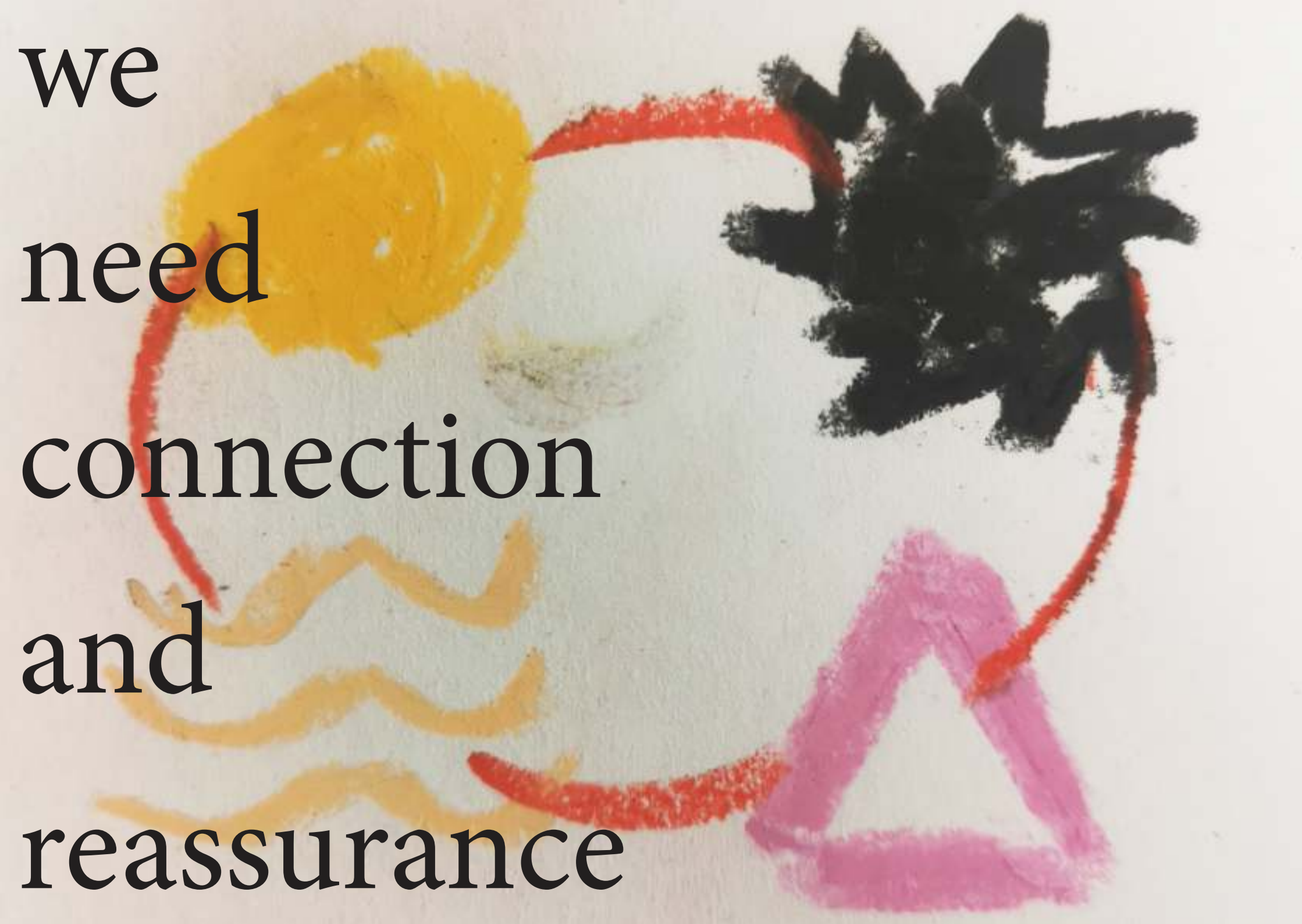
Dear cigarettes,

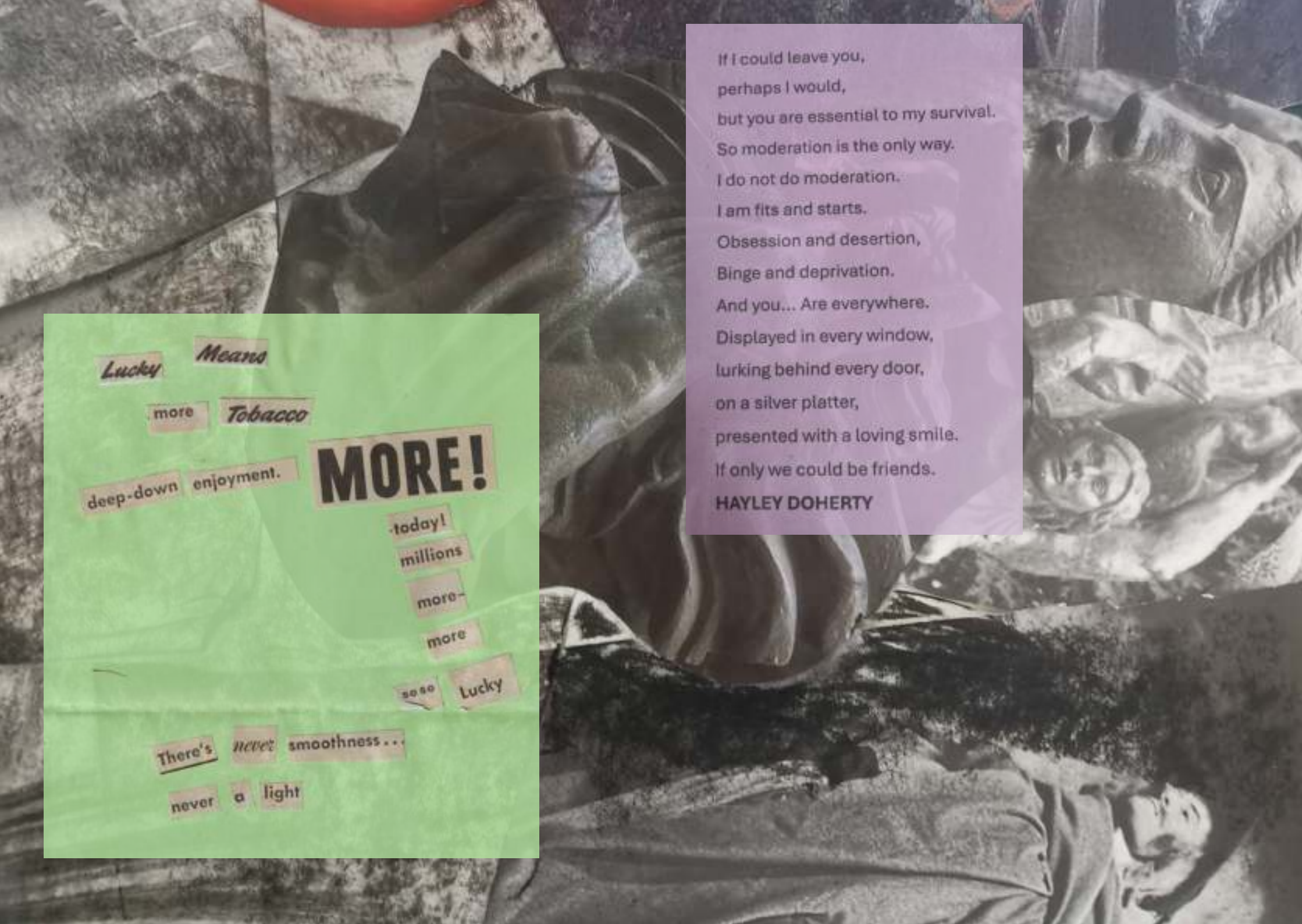
I'm glad you're gone.

My first three babies never made it - was that because of you? I so believed it was. I ditched you, and I kept my girl, my baby girl. You are gone forever - and I am not sorry.

GINA

we need connection and reassurance





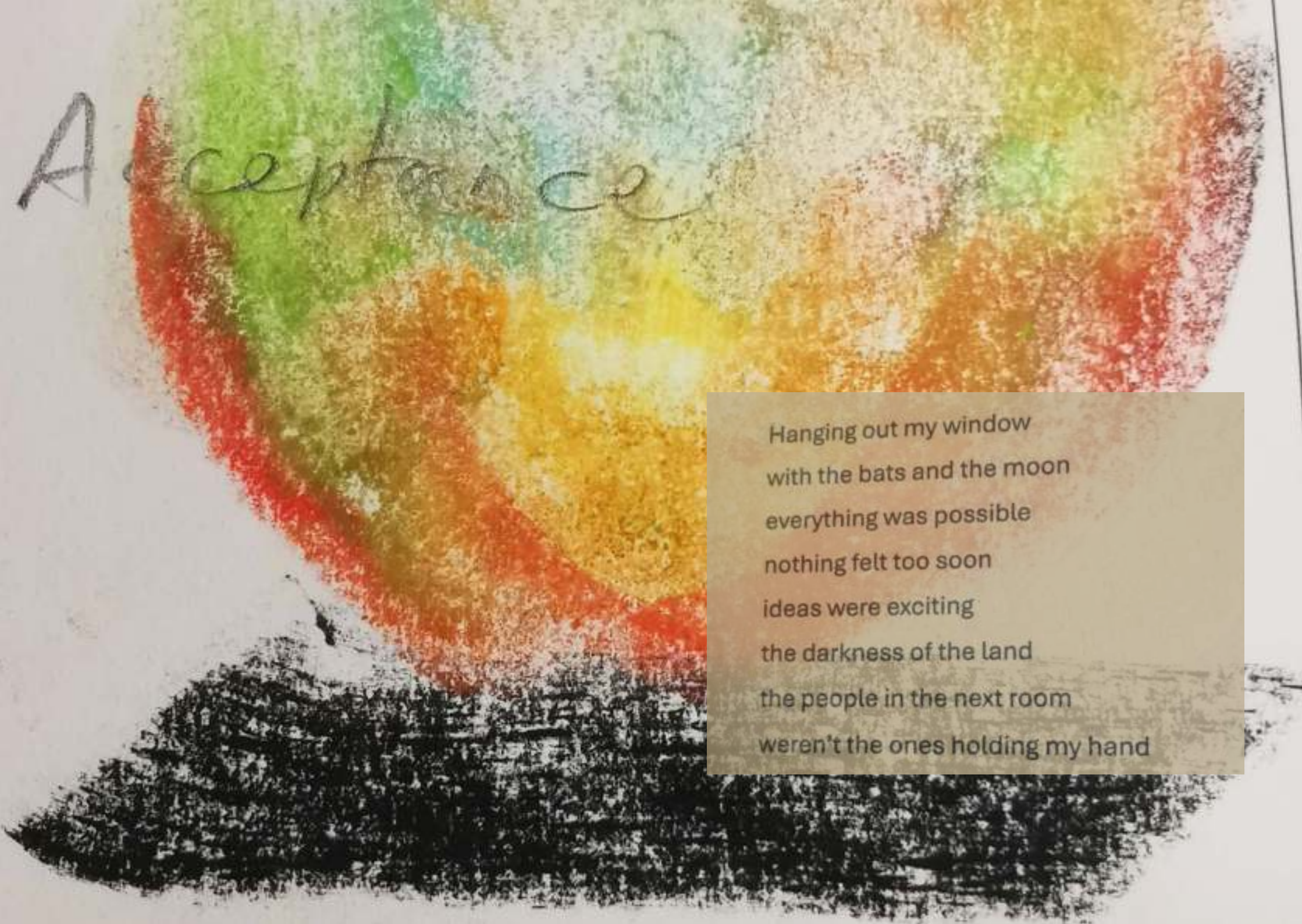
If I could leave you,
perhaps I would,
but you are essential to my survival.
So moderation is the only way.
I do not do moderation.
I am fits and starts.
Obsession and desertion,
Binge and deprivation.
And you... Are everywhere.
Displayed in every window,
lurking behind every door,
on a silver platter,
presented with a loving smile.
If only we could be friends.

HAYLEY DOHERTY

Tips for listening //

Consider your body language // Eye contact (if comfortable) // Orientate your body // Change the goal of the conversation to listening // Aim to understand rather than thinking about your response // Listen without thinking about outcomes // Deepen your presence... be in their world // Ask them to tell you more // Ask for examples of what they mean // Make sure you are both feeling grounded and comfortable while sharing // Repeat back what you've heard to check you've heard correctly // Remember that it is not always helpful to share related experiences // Empathise // Give affirmation.

Quiet your mind not just your mouth //


Acceptance
Hanging out my window
with the bats and the moon
everything was possible
nothing felt too soon
ideas were exciting
the darkness of the land
the people in the next room
weren't the ones holding my hand

Sit beside me

My habit, my denial, my fear

We'll take turns for once

Speaking our truths

Instead of me strapped to your bed

Or crammed in your pocket

Crushed under your boot

YENNI

This zine is a collaboration between Aamani, Adam, Afrika, Alex, Ali, Alia, Angela, Angharad, Cass, Clare, Darren, Ffion, Gina / Mum, Hayley, Issy, Jonathan, Kate, Lauren, Persia, Sofyane, Terry and Yenni

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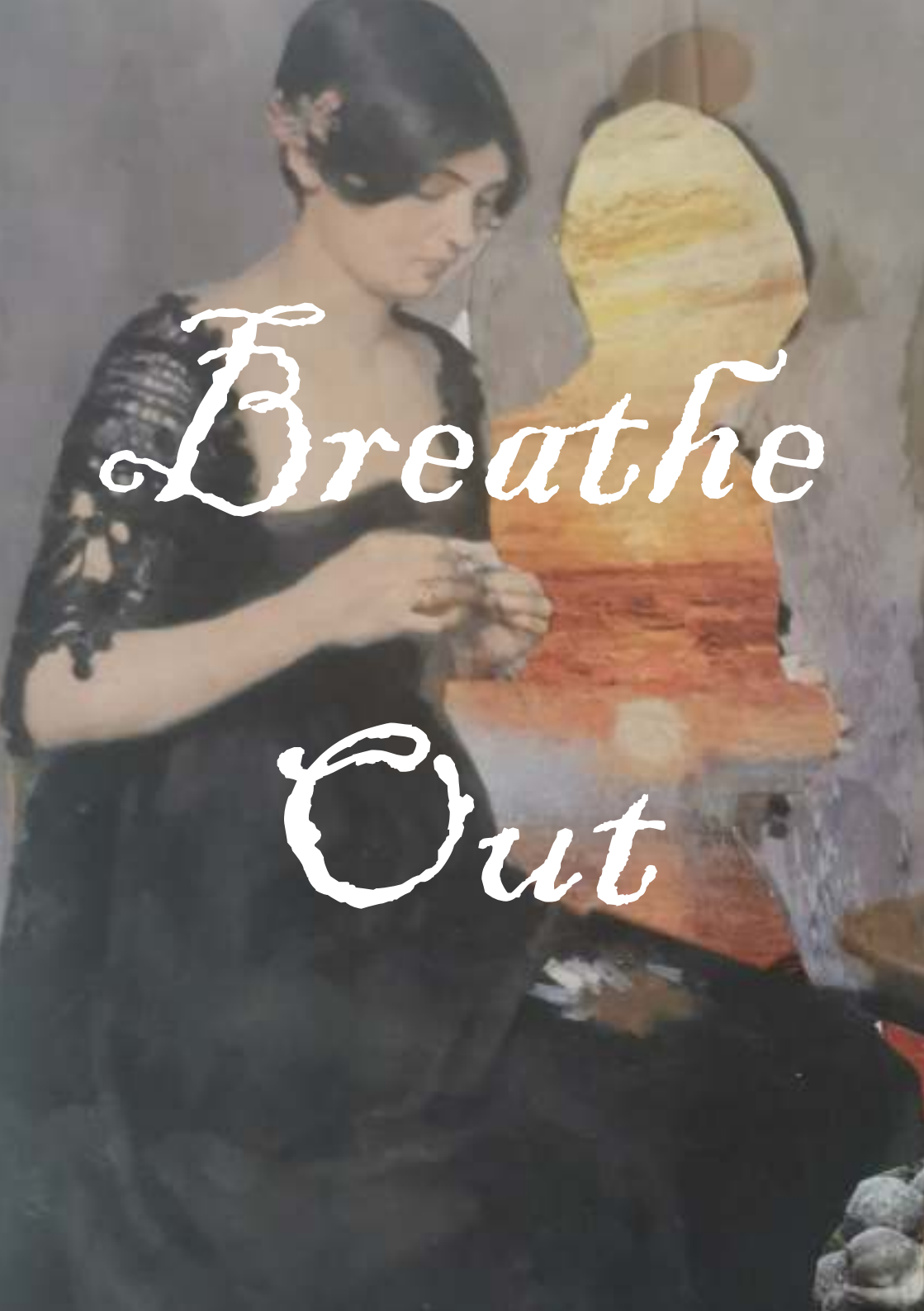
'And Breathe' is a Happy Valley Pride project supported by The Brunswick Centre, Calderdale Council, Creative Minds and NHS Yorkshire Smokefree


Breathe
Out