Words to Know in Part 6
Rainbow Support Group

A group for LGBTQ+ people with intellectual or developmental disabilities.
Self-Care

It can be hard when someone doesn’t respect you.

You might feel bad about yourself.

Remember, it is never your fault that someone doesn’t respect you.

If you feel bad about yourself, here are some things you can do to make yourself feel better.
Find someone who cares about you.

Ask to talk to them about how you feel.
This could be:

- A friend.

- A romantic partner.

- A family member.

- Another self-advocate you know.
Take time to rest and relax.

Do things that make you happy.
These are different for everyone, but some examples are:

- Making art.
- Playing with pets.
- Learning interesting things.
- Watching TV shows and movies.
Make a plan for how you will care for yourself.

Think about things like what and when you will eat.

Think about how you’ll make sure to get enough sleep.

Think about who you can ask for help.
You can also join a Rainbow Support Group.

A **Rainbow Support Group** is a group for LGBTQ+ people with intellectual or developmental disabilities.

You can meet other people like you in a Rainbow Support Group.

You can talk about your life in a Rainbow Support Group.
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