

# Micro-Positivities!



**Take the pressure off!**



**Consider the Stairs – now  
that you have had practice!**



**How “Micro” are we talkin’?**



# Take the pressure off!

**NHS**

The Princess Alexandra  
Hospital  
NHS Trust

**Queer people don't grow up as ourselves, we grow up playing a version of ourselves that sacrifices authenticity to minimise humiliation & prejudice. The massive task of our adult lives is to unpick which parts of ourselves are truly us & which parts we've created to protect us.**



# Consider the Stairs!





# How “Micro” are we talkin’?

