

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’?

