



see me... be kind

'see me...' zine | issue #2 | sept 2020
a **Queer** community collaborative zine



Bienvenue! to issue two of our '**see me...**' zine!

We are **See Me Proud**, a team of LGBTQ+ Community Champion volunteers based in Glasgow & Edinburgh seeking to challenge mental health stigma & discrimination in the LGBTQ+ community.

If you're curious about what we do, find us on [Facebook](#), [Instagram](#) & [Twitter](#) @SeeMeProud.



We wanted to produce a collaborative zine with original content from our LGBTQ+ community. A creative outlet bringing together our experiences, a place to share our stories. This second issue '**see me... be kind**' was inspired by the Mental Health Awareness Week 2020 theme of kindness, and we asked you for submissions based around that. We'd like to say a massive **THANK YOU** to all contributors for sharing their stories and creations with us.

***** SUBMISSIONS NEEDED *****

Our third issue will be titled '**see me... represented**'.

Do you remember a time when you saw yourself or a part of you represented in media e.g. film, TV, theatre, literature? A time where you thought "They're just like me!" and felt seen. Who was it? How did it make you feel? If you haven't yet seen a certain part of you represented, or if it has been done poorly, tell us about that too and maybe include some ideas on how representation could improve.

Your submission to the zine can be in any form you choose; a list, a drawing, a poem, a story, a sentence, a short paragraph, anything you can think of, as long as it is your own original content.

Get involved by emailing submissions to seemeproud@gmail.com **by 15th Nov 2020** with 'zine' in the subject field.



The **See Me Proud** project is powered by



Kitchen or kerbside, show love
In among strangers' hearts,
Not stinting, but in full bowl,
Day or night, rich or poor.
No-one's so rich as one who spends
Everything that's in their heart
So warmth can kindle in others',
So love can show anew.

John,
Glasgow

**it's funny how
just when you're sure
life's finished now
the fog clears
and hope appears.**

**a tiny pinprick of light
in the deep dark of night
is enough to renew
the fight in you.**

**you've been here before
thought you'd closed the door
on existence.**

**but away in the distance,
it opens again,
and then
you're back,
treading that well-worn track,
because people care
they're there
for you**



Jen

“ It’s Mental Health Awareness Week. I just finished a mental health support session and one of the things that came up was possibly speaking to my younger self. As my random act of kindness, I wrote a letter to myself. When we talk about kindness, I feel like we tend to think outwardly first and forget to be kind to ourselves. ”

Dear me,

Growing up queer probably made you feel you always sought the impossible. You grew up always wanting more because the world told you that you were not good enough. So you wanted to compensate - through academic achievement, financial success, looking great.

Even after becoming more comfortable with your LGBT+ identity, you still wanted these. Don’t get me wrong, these are cool things by current society’s standards and you do deserve them. But what you also deserve is to know that you’re okay even if you don’t get all of these.

You’re okay just the way you are.

You deserve to be happy just because you’re you.

You don’t have to do anything to deserve to be loved and accepted. I’m sorry if you were made to feel and believe otherwise. I’m sorry if you’re still struggling with the consequences of that erroneous message that you had to be different and that you had to meet the world’s standards just to be accepted.

I know saying this does not necessarily take away the pain or make things easier. But I just thought that you should know this in case no one else has told you this or it’s something you need to hear right now because people don’t say it often enough.

You’re okay.

You always have been.



Zy

Kindness - A poem

To be kind is sublime.

To be kind is to show love.

To show kindness in adversity.

To show kindness when
there is no chance of receiving any in return.

Being kind fills us with a warmth and love
that cannot be taken away from us.

Always be kind to others in a world full of hate.

For the kindness you give will, at some stage,
be given back to you ten-fold.

For kindness, will eventually, conquer hate.

Euan

A LETTER TO LITTLE IAIN

Hi Iain,

How's it going? Enjoying school? Of course you are, you always did, didn't you? This is a little letter from your 26 year old self.

You're 16 now. In fourth year of school, doing your standards grades, have a girlfriend (lol, I'll explain why that's funny in a few years), at your drama club and enjoying things.

Things start to get a little tough for you in the next few years and you blame yourself a lot for what happens and for how you react. You start to not like who you are. Start to think you'll never actually be happy again.

**My message to you having gone through it all is:
Take it easy on yourself. Be kind to yourself.**

You'll learn self-care in a few years and learn how to cope when things get shit and when times are tough. You're a star and you're gonna go on and do a lot of really cool things and have really amazing experiences.

Being kind to yourself means many things: taking breaks, doing things you love, spending time with people you love. It also means having tough conversations with yourself and with others. Realising that who you are is great and should be celebrated and enjoyed.

You go through a phase where you don't like yourself. What you look like or who you are inside. This passes. It doesn't feel like it will at the time and even sometimes now it's feels like it hasn't, but I give you my word that it will.

Celebrate the friends and loved ones you have. Some friendships in the next few years will become rocky, but some will shine and the love, trust and bonds will grow and grow.

I'm going to end this with our favourite quote from our favourite poem:

"You are a child of the universe, no less than the trees or the stars"

Take care and be kind Iain,

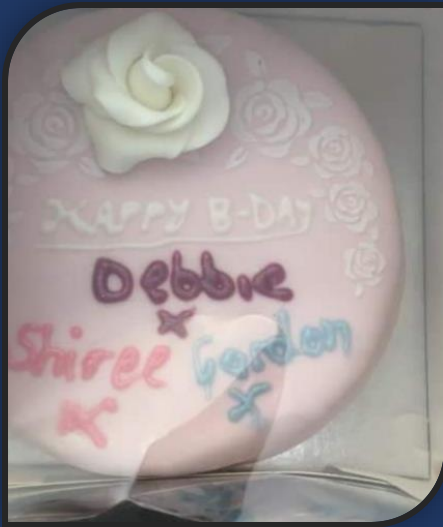
Iain xo



**Happy dog thinks...
you really should be kinder to yourself.**

(Pssst! Please make happy dog happier by being kind to yourself.)





"My friends included my husband's name as they all had lockdown birthdays."

"We felt so included even during lockdown. Was so kind and a beautiful gesture."

Sponge, Glasgow



When I think of being **kind** to myself, I often think of **nature**.
For years walking among nature has been my personal therapy.
When things start to get too much I put on my shoes and walk.

It's not always easy, but it always, always helps.

It isn't an absolute fix, but it is a **step** in the right direction.
Birdsong, the wind, the sound of running water, a new path, the
smell of outdoors, the sun falling on my face or even the rain.

You cannae beat it.



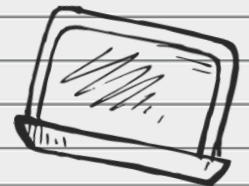
These photos were taken earlier this year as part of an online Ecotherapy course I took part in. Ecotherapy is a great way to re-experience and engage with nature.

Drew

Pen Pals



One way we can share **kindness**, is sending and receiving letters or emails. In May 2020, See Me Proud launched our Pen Pals project to connect our Queer community with other people who have similar interests and hobbies.



The project had oodles of interest and to date over 100 Pen Pals have been paired up and have since gone on to build connections and support networks.



If you're interested, follow our social media feeds for news on further Pen Pal intakes in the future.

Kindess Is...

With the theme for **Mental Health Awareness Week 2020** being **kindness**, the See Me Proud Community Champions and pals from LGBT Health and Wellbeing decided to reflect on what kindness meant to them. We created a short video which can be found at <https://www.youtube.com/watch?v=9PZpBfqSw9Y>

Here are some of our thoughts.

Kindess is something we deserve, especially from ourselves.

Kindness is letting me sleep a little bit longer while you make our one year old, breakfast.

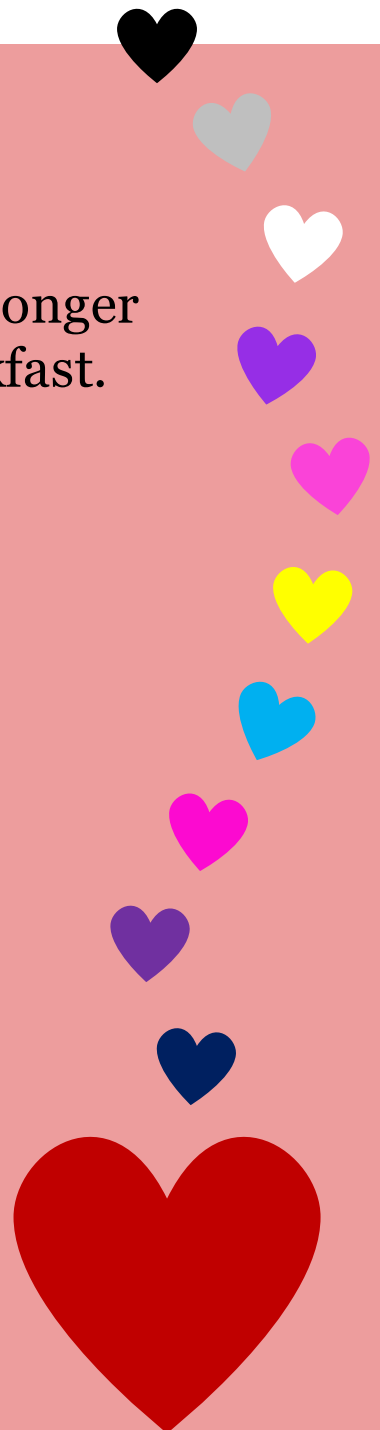
Kindness is compassion in action.

Kindness is pulling each other through the darkness.

Kindness is doing whatever you can to make the world a better place, no matter how small it may be.

Kindness is when we do something for other people, without necessarily having been asked to do so.

Kindness is love in its many, many beautiful forms.



KINDNESS

around the world

*Using ye olde Google Translate, here are some ways to write and say the word '**kindness**' in other languages:*

**so many beautiful languages, so little space, so I chose every 3rd language on Google Translate*

Arabic - اللطف - allatf

Afrikaans - vriendelikheid

Bangla - উদারতা Udāratā

Bosnian - ljubaznost

Catalan - amabilitat

Chinese - 善良 Shànliáng

Czech - laskavost

Filipino - kabaitan

Galician - amabilidade

Greek - καλοσύνη

Hausa - alheri

Hindi - दयालुता dayaaluta

Icelandic - góðvild

Irish - cineáltas

Javanese - kabecikan

Khmer - សេចក្តីសប្បុរស

sechakdei sabboros

Kurdish - hevalbend

Latin - misericordiam

Luxembourgish - Frëndlechkeet

Malay - kebaikan

Maori - atawhai

Nepali - दया Dayā

Odia - ଦୟା

Polish - życzliwość

Romanian - bunătate

Scottish Gaelic - caoimhneas

Sindhi - مهربان

Slovenian - prijaznost

Spanish - amabilidad

Swedish - vänlighet

Tatar - игелек

Turkish - iyilik

Urdu - مهربانی

Vietnamese - lòng tốt

Xhosa - ububele

Zulu - umusa

CLICKY THE LINK

OTHER KINDNESS RESOURCES



Mental Health
Foundation



The Mental Health Foundation put together this awesome, informative Kindness Matters guide with research, tips and links to other organisations and information.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-matters-guide>

Channel Kindness is a digital platform created by Lady Gaga's Born This Way Foundation. It is a safe space for young people to tell their stories of kindness, resilience, and community. By highlighting the people and organizations that are doing good in their communities, Channel Kindness' audience is inspired to create a kinder and braver world, one story at a time.

<https://www.channelkindness.org/>



**A HUGE thank you to
all of our contributors
and to you for reading!**



Be Kind :)

