



What do you do to take care of yourself?

For more information go to: [ticketsonmyself.com](http://ticketsonmyself.com) or [www.glamourheads.org](http://www.glamourheads.org)



Made on a Mac



[out]smart 2014

Documenting LGBTIQ people's strategies for taking care

# About [out]smart

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[out]smart is a project about what GLBTIQ people do to take care of ourselves. The message that GLBTIQ people are 'less' because of our sexual orientation or gender identity can adversely effect self esteem and wellbeing. However, sometimes the experience of adversity can also mean we get really good at taking care of ourselves.

ticketsonmyself.com was established in 2009 and invites people to decorate and write on blank postcards to show something they have done to take care of themselves. This process of 'ticketing', or writing about what we do to take care, helps to raise awareness of our strengths and helps us to get better at it.

In 2014 the [out]smart project was established as a collaboration between ticketsonmyself.com and the Glamourhead Sharks Swim Squad. Since then almost 100 tickets have been shared and the project website (ticketsonmyself.com) has had over 7500 unique visitors.

This book shares 11 emerging themes in what GLBTIQ people do to take care. Some of the themes show the unique challenges GLBTIQ people encounter and the creative strategies for taking care.



# About the Glamourhead Sharks

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The Glamourhead Sharks is a GLBTI swim squad that aims to provide a supportive and welcoming environment for GLBTI people to participate in swimming as a means to increasing their fitness, health and wellbeing.

The Glams recognise the importance of providing a healthy alternative to the commercial scene for social interaction and the active promotion of a positive image of GLBTI communities. The strong sense of social connection and support within the Club compliments the physical activity to promote health and wellbeing.

[out]smart acknowledges the leadership provided by the Glams in creating a healthy alternative to the commercial scene. Such a great way of supporting GLBTI people to take care of themselves.

If you would like more information on the Glamourhead Sharks go to our website:  
[www.glamourheads.org](http://www.glamourheads.org)





Theme 1: being my authentic self



Theme 1: authentic self



I BECAME AN ACTIVIST  
TO CHANNEL MY ANGER  
ABOUT HOMOPHOBIA



Connecting with like minded  
people of L.G.B.T.

Debriefing any incidents -  
Kindred Spirits .

Dance Floor Exercise





YOU ARE WHAT YOU EAT...  
AND DRINK!

How DO I LOOK AFTER MYSELF?

- DRINK WATER - LOTS!

- EAT LOTS OF FRUIT &  
VEGIES!

- HAVE VITAMINS!

TREAT YOUR BODY WITH RESPECT.

INSIDE & OUTSIDE

WITH LOVE xox

Dame una  
isla en el  
medio del  
mar, llámala  
libertad\*

Give me an  
island, in the  
middle of the  
sea name it  
liberty



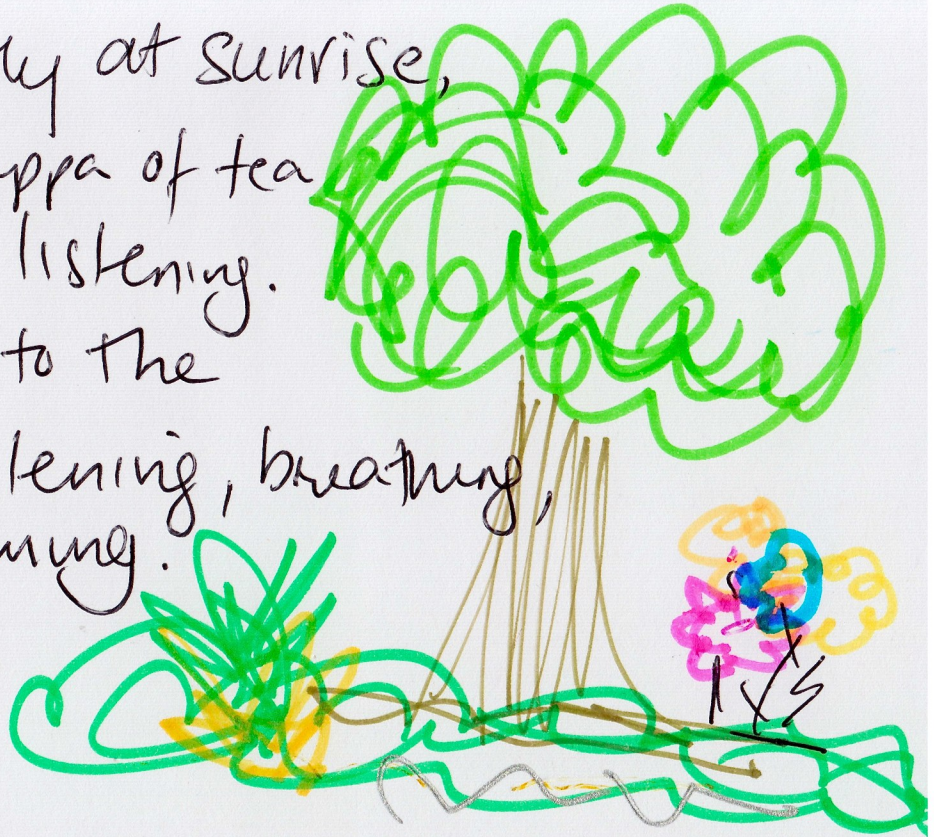
Immigrate  
to  
Australia.

\* Miguel Bosé



I sit quietly at sunrise,  
with a cuppa of tea  
in hand, listening.

Listening to the  
world, listening, breathing,  
and picking.  
My time!

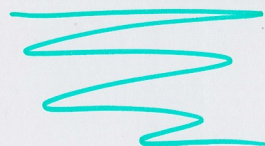




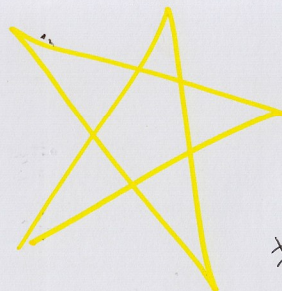
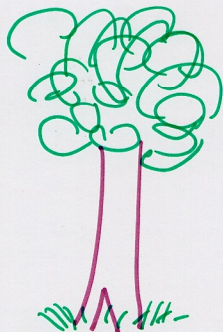
I TOOK TIME OUT

TO DO

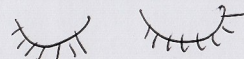
NOTHING!



BREATHE



Slept in!



Didn't open the  
peeps for ages!

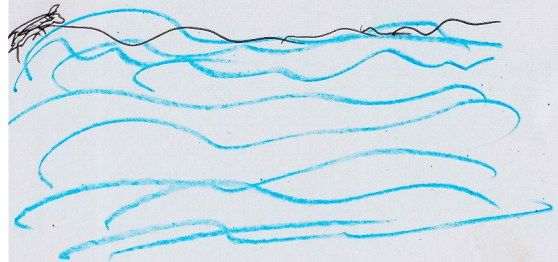


I ran 7.5km  
today to take  
care of  
myself!

Love my  
gym classes  
& walking  
the dogs!

BOOTCAMP  
EVERY WEEK  
WITH MY PARTNER

Went swimming  
five  
times



Water



Old swimmer when  
younger - Needed to  
look after me as  
only 1 of me.



I love roller-blade.

我喜歡溜冰讓我  
保持健康

to keep myself healthy.

よく笑い

laugh

eat よく食べ

AK.

walk よく歩か

我在台灣喜歡快走取活動  
讓我健康.

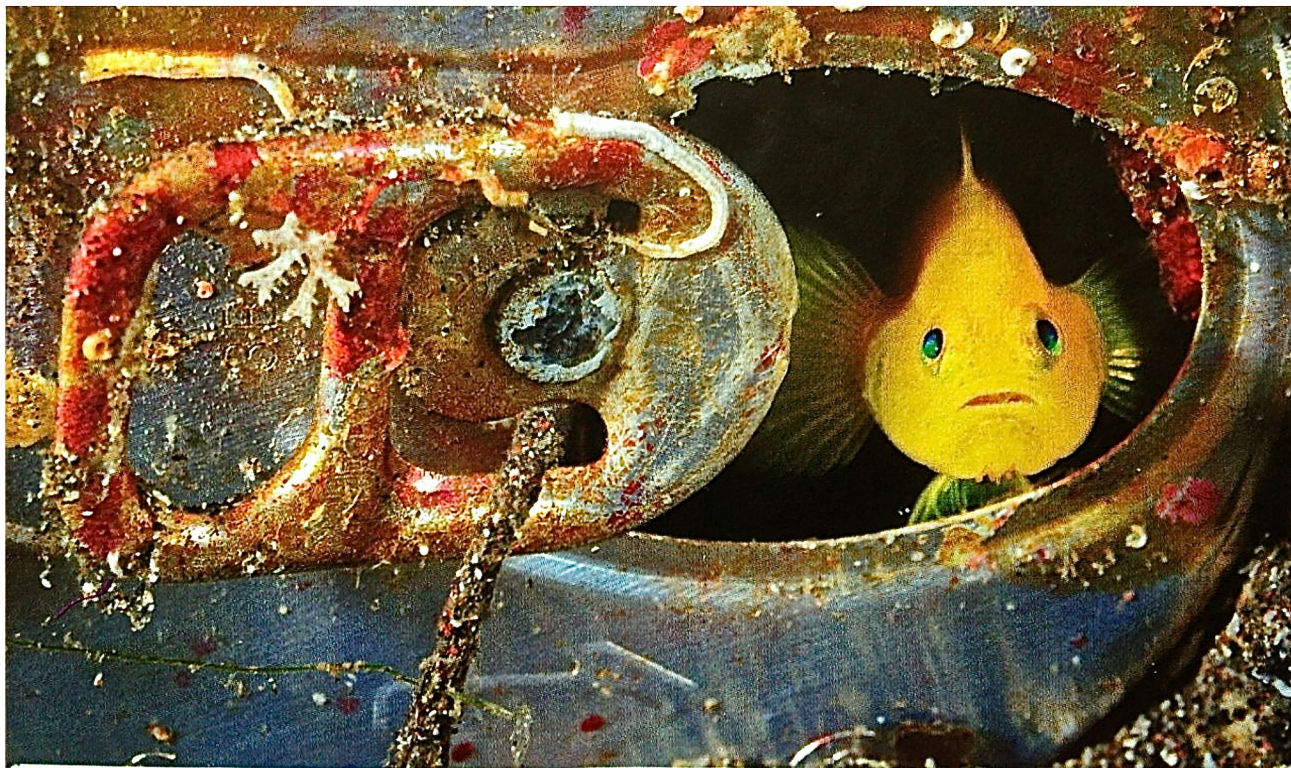
現在正在學習游泳的運動.  
使自己健康.

Taiwan



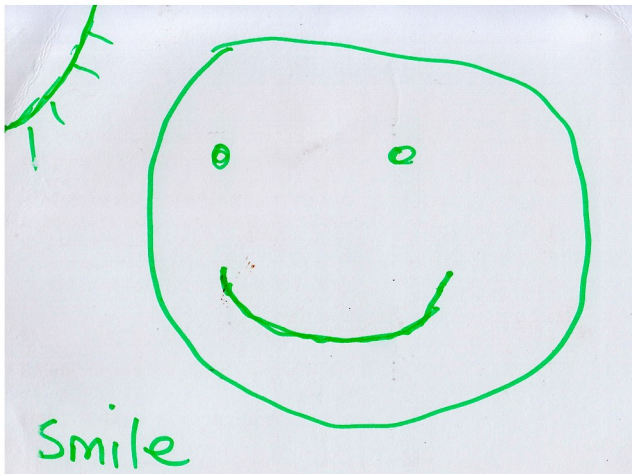
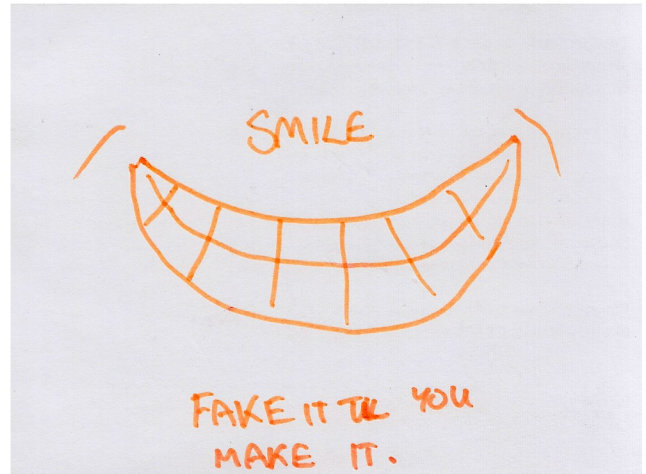
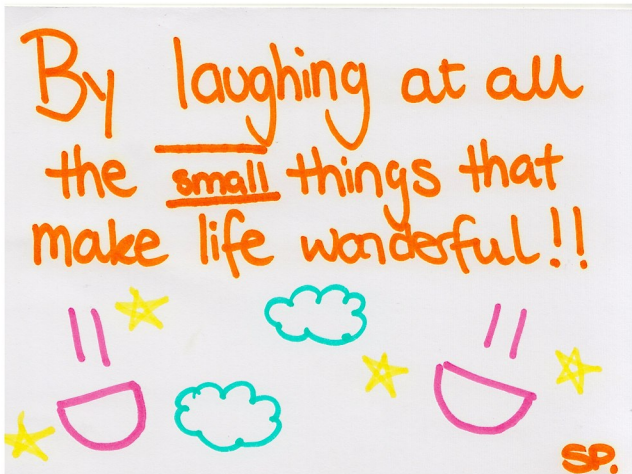
I texted a   
message to a  
good friend!

I Slept in  
and met friends  
for breakfast..



When I first came out I struggled a bit. Then I joined my swim squad and I felt connected. I felt like I belonged.





Yoga

+

CREATIVE  
ENDEAVOURS



FRIENDS

Massage





YOGA

