

A beginner's guide to

✦ GENDER EUPHORIA ✦

Small things to do while you figure out the big things

HAIR

There are thousands of ways to style and cut your hair; it is one of the most versatile parts of your body. Try moving or styling your hair in the mirror, using an app/filter, or buying an inexpensive wig to get a feel for how you want your hair to look. Remember, shape and style are just as impactful as length. People of all genders have hair and it's typically pretty forgiving so don't be afraid to experiment!

ACCESSORIES

Accessories are small, interchangeable, & relatively inexpensive ways to sprinkle euphoria into your day. What accessories could you add or change to be more affirming?

- Jewelry & Piercings
- Hats/Headbands
- Wallet/Phone Case
- Backpack/Handbag
- Key Chains/Carabiners
- Hair Ties/Clips
- Belts/Chains
- Glasses

LANGUAGE

The words you use or don't use are your choice & don't necessarily tie you to a community. How you describe yourself & your gender may continuously change as you figure things out. It's also okay to not find any words that fit quite right; labels are imperfect tools we sometimes use to connect with others. If you want to test out a label, name, or set of pronouns, try online spaces, close friend circles, or self-referential writing!

CLOTHES

Thrifting is a great way to try things out on the cheap. You don't have to redo your whole wardrobe right away, just start with a few subtle items you may find affirming.

- Sleepwear
- Binders
- Underwear
- Sports bras
- Gaffs
- Socks

MAKEUP AND NAILS

Anyone can use makeup or decorate their nails. Check out online tutorials to learn about style & method.

Makeup: You don't have to build a full face; just using or having products can feel affirming. Mascara & lip gloss are a great place to start!

Nails: Try a clear coat for a simple shine or your favorite color for a nice pop. If you're a bit hesitant, start with press-ons or painted toenails.

HYGIENE

Taking care of your body can be difficult, especially during times of gender uncertainty. You may consider gendered/nongendered hygiene products, affirming scents, or shower alternatives for days when hygiene is difficult.

- Deodorant
- Shower Wipes
- Perfume/Cologne
- Soap & Body Wash
- Hair Care
- Lotion
- Dry Shampoo
- Skin Care Routine