A beginner’s guide to
Euphoria

Hair

There are thousands of ways to style 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!

Clothes

Sleepwear

Sports Bras

Underwear

Socks

CLOTHES

Thrifting is a great way to try things 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. These could include:

- Binders
- Gaffs
- Bathrobes/Towels
- Packers/Forms

Makeup and Nails

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. Just avoid or changing products can feel affirming. Just avoid or changing the things that may make you feel affirmed. These could include:

- Nails
  - Try a clear coat for a simple shine
  - Or your favorite color for a nice pop
  - If you want to build a full style, you don’t have to start with a few subtle items you may find affirming.

Accessories

Hats/Headbands

Backpack/handbag

Hair Ties/Clips

Jewelry & Piercings

Wallet/Phone case

Belt/Chains

Hygiene

Deodorant

Perfume/Cologne

Hair Care

Dry Shampoo

Shower Wipes

Soap & Body Wash

Skin Care Routine

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.

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!

Everyone is allowed to explore!

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Small things to do while you figure out the big things

UC SANTA BARBARA
Dean of Students

SEXY & GENDER DIVERSITY

University of California, Santa Barbara