

11-2023

## Gender & Sexuality Services Newsletter, November 2023

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# GENDER & SEXUALITY SERVICES

## November Newsletter

Phew, we're more than halfway through the semester! Keep reading for updates on programming, Safe Zone Ally, and more!

November is also Native American & Alaska Native Heritage Month.

### Gayme Time

You're invited to join the Out & Ally Network for an evening of board games and community connections!

Monday 11/13

6-8 PM

Location TBD, watch our socials for updates!

Board games will be provided. All skill levels welcomed, no prior experience needed! Questions? Email [lgbt@uni.edu](mailto:lgbt@uni.edu)



**MAIL EXCHANGE**

Sign up to be matched with a fellow student in a mail exchange between UNI, Iowa State, and the University of Northern Iowa.

Questions? Email [lgbt@uni.edu](mailto:lgbt@uni.edu)

This program is a collaborative initiative run through UNI's Gender & Sexuality Services, Ulowa's Pride Alliance Center, and ISU's Center for LGBTQIA+ Student Success. The program is for current LGBTQIA+ and allied students attending the University of Iowa, University of Northern Iowa, and Iowa State University only.

### Mail Exchange

Do you love to get mail? Do you like pretty stationery and positive messages? Sign up to be matched with a fellow student from Iowa State, U of Iowa, or UNI in our LGBTQlowA monthly mail exchange! Sign up by November 6 to be matched with a partner for our November exchange and beyond! All students who have signed up by the first Monday of the

month will be added to the exchange for the month -- just sign up once and you'll get monthly reminders to write to your mail partner.

This program is a collaborative initiative run through UNI's Gender & Sexuality Services, Ulowa's Pride Alliance Center, and ISU's Center for LGBTQIA+ Student Success. The program is for current LGBTQ+ students attending the University of Iowa, University of Northern Iowa, and Iowa State University only. Sign up at <https://tinyurl.com/LGBTQlowAmail23-24>

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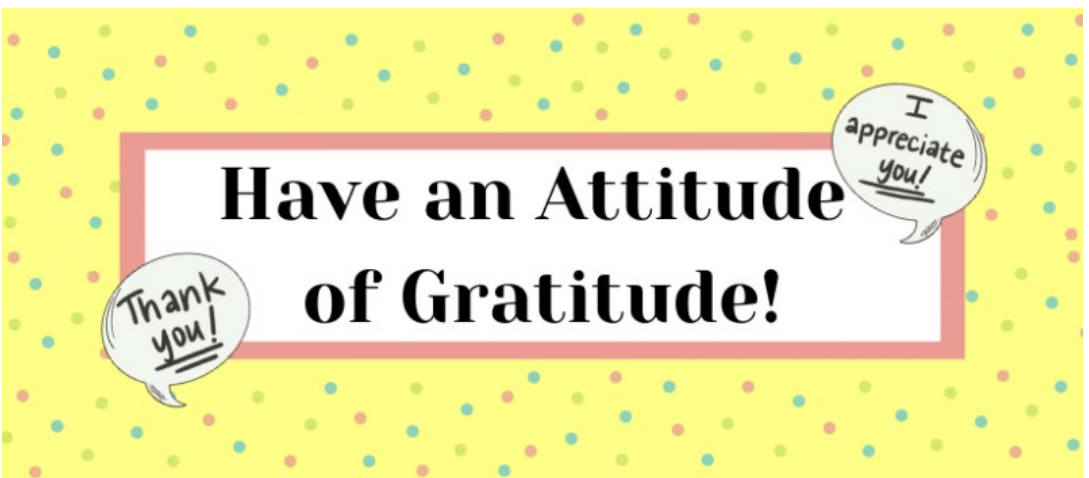
## Safe Zone Ally

It's not too late to register for our last Safe Zone Ally session of the semester! Please register in advance to receive additional details (including Zoom details).

- Phase One
  - Monday 11/13 - 2:30-4 p.m. (via Zoom)
- Phase Two
  - Thursday 11/16 - 2:30-4:30 p.m. (via Zoom)

Questions and accommodation requests may be sent to [lgbt@uni.edu](mailto:lgbt@uni.edu)

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As the stress of finals approaches, it may seem more difficult to express and practice gratitude. Luckily, gratitude is a [character strength](#) that all of us have within us AND we can intentionally work to develop it! In fact, when we regularly practice gratitude, [numerous studies](#) suggest, we increase our happiness and train our brains to see the good, even in the midst of the bad.

Here are some tips to help you flex your gratitude strength!

- Find out where you're currently at by taking a [gratitude quiz](#) such as the one from Greater Good
- Keep a gratitude journal -- check out our [gratitude journal](#); challenge yourself to complete one page per day!
- Mail a handwritten [letter of gratitude](#) to someone special in your life
- Try this 5 minute [gratitude mindfulness practice](#)
- Say three things you're grateful for in the morning or right before bed
- Discover the power of gratitude by watching [Soul Pancake's "Experiment in Gratitude"](#) video on YouTube

Student Wellness Services offers a variety of opportunities for you to exercise your gratitude strength. Our Wellness Coaches are ready to help you explore what you're grateful for and help you find ways to increase your gratitude practices! Sign up for a [Wellness Coaching session](#) today! We will work with you to develop strategies that work for YOU so you are able to feel the many [benefits](#) of gratitude, including lowered stress, better sleep, and stronger relationships.

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## Upcoming Events

November 3-6: *GSS delegation attends [MBLGTACC](#)*

November 4: [Proud](#) meeting | 3-4 PM | Rod Library MakerSpace

November 8: Queer Book Club | 5-6 PM | Gender & Sexuality Services (MAU 111N)

November 10: [Tubbs Teaching Connections Conference](#) | 9 AM-3 PM

November 13: Safe Zone Ally: Phase One | 2:30-4 PM | [register in advance](#)

[Proud](#) meeting | 3-4 PM | Rod Library MakerSpace

Trans Day of Remembrance Event | details coming soon!

Gayme Time with the Out & Ally Network | 6-8 PM | Panther Den

November 16: Safe Zone Ally: Phase Two | 2:30-4:30 PM | [register in advance](#)

Queer Book Club | 5-6 PM | Gender & Sexuality Services (MAU 111N)

November: *Transgender Day of Remembrance*

November 20-24: *Fall Break*

November 27: [Proud](#) meeting | 3-4 PM | Rod Library MakerSpace

November 30: Queer Book Club | 5-6 PM | Gender & Sexuality Services (MAU 111N)



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