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Self-Care Resource Sheet

Why we need self-care? How well do we look after ourselves in the face of competing demands from home, work and community? For mob, there are the additional pressures of managing systemic and interpersonal racism, cultural or colonial load, and cultural responsibilities to kin, community and country. If we don't practice self-care, we can experience stress and anxiety and become dissatisfied, unmotivated and unproductive at work and this can lead to burnout.

How can we care for ourselves? Whilst finding balance is a personal journey, have you thought about how online tools can be part of your wellbeing practice? Whilst time spent using technology needs to be kept in check, we can use it wisely for self-care, personal development and to stay connected with culture and support.

Racism



Videos

RACISM RESILIENCE AND COMMUNITY SELF CARE RESOURCES

Five First Nations people talk about how they look after themselves when challenged by racism and other stressful situations.



Documents

PAUSE. BREATHE. CONNECT.

Three fact sheets with tips on how to deal with racism, misinformation, and challenging conversations.



Websites

HOW TALIAH PUSHED BACK AGAINST INDIGENOUS STEREOTYPES AND STATISTICS

Taliah talks about how she dealt with stereotypes and statistics about Aboriginal health and wellbeing when at school.

She shares her tips about looking after herself when things get tough.



General Self-care



Documents

AHMRC SELF CARE TOOLKIT

Information and tips about self-care, including mindfulness, eating well and being active.



Websites

HOW CAN MOB STAY STRONG?

Four First Nations men talk about what staying strong means to them and what they do to achieve that.



If you are struggling, or know someone who is, call a 24hr crisis support hotline:

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636



Connecting to Community



Audio

COMING OUT, BLAK

A series of podcasts to celebrate and support First Nations LGBTQ+ people.



Audio

YARNING UP

A series of podcasts with firsthand stories of hope, adversity, resilience, setbacks, grit and excellence.



Audio

TALK BLACK

Podcasts about truth telling, black politics and protest for and about First Nations people.



Mindfulness and Meditation



Audio

UNCLE JACK CHARLES GUIDED MEDITATION

A relaxing, 10-minute audio meditation voiced by Uncle Jack Charles (Dec) for NAIDOC week 2020.

WARNING: Aboriginal and Torres Strait Islander viewers are warned that the following resource may contain images and voices of deceased persons.



Other Resources to check out



Websites

SOCIAL AND EMOTIONAL WELLBEING RESOURCES

The 'Social and Emotional Wellbeing' tab on WellMob. Has a range of online wellbeing resources. Further understand and apply the SEWB model in your work.



Websites

STRONG MINDS RESOURCES

The 'Strong Minds' topic tab on WellMob. Has a range of online wellbeing resources about looking after our mental health and emotional wellbeing.



Click here to connect to WellMob
for other resources
www.wellmob.org.au

