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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.



## General Self-care



Websites

### WORKFORCE WELLBEING GUIDE

This guide promotes the importance of self-reflection and self-care for worker wellbeing, and includes practical activities and resources



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

### TIPS FOR SELF-CARE AT WORK

This tips sheets promotes self-care practices in the workplace based on the domains of social and emotional wellbeing (SEWB).



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](http://www.wellmob.org.au)

