



Ballarat and District
**Aboriginal
Co-operative** Ltd

Self-care Tool Kit

Insert photo

Ballarat and District Aboriginal Co-operative acknowledges the traditional owners of the land on the Wadawurrung people and pay our respects to their elders both past and present

Ground yourself

- ▶ Pause for 30 seconds
- ▶ Look around, focus on 3 things you can see
- ▶ Now 3 things I can hear
- ▶ 3 things I can smell

3-3-3 Breathing exercise

- ▶ Inhale slowly and deeply through your nose for 3 seconds, hold for 3 seconds and slowly breathe out through your mouth for 3 seconds
- ▶ Try to keep your shoulders relaxed, your abdomen should expand and your chest should rise very little

Lets focus on the
positive things in your
life

Insert photo

Challenge your thoughts

- ▶ Prove it, where is the evidence
- ▶ What is the worst thing that can happen
- ▶ What would I tell a friend if they were in the same situation
- ▶ Are my thoughts helpful or factual
- ▶ Will these thoughts matter in a week/month/year
- ▶ Have the courage to be imperfect

Be proud of yourself, who you are and where you come from

Coping Strategies

Looking after ourselves - our way

- ▶ Make time for yourself
- ▶ Go for a walk, get fresh air or kick the footy
- ▶ get creative! Try Art, drawing and painting
- ▶ Listen to your favourite music
- ▶ List your positive qualities
- ▶ Journaling, diary keeping
- ▶ 3 things you are thankful for
- ▶ Spend time with elders and share stories
- ▶ Have a yarn. Talk about it
- ▶ Share something that makes you laugh
- ▶ Go sit by a lake, river, water hole or ocean
- ▶ Complete a small task
- ▶ Go back to country and connect with your mob

Quote

“Keep your eye on the Sun and you will not see the shadows”
(reference?)

Looking after ourselves - Our way

COUNTRY

Connect with land, go back to country and catch-up with your mob

COMMUNITY

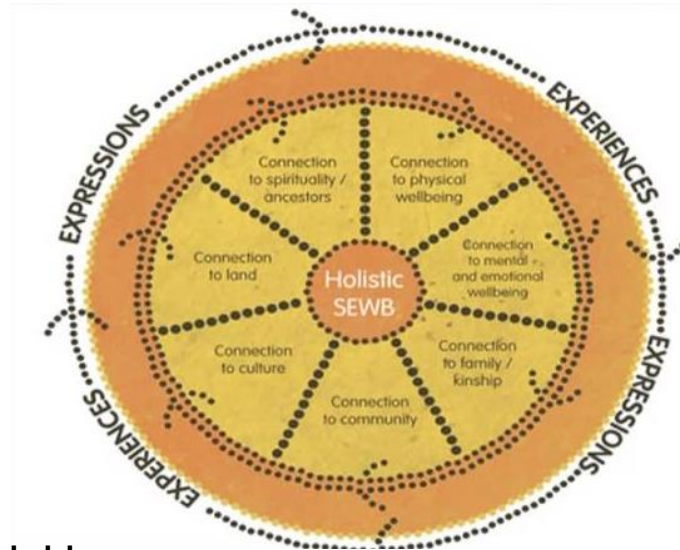
Check in with family, friends and Elders. Offer to help each other out!

SPIRITUALITY

Reflect on our ancestors' strengths and where we have come from Remember, our ancestors are always with us

CULTURE

Do what you can to keep culture strong and let culture keep you strong, Connect to Elders, stories, learn language, paint or dance



MIND

Check in with yourself and ask others how you seem Notice if you're sad, angry or worrying too much, or for changes in the way you do things

FAMILY

Check in with your household, family and kin. If you can't see them in person, call them and ask 'RUOK?'

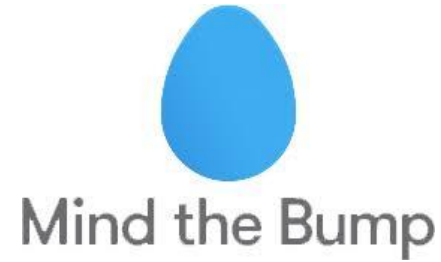
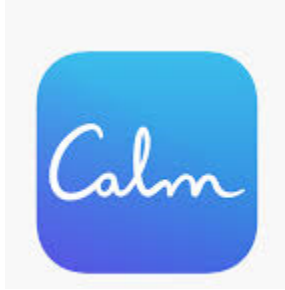
BODY

Eat well, exercise and cut back on smoking to help protect your lungs

[Gayaa Dhuwi \(Proud Spirit\) Australia](#)

the Balit Durn Durn Social & Emotional Wellbeing Wheel

Free apps and resource's



My supports



If you need to talk to someone

Emergency Services Fire Police & Ambulance	000 (call for urgent help)
Social and Emotional Wellbeing BADAC	(03) 5331 5344 ext. 3
Beyond Blue	1300 224 636
Lifeline	131 134
Kids Helpline	1800 551 800
Yarning Safe 'n' Strong	1800 959 563