

TAKING CARE OF WORRIES

**MAKE
ART AND
MUSIC**

**LOOK
AFTER MY
BODY**

**THINK
ABOUT MY
STRENGTHS**

**TAKE
DEEP
BREATHS**

**TIME
WITH
FAMILY
AND
FRIENDS**

**ASK FOR
HELP**



Sometimes I feel sad and have too many worries on my mind. When I feel like this, I try to remember that I am a strong woman and that there are things I can do to feel better.

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WHEN I HAVE TOO MANY PROBLEMS I CAN:



SPEND TIME WITH FAMILY AND FRIENDS

They understand my worries, we can have a good yarn, a feed and have a laugh.



THINK ABOUT MY STRENGTHS

I am already doing things to be a strong woman, like looking after my family. My connection to culture, community and country keeps me strong.



MAKE ART AND MUSIC

Making art, listening to music or singing make me feel good. When I am using my hands my mind feels better.



LOOK AFTER MY BODY

I eat good tucker, get some exercise, get enough sleep and stay away from alcohol and drugs.



TAKE DEEP BREATHS

When I feel stressed, I can sit outside and take deep breaths. I close my eyes and focus on my breathing.



ASK FOR HELP

I know that there are services that can help me. I can sit with a support worker and we can talk about my worries together. Or I can go to the clinic, speak to an Elder or call a phone support service like Lifeline on **13 11 14**.