

## Helpful strategies

# SELF CARE



**Remember you are not alone.** Cultural and linguistic diversity is a core feature of the Australian population and a valued element of national identity. Link in with organisations such as the Canberra Multicultural Community Forum, [cmcf.org.au](http://cmcf.org.au) or call 0262 627 060.

**Be kind to yourself.** Treat yourself as you would a friend or loved one.

>> Take time out for you, do things you enjoy and find meaningful.

>> To help you better understand the types of health services available to you, Health Direct has made free videos, posters, brochures and website content in five common languages (Arabic, Bengali, Cantonese, Mandarin and Vietnamese).

**Write a plan to ensure you practice daily self-care.**

Remember you can't look after anyone else unless you look after yourself. Write a list of things you enjoy and try to take action to practice these activities daily.

**Stay connected with your loved ones.** Even if your family is overseas, there are supports and ways to stay connected. Support organisations such as Carers ACT offer 'Support for Carers who are Multicultural', call 02 6296 9900 or visit [www.carersact.org.au](http://www.carersact.org.au)

**Don't be afraid to ask for support.** There are services available such as Companion House. Call 02 6251 4550 or visit [www.companionhouse.org.au](http://www.companionhouse.org.au)



**Sleep Exercise Love Food**

**Sleep** try to get at least 7 to 9 hours of good quality sleep

**Exercise** regular exercise, 20 minutes or more can produce the happy chemicals

**Love** do the things you love and enjoy

**Food** a balanced diet with plenty of fresh fruit and vegetables mindfully.

### Self-compassion

Treating yourself as you would a friend.



Notice the way you talk to yourself during adverse events.

Notice negative self-talk and replace it with positive self-talk.



## Helpful strategies

# STRESS + ANXIETY



### Know your limits and triggers.

Stress can be contagious especially to those close to you like your children, partner or family.

### Understand what stress and anxiety feel like in your body.

(Eg: clenched jaw, racing heart). If you are aware of the signs of stress and anxiety you can implement strategies early to support your mental health and well-being.

### Actively engage in self-care

Recognise your emotions and physical responses and engage in activities that bring you back to a state of well-being. This may be as simple as taking some long deep breaths or getting some fresh air. Try breathing in deeply through your nose and making a loud, audible sound out of your mouth. Breathing deeply reduces the impact of stress hormones in the body.

### Mindfulness meditation.

By redirecting your attention to what is actually happening in the present moment and by engaging in mindfulness practices, you can reduce stress and anxiety. Try noticing things you hear, see, and feel around you to feel more grounded.

### Focus on what you can control.

It is more helpful for our well-being to direct our energy to events and aspects of our life that we can control. Write a list of the things you have influence over and try to let go of unproductive worries.

**Know your rights.** Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. Everyone is entitled to these rights, without discrimination. To know more, call Legal Aid ACT on 1300 654 314.

## Build positive self-talk by:

1

Acknowledging a particularly challenging or unhelpful thought and reminding yourself that thoughts aren't facts.

2

Consider the evidence for and against this thought.

3

Challenge the thought and speak to yourself with compassion. What would you say to a friend thinking the same thing?

## Translation services

If English is not your first language there are services and supports available, the Department of Social Services provides a free translating service for all culturally and linguistically diverse individuals.

Here are the details:

Call: 1800 962 100

Email: [fts@migrationtranslators.com.au](mailto:fts@migrationtranslators.com.au)



## Helpful strategies

# TRAUMA CARE



### Remember you are not alone.

Don't be afraid to ask for help, there are many supports available. Hear personal stories from other CALD people at [www.embracementalhealth.org.au](http://www.embracementalhealth.org.au)

### Focus on your own health first.

When we focus on our own health and wellbeing, we are better able to support our loved ones. Put your own oxygen mask on first. If you feel overwhelmed reach out for help!

### Understand that immediate response to trauma are usual.

Recognise that you have been through an extremely stressful event and that you may have an emotional reaction to it.

**Stay connected with your loved ones.** Social connection has a big impact on our trauma response. Even if your family is overseas there are supports and ways to stay connected.

### Ensure your basic needs are met.

Concentrate on meeting the basic needs of you and your family. Consider food, sleep, exercise, leisure and other cultural or religious needs.

### Talk openly and honestly with your family.

If you would like support to start these conversations call Access Mental Health on 1800 629 354 or 02 6205 1065.

F

Fair to others but also to yourself.

A

Don't be overly apologetic.

S

Stick to your values.

T

Be truthful.

## Ask for help!

Don't be afraid to ask for support, there are local services available such as **Companion House**, which provides assistance for people affected by trauma. Phone 02 6251 4550 and the **Canberra Relief Network** on 1800 421 133 ([canberrarelief.com.au](http://canberrarelief.com.au)) for food and emergency relief.

## Know your rights!

Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. Everyone is entitled to these rights, without discrimination.

## Helpful strategies



# HELP SEEKING



## Ask for help!

### Lifeline

13 11 14 Crisis support, suicide prevention and mental health services. For an interpreter TIS, say your language, say Lifeline, wait for a connection.

### Emergency Services (Ambulance, Police, Fire)

000 For an emergency call the emergency services. If you need an interpreter say 'interpreter'.

### The National Ethnic Disability Alliance (NEDA)

02 6262 8878  
0407 878 933 Advocates for the rights of people with disability and their families from a CALD and Non-English speaking background.

### Access Mental Health

1800 629 354  
02 6206 1086 Immediate help, 24hrs, 7 days a week, if you or someone you care about is experiencing a mental health crisis in the ACT.

### National Translating and Interpreting Service (TIS)

131 460 Provides access to phone and on-site interpreting services in over 150 languages.

### Canberra Multicultural Community Forum

02 6262 7080 [www.cmcf.org.au](http://www.cmcf.org.au)

### Multicultural Youth Service (MYS)

002 6200 4811 [www.mys.org.au](http://www.mys.org.au)

### ACT Multicultural Mental Health Network

0403 487 968

### 1800 RESPECT

1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)

**Talk to your GP.** This is a good place to start the help-seeking journey and connect you to appropriate services.

**Speak up.** Reach out to friends and family that you are comfortable talking to.

**Understand that mental illness is common and you are not alone.**

**Find out more** about mental health and how it might replace to your own experience.

**Make new connections.** Link in with local community organisations such as Canberra Multicultural Community Forum and Multicultural Youth Services.

**Keep trying.** Sometimes it takes a few visits to different professionals before you can find the help that you need. Don't give up!

**Celebrate your multicultural background.** This can be different for us all, but celebrating our diversity or personal family traditions can empower and give us a sense of pride.