

Going back to community / connecting to culture



@o_north_o

Your connection to culture, country and community can absolutely affect your emotional and physical wellbeing. While you're away from country and your community it is important to find other ways to connect to culture and nurture your cultural wellbeing, which will essentially take care of the physical and emotional.

How do you connect to culture?

'Being on Country'

'Being with kin and community'

'Through relationships'

'Through food'

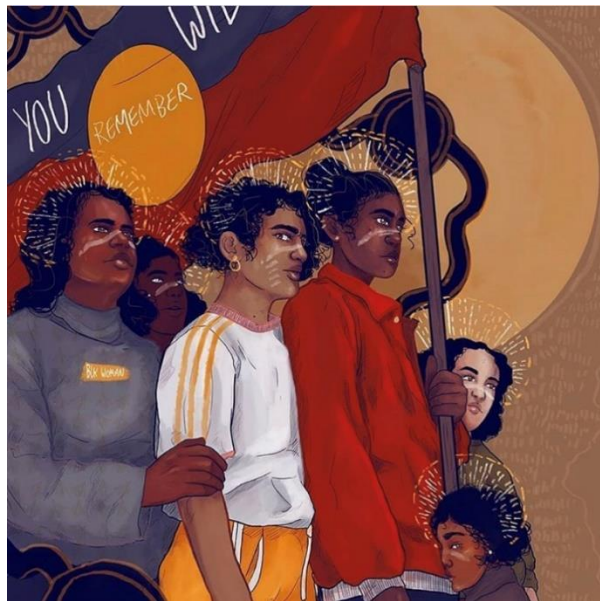
'Through creativity – painting, music & dance'

'Through NITV, podcasts or radio'

'Through social media'

Having a healthy and strong connection to culture can make you feel grounded and steady. Amongst the busyness of life, it is really important to give yourself the time and opportunity to connect with culture.

Your family and cultural background shape your attitudes about mental health and wellbeing: how you are taught to cope with problems and difficult situations, how you talk about them, who you talk about them to, and how you seek support. Your culture may also shape how you relax, practice self-care, and resolve conflicts.



@coffinbirth

Resources connecting to culture:

‘An important contributing factor to erosion of wellbeing is feeling disconnected from culture.’

Connecting to Country – bonds with culture and community are essential for strong Aboriginal mental health.

<https://mentalhealthweek.thewest.com.au/october-2017/aboriginal-health/>

Connecting to Culture:

<https://connectingculture.com.au/>

Common Ground’s - Connection to Country:

<https://www.commonground.org.au/learn/connection-to-country>