



2021 Yalari Pathways Wellbeing Program 18 –22 Yrs.



### What is going on at 18 – 22?

- Transitioning through educational systems
- Entering the workforce
- Moving away from home and living independently
- Balancing study / work / social / rest life
- Making new friends and new networks
- Navigating relationships
- Finding a sense of self away from high school

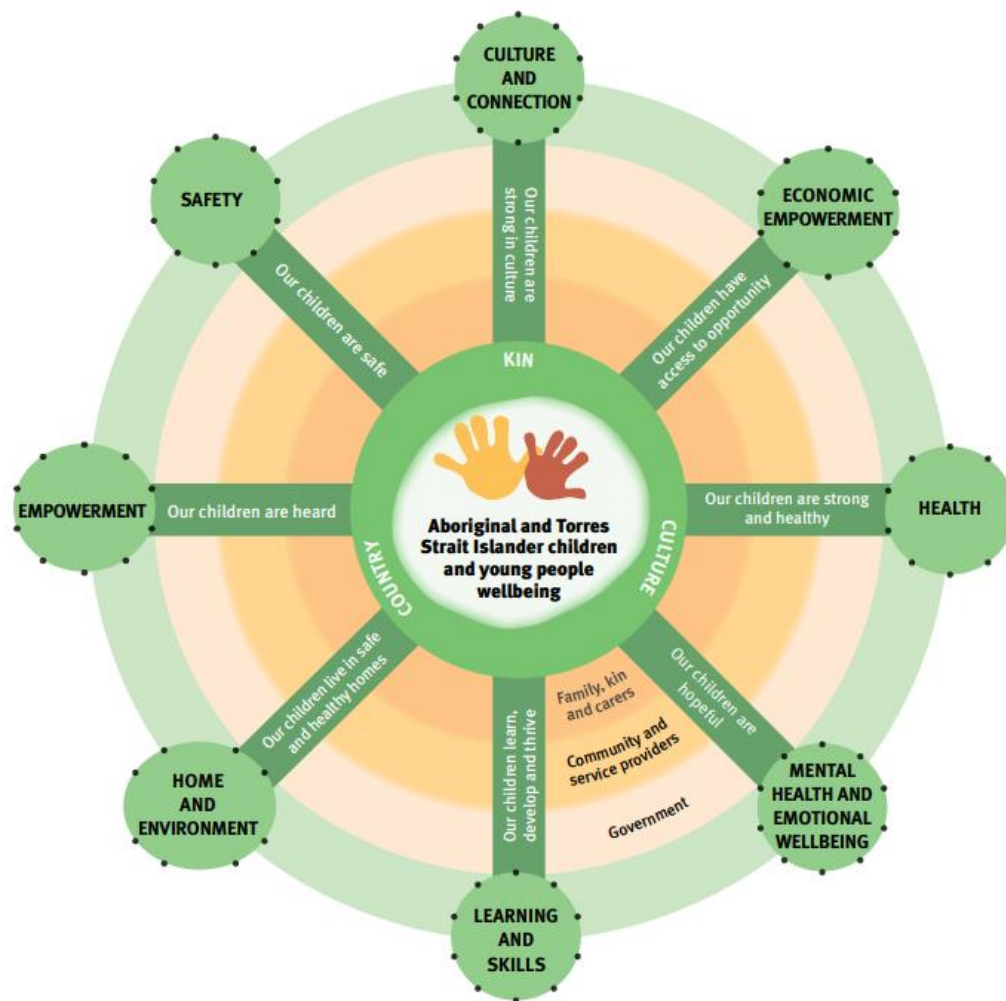
Generally, between the ages 18 – 22, we are finishing or have recently finished our high school education and are navigating our next move, whether it be travel, living independently, attending university or TAFE, or entering the workforce.

Wellbeing support for this stage in life centers around productivity as we enter adulthood. It is important to **find a balance** between study / work / social and family lives, as well as keeping your mental health in check as you begin to **navigate your identity and sense of self after school and out of the home**.

This Wellness Program will hope to give you age specific and culturally competent information, strategies and resources that will provide you with the support you may need to help manage your wellbeing.

## Eight Domains of Wellbeing

The Wellbeing Framework develops eight interconnected wellbeing domains – these domains represent the areas of a young adult's life that can impact their wellbeing. All domains are equally important.



*'Wellbeing Outcomes Framework for Aboriginal and Torres Strait Islander Children and Young People in Queensland' (Winangali & QLD gov). This source was part of the QLD governments 'Changing Tracks Action plan.' The 'Changing Track Action Plan' and the 'Wellbeing Framework'.*

## **Eight Domains of Wellbeing**

- **Culture and Connection**

All elements that form an individual's sense of identity and pride in their identity and culture.

- **Economic Empowerment**

Ensuring access to economic opportunity and access to employment to enable individuals to be productive and independent members of the community.

- **Health**

Individuals have access to affordable and appropriate medical care as well as a healthy lifestyle.

- **Mental health and emotional wellbeing**

Promotion of resilience; hope for the future and positive body, mind and spirit. Recognition of grief and loss and the impacts of intergenerational trauma.

- **Learning and skills**

The access to and development of skills, both obtained through education as well as life skills. All learning should enable individuals to become healthy and resilient adults.

- **Home and environment**

Having a place to call home that is safe, secure and healthy. A place where an individual can sleep, study and play, have the basics of a bed, food and shelter, while also being a place where they feel loved, secure and connected.

- **Empowerment**

Having the ability to exercise your agency in communities and environments in which individuals live, learn and work.

- **Safety**

Individuals living, working, and learning in a supportive and secure environment.

*Reflecting on the eight domains of wellbeing, we encourage you to identify your level of confidence in each domain. Are you empowered? Have you got access to each of these domains? If not, how can we find ways or strategies to have access to these?*

## **Strategies and Mechanisms to Lift Your Wellbeing - What is in your well-being toolbox?**

Like your physical health, your mental health isn't free. To maintain your mental health, you need to find what makes you feel steady and happy. These strategies are what makes up your toolbox, and this toolbox is what you start to use when you're having a bad day or week.

It is important to find strategies that work for you when you start to struggle with your wellbeing. These strategies are often what pulls you out of destructive states and moves you towards an all-around healthier wellbeing. Some strategies may work for others but not for you – this is normal, what is important is finding what works for you.

*Here are some strategies that may work for you:*

### **Maintain Connection with Friends and Family - Make Time for Social Contact**



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Usually between the ages of 18 – 22 we are re-locating or living independently. Although, moving to a new town or city often comes with meeting and networking with people. This may take getting out of your comfort zone, which is not easy.

Developing and maintaining connection with friends and family is really important for your own emotional wellbeing. These friends and family essentially become your support network, the people you go to when you need support or help.

It is important to make time for your social life. Balancing a friends, family, work, study and home life can be really difficult and often put a strain on your wellbeing because of how tiring it is!

### Find Work or Study You Enjoy



@elisemghell

At this point you may be entering the workforce or transitioning into higher education at university or TAFE. These life changes can be busy and stressful. It is important to find ways to stay engaged with your work and study and to find a balance. One way, is finding or applying for work / study that you enjoy and are interested in.

It is important in your workplace to feel heard and empowered. Making boundaries for yourself is important to how you engage with your work and how you can maintain a healthy balance with work / study / social life.

You may also be looking for work or trying to find and something that interests you. Sourcing support in these areas is really important. There are a lot of resources out there, so use them! One valuable resource is **Headspace's Work and Study portal – More info in the resource section.**

### Get Outside and Eat Good Food



@steph\_angelis

This strategy is often avoided because it seems to be easier said than done! However, being outside is a huge booster of your wellbeing. This could mean a morning or afternoon walk, taking your dog for a walk, having a swim at the beach, generally just being outside however you like to. The first time is always the hardest, but once you get into a routine you will start to realise how good you feel.

Meditation, yoga or stretching are all activities that have been proven to help left your wellbeing. Learning to take at least 5 minutes out of your day to relax will help you manage stress and take control of how you feel. **You can access free guided meditations online and via apps that are listed in the resource section.**

The food you eat is a huge factor in how you feel mentally and physically. An easy way to start integrating nutritional food into your lifestyle is planning. Planning meals can keep you from using take away places and instant foods that are often unhealthy. Eat more veggies and fruit – simple!!

### Find Special Interests



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Special interests refer to activities or things you might like to do in your spare time (when you have it). These activities can often become your outlets or a way to express yourself rather than having to talk. These special interests can be considered almost 'therapeutic'. Some examples of therapeutic special interests include:

- Gardening
- Painting
- Singing
- Dancing
- Writing
- Walking
- Cooking

Whichever activity is yours, it can be used as a strategy to manage stress and become an outlet when you are in need of one. Discovering your special interest can also help you decide what you would like to study or have a career in, but sometimes it's nice to keep these separate as well.

### Set Goals

Setting goals are key. Whether it be 'getting out of bed today' or 'meeting someone new this week', goal setting will help you find a purpose in each day or give you something to look forward to. Making sure your goals are achievable is important, however try and get yourself out of your comfort zone!

## Dadirri – Mindfulness

The word, concept and spiritual practice of Dadirri is from the languages of the Aboriginal people of the Daly River region.

Dadirri recognises the deep spring inside us. It is the inner, deep listening and quiet, still awareness. Essentially being mindful of your presence in the moment and this world.

*Miriam-Rose speaks about Dadirri, that when she experiences dadirri, she is made whole again. She can sit on the riverbank or walk through the trees; even if someone close to her has passed away, she can find her peace in this silent awareness.*

The contemplative way of dadirri spreads over our whole life. It renews us and brings us peace. It makes us feel whole again.

Miriam-Rose speaks of the way of dadirri, being from Daly river, they are river people. The teachings of Dadirri is that we cannot hurry the river (life), we have to move with its current and understand its way.



*To be still brings peace – and it brings understanding. Kings Canyon, NT*

## 2.4 Some Useful Wellbeing APPs



### Health & Wellbeing

An app that allows Australian adults to measure & monitor mental health & lifestyle factors that influence wellbeing. Based on responses, it provides general advice on how to improve your wellbeing.



### Sleep

An app that offers a personalised six-week program focused on improving mood, energy and wellbeing by putting in place good sleep and wake patterns.



### Aboriginal Health

An app developed by the Aboriginal Community Controlled Health Organisation. It provides health information online or by phone and features a location-based service to find your nearest Aboriginal Community Controlled Health service.



### Daily Yoga

Daily Yoga is a free yoga, pilates and meditation app. The app provides a range of yoga; Pilates and meditation classes; with step by step instructions and videos to follow.



### Calm

Calm is a free mindfulness and meditation app. The app provides meditation sessions in varying lengths; as well as Sleep Stories; breathing programs; and relaxing music.



### Meditation & Mindfulness

This app guides you, in a ten-day course, through the essentials of meditation and mindfulness.

## External Resources

We encourage you to use these resources if you're looking to improve your wellbeing. This program will only take you so far for help so by using these resources it will give you the extra help and support you may need.

### Wellness APPs

- Mental Health & Wellness
- Health and Wellbeing
- Sleep
- Worry
- Meditation & Mindfulness
- Calm
- Aboriginal Health



**Headspace's Work / Study Service.** Yalari has established a connection with Headspace and really encourage you to use this portal. The service is all online and completely free where you will be provided support to reach your study or work goals. The service can help you with: Job search skills, resume & cover letters, studying & enrolment and navigating Centrelink. The service also helps you with balancing mental health and wellbeing with work or study by allowing you to access online counselling with a Headspace clinician. <https://headspace.org.au/young-people/digital-work-and-study-program/>

**The Headspace National 'Yarn Safe'** portal to speak with a First Nations Team of clinicians. The campaign aims are to increase the awareness of **headspace** as a place for Aboriginal and Torres Strait Islander young people to seek information, help and support.

<https://headspace.org.au/yarn-safe/>



**MoodGym** is a free, online treatment program for young adults over 18. It is based on cognitive behaviour and interpersonal therapy and designed as a preventative and self-help tool for young people experiencing mild to moderate levels of depression or anxiety. At the completion of the MoodGym program you will have:

- 'An understanding of how emotions arise, and how they might be modified'
- 'Learn how to modify your thinking so that you are less prone to get upset'
- 'Pick up a few hints on managing stress'
- 'Learn a few things about what influences self-esteem'
- 'Develop a better understanding of relationships and how they might be handled'
- 'Develop some practical ways to help you cope with difficult events'

The program is free but the user is required to register before starting.

<https://www.moodgym.com.au>



**Well Mob**, is a source that provides individuals with culturally competent resources that cover; the mind, body, culture, keeping safe and healing. Well Mob also provides links to online counselling <https://wellmob.org.au/>



**Headspace Meditations** have beginner guided meditations that will help you take 5. <https://www.headspace.com/meditation/meditation-for-beginners>

### **Meditation and Wellbeing APPs – Listed above**

#### **Free Wellbeing courses**

**Mind spot clinic – Indigenous wellbeing course** - <https://mindspot.org.au/indigenous-wellbeing>

Online course with five lessons over eight weeks. You can choose to receive weekly therapist support. The course aims to support you to gain better control over stress, anxiety and depression by learning core skills that will improve your confidence.

**Free Wellbeing Course** - <https://www.ecentreclinic.org/?q=WellbeingCourse>

The Wellbeing Course is our free online and internet-based treatment course designed to teach people about anxiety and depression as well as how to manage their symptoms. There are 5 online lessons that provide practical skills for managing symptoms & the option of brief weekly contact with a clinician via email or telephone.

#### **Mental health phone lines:**

Beyond Blue: **1300 22 46 36**

Lifeline: **13 11 14**

Mens Line: **1300 78 99 78**

Eheadspace for young people ages 12 – 25: **1800 650 890**