



2021 Yalari Pathways Wellbeing Program 22 – 30 Yrs.



What is going on at 22 – 30?

Individuals aged 22 – 30 may be:

- Still navigating studying
- Entering the workforce / In the workforce
- Developing independent social networks
- Developing intimate relationships
- May experience changes to their identity – new qualifications, new work roles, family roles (becoming a mother or father)
- Balancing work / family / friends

As individuals become older and fall between the ages of 22 and 30 years of age, the types and forms of support will change. Generally, these individuals require more emotional support rather than the productive/proactive support the 18–22-year old's need.

Here, we will focus on emotional wellbeing and look at strategies and resources that you can access when seeking support and how to put these strategies into action. It is important to seek support as you experience significant life changes. These could include: Someone passing in your family, having a family (becoming a mother or father) or navigating new intimate relationships.

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's in your Wellbeing Toolbox?

Identifying the important areas of your life and who is in your support network are the first steps in moving towards seeking support when struggling with wellbeing.

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 move 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



@abbey_lossing

Often between the ages of 22 – 30 we are living independently and have established a network of friends and family.

However, as we get older and busier it is harder to stay in touch and maintain close connections with friends and family especially if they are distances away from us. Make sure to find ways to keep connecting with your support network of friends and family, whether it be a 5-minute call or a quick text to check in with each other.

Find Time for Yourself



Between the ages of 22 and 30 life is busy. Some of us might have or are transitioning into becoming mother or fathers, some are busy working full time, some may be studying full time. As we age our identities and roles transform.

It is important amidst all the chaos to take time for yourself.

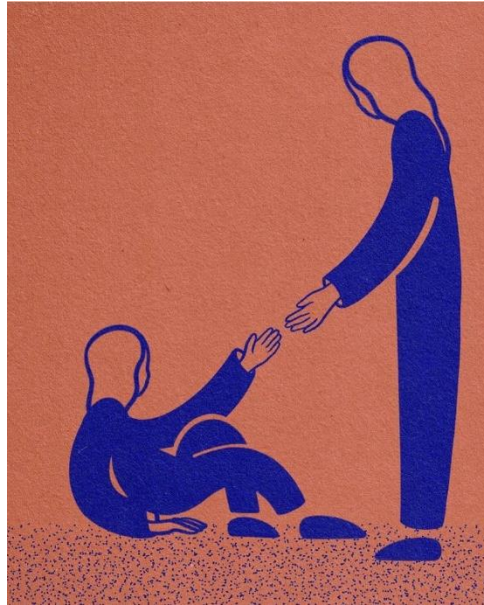
Do whatever you count as self-care when you feel you're needing it. Caring for yourself and taking some time out will make you feel better about yourself and also make you a better person to be around for others.

Meditation, yoga or stretching are all activities that have been proven to help left your wellbeing. Taking 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 on APPs.**

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!

Reach Out for Support



@elisemghell

As we grow older, we experience more and more new things. Unfortunately, this includes loss and grief. It is important to use your support network and reach out when experiencing these feelings, but also when you're just having a bad day.

Asking for help can be challenging. Knowing that you're in need of help can be hard to identify or admit because we're often taught to be self-reliant and independent. However, it takes more strength and courage to reach out and say you're not managing, and once you do speak, you will find that you're not alone.

Knowing who to reach out to is important as well. Remember your support network of friends and family? They are a great place to start. Although if you don't feel comfortable talking to them, there are endless resources that you can use; online counsellors, telephone hotlines, your GP or face-to-face counsellors can be accessed and are listed in the resource section.

Get Outside and Eat Good Food

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.

Feeling good and happy is not always what's going on the outside. The food you eat is a huge factor in how you feel mentally and physically. An easy strategy to start integrating nutritional food into your lifestyle is planning meals before you're hungry.

Dadirri – Miriam-Rose Ungenmerr

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

Dadirri recognizes 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

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.

Here is a list of recourses:

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 <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>

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**