



Self Care Tips

These support tips have been gathered from the voices of Aboriginal and Torres Strait Islander parents, carers and staff at previous workshops. They hope their tips encourage and support you.

- Get a manicure or pedicure
- Host a clothing or Tupperware party
- Have a bath without interruptions

Mum - Shepparton, VIC

- Talking to my sister
- Sitting quietly

Grand-mum - Yuendumu, NT

- Go to the bush
- Visiting a friend
- Volunteering
- Go to the river

Mum - Broken Hill, NSW

- Read books
- Debriefing
- Talking with a friend

Teacher - Arnhem Land, NT

- Going to bingo

Education Support - Cherbourg, QLD

- Go to the beach
- Listen to music
- Meditate

Mum - Coffs Harbour, NSW

- Go to car shows
- Do art
- Bush walking
- Going to a men's shed

Dad - Coffs Harbour, NSW

- Advocate for my child and our rights
- Supporting my wife

Dad - Armadale, WA

- Visiting a family
- Going to sport

Mum - Port Lincoln, SA

- Visiting an auntie
- Watching a movie
- Getting a massage

Mum - Alice Springs, NT