



Have a yarn with friends and family



Make time for yourself by reading or journaling



Learn a new hobby and have the courage to be imperfect while you're getting the hang of it



Close your eyes and focus on your breath



Connect with the land by spending time outside in nature



Get active by going for a walk or kicking the footy around outside

Deadly

Tips to Stress Less



Reach out to Elders for advice



Listen to your favourite music



Get involved in your Community activities that make you proud of who you are and where you're from



Watch funny videos and share them with your friends



Share stories with your friends and family



Aboriginal Health & Medical Research Council of NSW