

# Deadly ways to look after yourself this bushfire season

For our mob, connection to country is an important part of our social and emotional wellbeing. The threat of being moved on from our own land can be stressful. Here are some deadly tips to focus on your mental health and wellbeing during the bushfire season.



## Find new ways of connecting to culture

Walking and being outside in an area affected by bushfires can be dangerous because of smoke and fire danger. Think about ways you could stay connected to land and culture in difficult times such as online community groups, sharing stories with family and friends or reconnecting with a hobby like painting, writing, or music.

**Activity:** Write down 3 ways you could connect to culture if your community becomes impacted by bushfires or bushfire smoke.

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## Spend time together

It's important to spend time with people who are supportive when you are feeling worried or anxious. If it is unsafe to travel or spend time together in person, organise to do activities through zoom or video-calling.

**Activity:** Write down activities you could do with your friends and family if your community was impacted by bushfires.

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## Keep a routine

Keep to your daily routine as much as possible. If your routine has been impacted by bushfire conditions, find new things to add to your routine to keep you grounded during stressful times. Some examples include online exercise classes, journaling, or regular phone calls with your mob.

**Activity:** Plan your day in half hour blocks from when you wake up to when you go to sleep. Try to stick to your routine as much as possible.

Time	Activity	Time	Activity
8.30 AM		3.30 PM	
9.00 AM		4.00 PM	
9.30AM		4.30 PM	
10.00 AM		5.00 PM	
10.30 AM		5.30 PM	
11.00 AM		6.00 PM	
11.30 AM		6.30 PM	
12.00 PM		7.00 PM	
12.30 PM		7.30 PM	
1.00 PM		8.30 PM	
1.30 PM		8.30 PM	
2.00 PM		9.00 PM	
2.30 PM		9.30 PM	

## Seek support

Don't be shame to reach out to your friends and family for help if you need it. If you need immediate mental health support and counselling contact Lifeline on **13 11 14** or Beyond Blue on **1300 22 4636**. For more information on the resources and services available to you, contact your local AMS.

**Activity:** Write a list of three people/services you would call for support during a bushfire emergency.

- 1
- 2
- 3

