



# **Journey to Your Self-Healing Book**

## Welcome

As Aboriginal or Torres Strait Islander people our journey to healing is linked to ancient spiritual, emotional, mental, and physical connections to land and culture. Our strong ties and embedded relationships to community, family, and culture is where the heart of our holistic healing journey begins and works towards restoring our health through our connection to land. Each journey is unique and your own, however, each step you take will not be alone.

## Acknowledgement to Country

We would like to acknowledge the Bidjigal and Gadigal peoples the Traditional Custodians of the Lands upon which this diary was developed and all the Traditional Custodians on the lands of which you are utilising this journal. AH&MRC acknowledge all Elders past and present, and our youth, the leaders of our future.

The Aboriginal Health & Medical Research Council of NSW would like to acknowledge the SEWB Leadership Group and broader SEWB and AOD Network, as subject matter experts in the field of SEWB & AOD, the ongoing guidance at all stages are critical to ongoing success and is an invaluable component of this project.

**This book is a medical diary. If found please phone:**

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## Wellbeing contact list

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## Wellbeing appointment log

[illegible]

Return visit	Medication prescribed (Include dosage and frequency, i.e. 150 mg, 3 x day)

## Wellbeing appointment log (continued)

[illegible]

Return visit	Medication prescribed (Include dosage and frequency, i.e. 150 mg, 3 x day)

# January



## January to-do list

This image shows a blank sheet of white paper with horizontal blue ruling lines. In the bottom right corner, there is a faint, light blue circular graphic that resembles a stylized sun or a gear with radiating lines. The rest of the page is empty and white.

## My goals for January

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## How will I get there?

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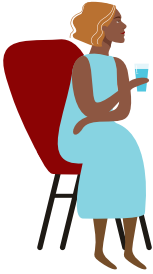
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## Wellbeing tips



**Drink at  
least 2L  
of water  
per day**



**Get some  
early  
morning  
sunshine**

**Hang out  
with  
good  
friends**



**Eat healthy  
food**



**Play sports  
or exercise**



**Practice  
meditation**

## Australian salmon fish cakes

Ronnie Thomas

### Ingredients

6 potatoes peeled and cut into chunks	4 eggs (1 for mixture, 3 for crumbing)
1kg Australian Salmon fillet	1 tablespoon of milk
2 teaspoons of olive oil	2 cups plain flour
1 onion finely chopped	2 cups breadcrumbs
2 shallots, sliced	

### Method

1. Boil potatoes until tender, then drain and mash.
2. Lightly poach salmon in boiling water for 1–2 minutes, drain and let cool before breaking up and remove any bones.
3. Fry onion and shallots in olive oil. Then place onions, shallots, mashed potato and salmon in a bowl.
4. Add 1 beaten egg to the mix and stir together until firm and consistent.
5. Form into fish cakes and then roll these in flour.
6. In a separate bowl, lightly beat eggs and milk then dip the fish cakes in egg mixture.
7. Roll fish in breadcrumbs then shallow fry until golden.
8. Serve with sweet chilli and salad.

***Reproduced with permission from the Heart Foundation's "Flavours of the Coast Koori Cookbook."***

**Notes for next appointments**

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# February



February to-do list

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## My goals for February

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## How will I get there?

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## Stress less this month

### Tips to stress less

1. Spend some time gardening.
2. Walk your dog or the neighbour's dog.
3. Learn self-guided relaxation/meditation.

### What helps you to stress less?

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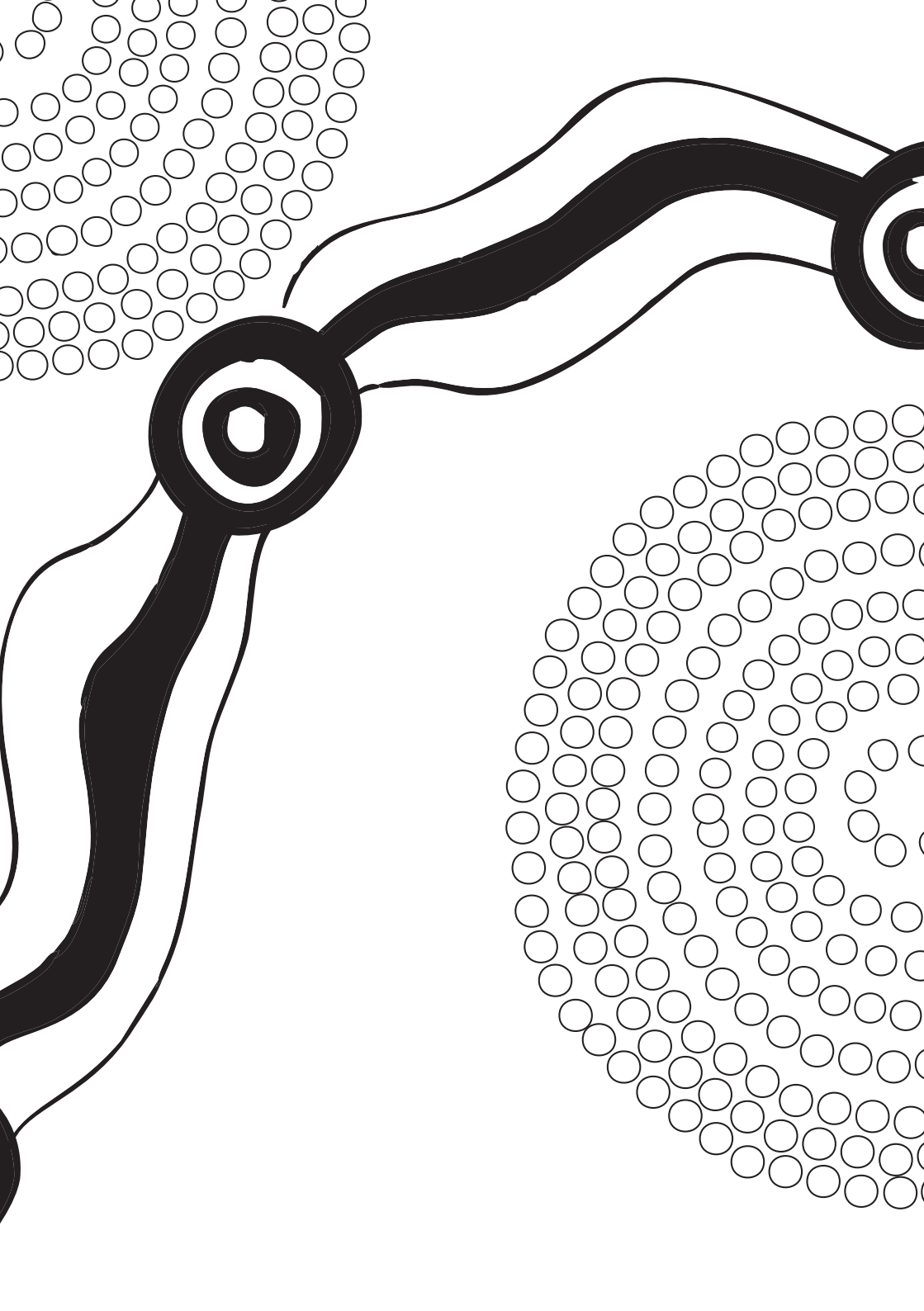
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## Notes for next appointments

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# March



# March to-do list

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## **My goals for March**

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## **How will I get there?**

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## **Kangaroo spaghetti**

### **Terry Rankmore**

#### **Ingredients**

- |                                |                           |
|--------------------------------|---------------------------|
| 1 Tablespoon of olive oil      | 1 can of diced tomatoes   |
| 600g Kangaroo mince            | Parsley                   |
| 500g mushrooms sliced          | 4 cups of cooked pasta    |
| 1 medium onion, diced          | 1 tablespoon tomato paste |
| 1 large green capsicum, sliced |                           |
| 1 large red capsicum, sliced   |                           |
| 1 bunch of celery, sliced      |                           |

#### **Method**

- 1.** Heat olive oil in wok or frypan.
- 2.** Add mince and cook until brown.
- 3.** Then add onions, mushroom, celery, capsicum, cook for 10 minutes.
- 4.** Boil pasta until cooked.
- 5.** Serve the mince on top of cooked pasta and garnish with parsley.

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**Notes for next appointments**

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# April



**April to-do list**

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APR

## My goals for April

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## How will I get there?

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## Affirmations

**I am thankful for today!**

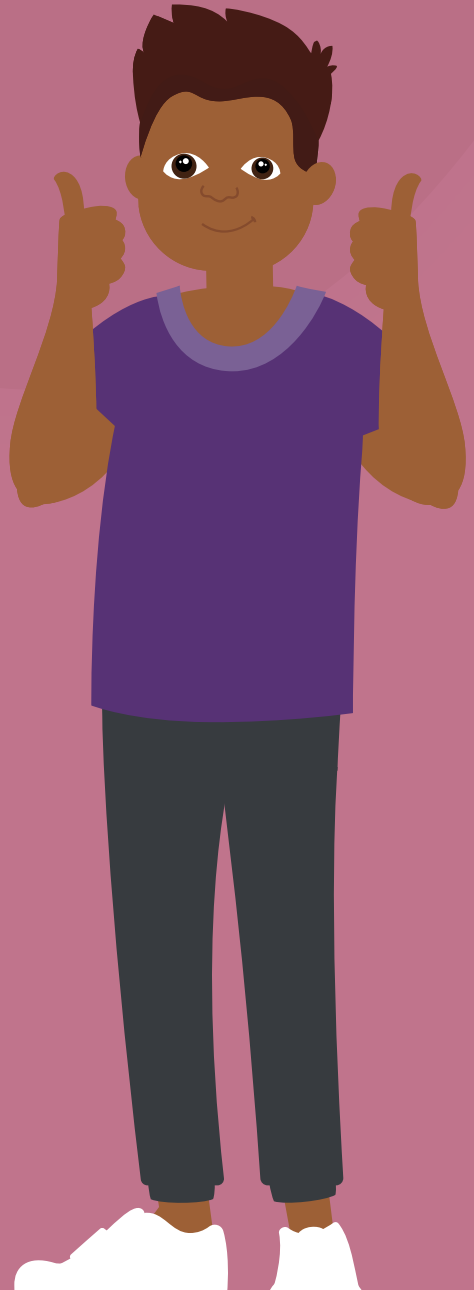
**I am enough**

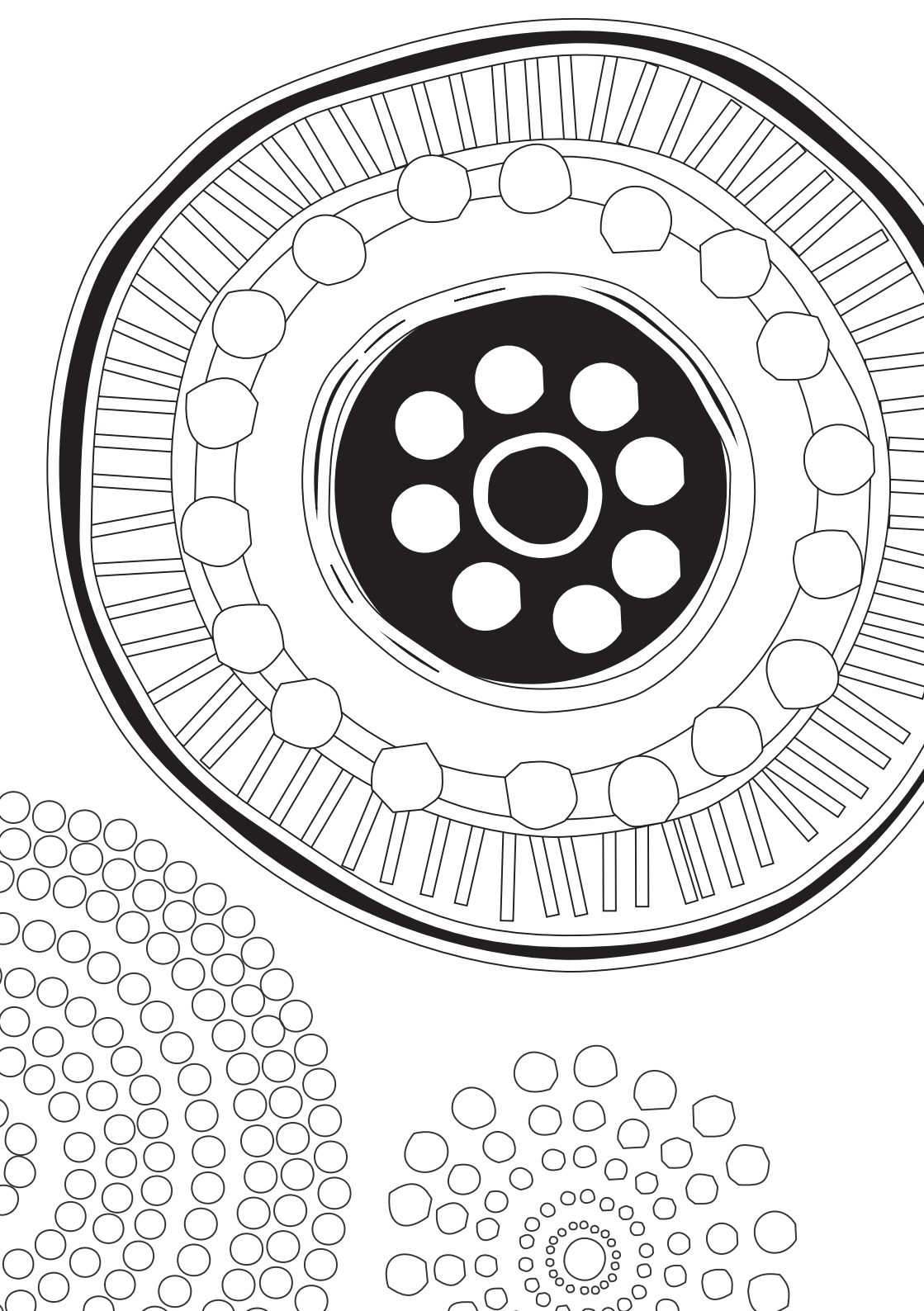
**I believe in myself**

**I choose to be happy**

**My thoughts become  
my reality**

**I will not worry about the  
things I cannot control**





**Notes for next appointments**

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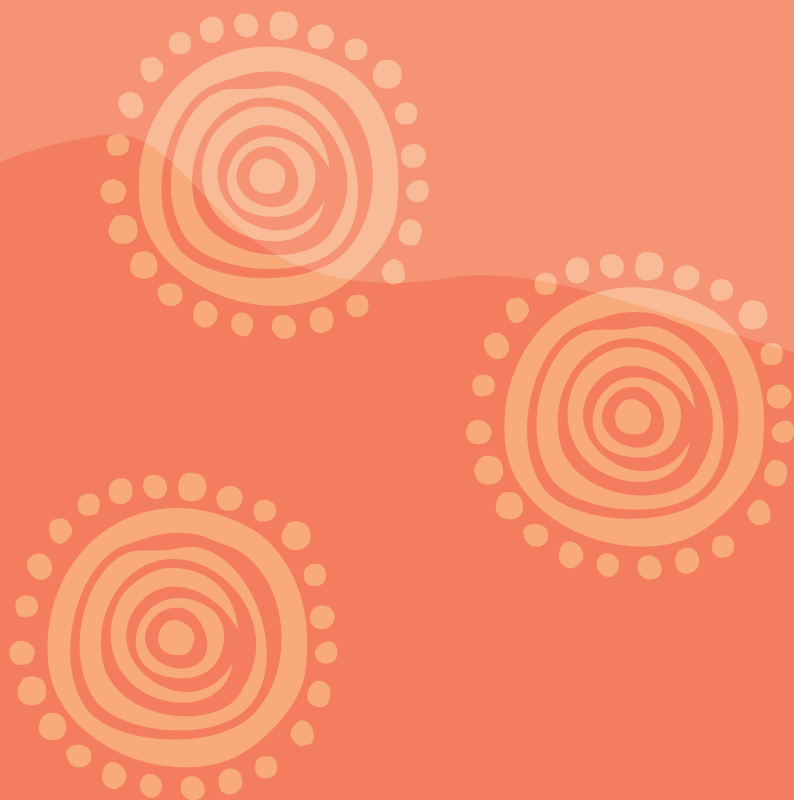
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# May



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## My goals for May

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## How will I get there?

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## Stress less this month

### Tips to stress less

1. Accept that you cannot control everything.
2. Know that good is good enough.
3. Listen to your favourite music.

### What helps you to stress less?

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## **Damper**

### **Stewart Luland**

#### **Ingredients**

1kg self-raising flour	250ml/1 cup milk
1 teaspoon salt	500ml water
1 tablespoon margarine or olive oil spread	1 egg, beaten

#### **Method**

1. Pre-heat oven to 160°C.
2. Warm milk and margarine until mixed. Add cold water.
3. Mix flour (900g) and salt in large bowl, make a hole in the centre of flour and add 1/3 of the liquid at a time, stir, till all the liquid is used.
4. Flour bench with some of remaining flour.
5. Knead dough until smooth and mould into shape. Try not to over knead.
6. Sprinkle flour in bottom of baking dish and place damper dough in baking dish.
7. Brush egg mix on top of damper.
8. Bake in oven for 40 mins.
9. Tap to check if cooked. When tapped, the damper sounds hollow.

***Reproduced with permission from the Heart Foundation's  
"Flavours of the Coast Koori Cookbook."***

# Notes for next appointments

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# June



## June to-do list

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## My goals for June

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## How will I get there?

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# Notes for next appointments

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# July



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## My goals for June

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## How will I get there?

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**Notes for next appointments**

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## Johnny cakes

Stewart Luland

### Ingredients

1kg self-raising flour

1 egg, beaten

1 teaspoon salt

1 tablespoon of canola oil

1 tablespoon margarine or  
olive oil spread

250ml/1 cup milk

500ml water

### Method

1. Warm milk and margarine until mixed. Add cold water.
2. Mix flour (900g) and salt in large bowl, make a hole in the centre of flour and add 1/3 of the liquid at a time, stir, till all the liquid is used.
3. Flour bench with some of remaining flour.
4. Knead dough until smooth and mould into shape.  
Try not to over knead.
5. Make dough into patties about size of hamburger pattie.
6. Heat oil.
7. Add patties and cook until golden brown on both sides.

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"Flavours of the Coast Koori Cookbook."***



# August



## August to-do list

[illegible]

AUG

## **My goals for August**

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## **How will I get there?**

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**Notes for next appointments**

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## AOD/SEWB

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MINDFULNESS  
HEALTHY  
FRIENDS  
DIET  
CONNECTION  
CLEANSING

SPIRIT  
RELAXATION  
MEDITATION  
HEALING  
FAMILY  
CULTURE  
COMMUNITY  
BALANCE

SELFHELP  
PATHWAYS  
LIFESTYLE  
HAPPY  
EXERCISE  
COUNTRY  
CLIENT  
APPOINTMENT

## Stress less this month

### Tips to stress less

1. Balance your life, do not feel guilty when you chose you.
2. Make time for a walk or jog daily.
3. Take a few deep breaths for quick relief, learn deep breathing techniques for longer lasting relaxed results.

### What helps you to stress less?

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# September



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## My goals for September

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## How will I get there?

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**Notes for next appointments**

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## **Lemon myrtle and ginger tea**

Mark Olive

### **Ingredients**

2 cups water

8 fresh/ dried lemon Myrtle leaves

5cm piece of ginger, peeled and sliced

2 teaspoons of honey

### **Method**

1. Bring water to boil, add lemon myrtle leaves, honey, ginger, and simmer for 5 minutes
2. Turn off heat, cover and allow to steep for a further 10 minutes (at least) to allow flavours to infuse. Strain and serve.
3. Note: to make summer drink allow to cool then add juice of 2 oranges, some ice, stir and serve.

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# October



## October to-do list

[illegible]

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## My goals for October

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## How will I get there?

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**Notes for next appointments**

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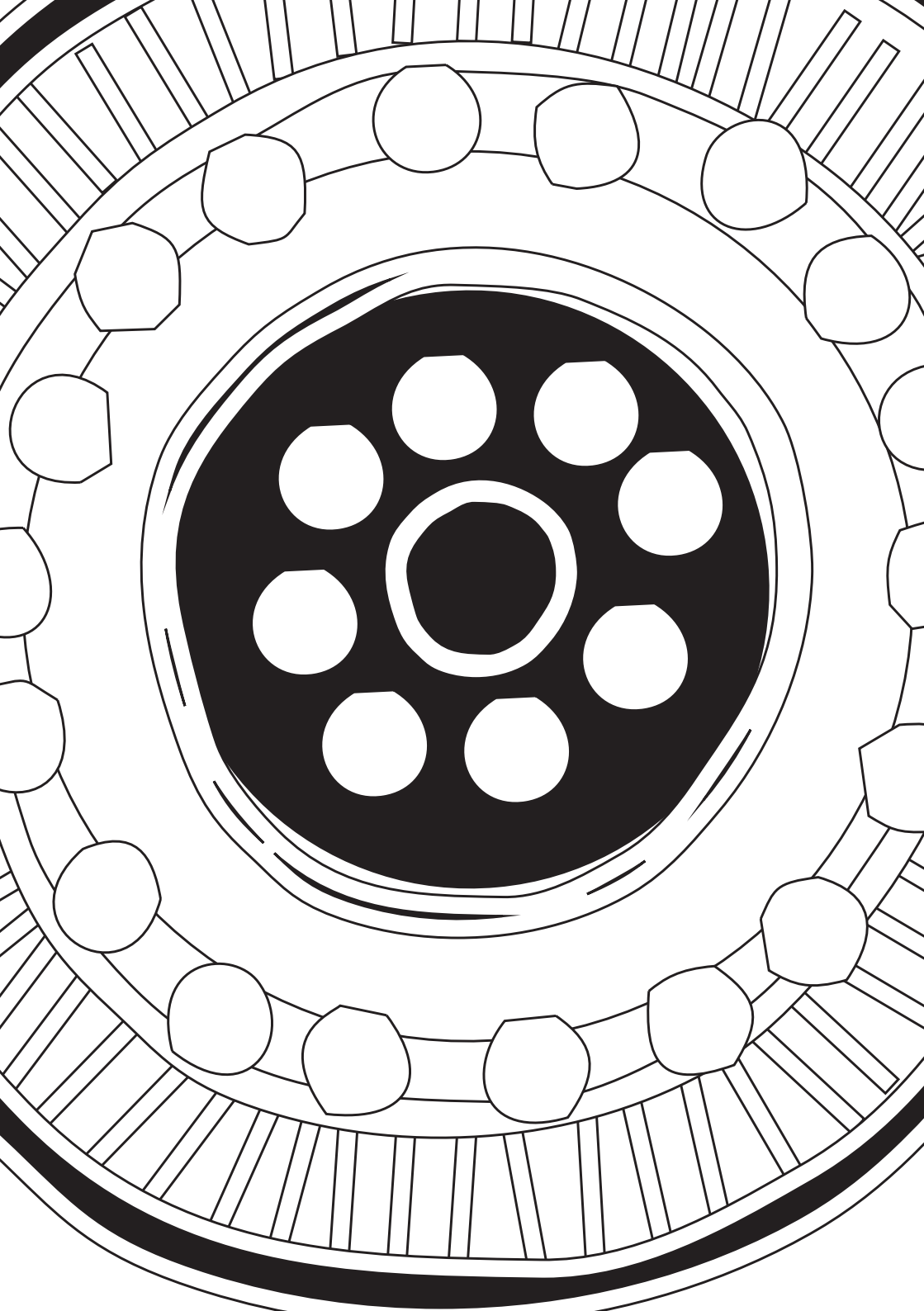
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## Baked wattleseed cheesecake

### Ingredients

1 packet plain biscuits	3 eggs separated
150g melted margarine	$\frac{3}{4}$ cup caster sugar
250g ricotta cheese	2 tablespoons of wattleseed
2 teaspoons of lemon or lime rind	1 tablespoon of icing sugar for dusting
1 tablespoon semolina	
2 tablespoons of buttermilk	

### Method

1. Pre-heat oven 180°C.
2. Crush biscuits until fine and combine with margarine.
3. Press crumb mixture into 24cm spring form tin that is lightly greased.
4. To make filling, beat the ricotta cheese, lemon rind, semolina, buttermilk, egg yolks and wattleseed with an electric mixer.
5. Beat the egg whites and fold them into the cheese mixture to combine. Pour mixture over biscuit base and bake in oven for an hour.
6. Dust with icing sugar.

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# November



## November to-do list

This image shows a blank sheet of white paper with horizontal ruling lines. On the left side, there is a decorative light blue wave-like pattern. The paper is otherwise empty of any text or markings.

## My goals for November

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## How will I get there?

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**Notes for next appointments**

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## Orange and wattleseed muffins

### Fred's bush tucker

#### Ingredients

2 cups self-raising flour	½ cup orange marmalade
1 tablespoon of caster sugar	1 egg, lightly beaten
1 tablespoon of roasted wattleseed	½ cup milk
100g low-fat margarine or olive oil spread	1 tablespoon of icing sugar, for dusting

#### Method

1. Pre-heat oven to 210°C. Prepare a 12 hole muffin tin with patty cases. Sift flour and sugar into a bowl.
2. Add roasted wattleseed and stir. Make a well in the centre of mix.
3. Combine margarine and marmalade in a small pan. Stir over a low heat until the marmalade becomes runny and the margarine has melted.
4. Add margarine mixture and combined egg and milk to the flour mixture and stir until just combined (do not overbeat) – the batter should be quite lumpy.
5. Spoon batter into lightly oiled muffin tin and cook for 10–12 minutes until golden.
6. Transfer to a wire rack to cool and dust with icing sugar before serving.

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"Flavours of the Coast Koori Cookbook."***

## Stress less this month

### Tips to stress less

1. Power Off – turn off your phone, laptop, TV and reconnect to country.
2. It is ok to sometimes say no to others and make time for yourself.
3. Learn to sit quietly and meditate for 20 minutes.

### What helps you to stress less?

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# December



## December to-do list

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## My goals for December

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## How will I get there?

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# Notes for next appointments

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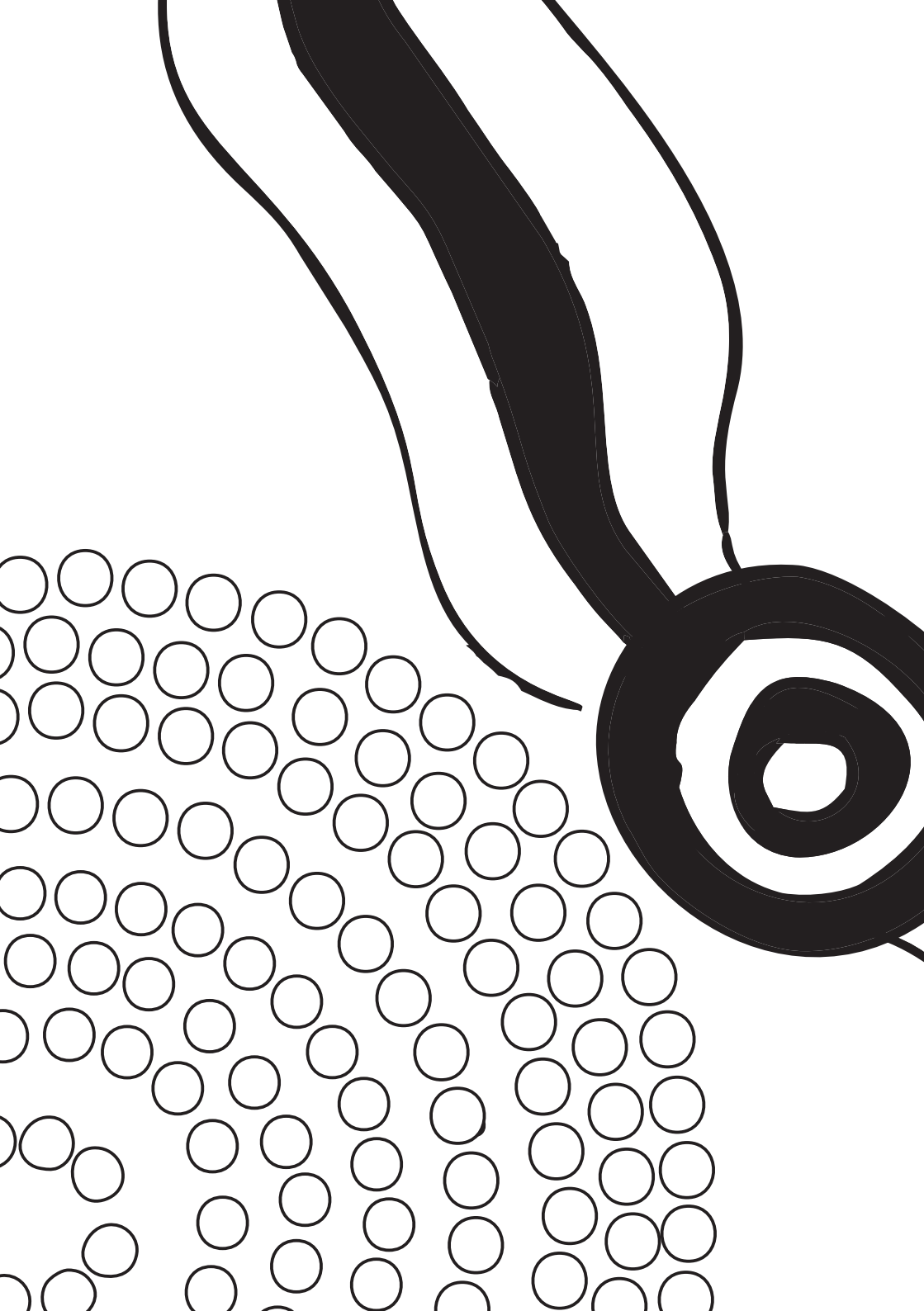
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## Helpful contacts

### Dads in Distress Helpline

A peer-support organisation offering information, resources, referrals and support to separated dads and their families.

**1300 853 437 | (02) 6652 8113**

**Mon–Sat | 9am–5pm**

Calls made after hours will be redirected to experienced volunteers where available.

[www.parentsbeyondbreakup.com/dids](http://www.parentsbeyondbreakup.com/dids)

### Domestic Violence Legal Advice Line

Free confidential legal information, advice and referrals for women in NSW with a focus on domestic and family violence and Apprehended Domestic Violence Orders.

**1800 810 784 | (02) 8745 6999**

**Mon | 1.30pm–4.30pm**

**Tues | 9.30am–12.30pm**

**Thurs | 1.30pm–4.30pm**

[www.wlsnsw.org.au/legal-services/domestic-violence-legal-service](http://www.wlsnsw.org.au/legal-services/domestic-violence-legal-service)

### Domestic Violence Line

Trained female caseworkers provide counselling, information and referrals for people who are experiencing or have experienced domestic and family violence. Staff are aware of the special needs of Aboriginal and Torres Strait Islander women and women from other cultures, as well as those living in rural and remote areas.

**1800 656 463**

[www.facs.nsw.gov.au/domestic-violence/helpline](http://www.facs.nsw.gov.au/domestic-violence/helpline)

## Indigenous Women's Legal Contact Line

Free confidential legal information, advice and referrals for Aboriginal and Torres Strait Islander women in NSW with a focus on domestic violence, sexual assault, parenting issues, family law, discrimination and victim's support.

**1800 639 784 | (02) 8745 6977**

**Monday, Tuesday and Thursday | 10am–12.30pm**

[www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program](http://www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program)

## Opioid Treatment Line (OTL)

Provides opiate pharmacotherapy information (including methadone and buprenorphine), referrals and advice.

**1800 642 428**

**Monday–Friday | 9.30am–5pm**

[www.svhs.org.au/our-services/list-of-services/alcohol-drug-service/the-opioid-treatment-line](http://www.svhs.org.au/our-services/list-of-services/alcohol-drug-service/the-opioid-treatment-line)

## Parent Line

Trained, professional counsellors with experience in helping families offer advice and information for parents and carers. Support is available for issues such as behavioural and emotional problems, discipline, adolescent issues, family relationships, sole parent issues, school problems, child-care, and juvenile justice.

**1300 130 052**

**Monday–Friday | 9am–9pm**

**Saturday–Sunday | 4pm–9pm**

[www.parentline.org.au](http://www.parentline.org.au)



Aboriginal  
Health & Medical  
Research Council  
of NSW