

Making change? No worries!

Simple steps to making changes for wellbeing



Yarning about mental health

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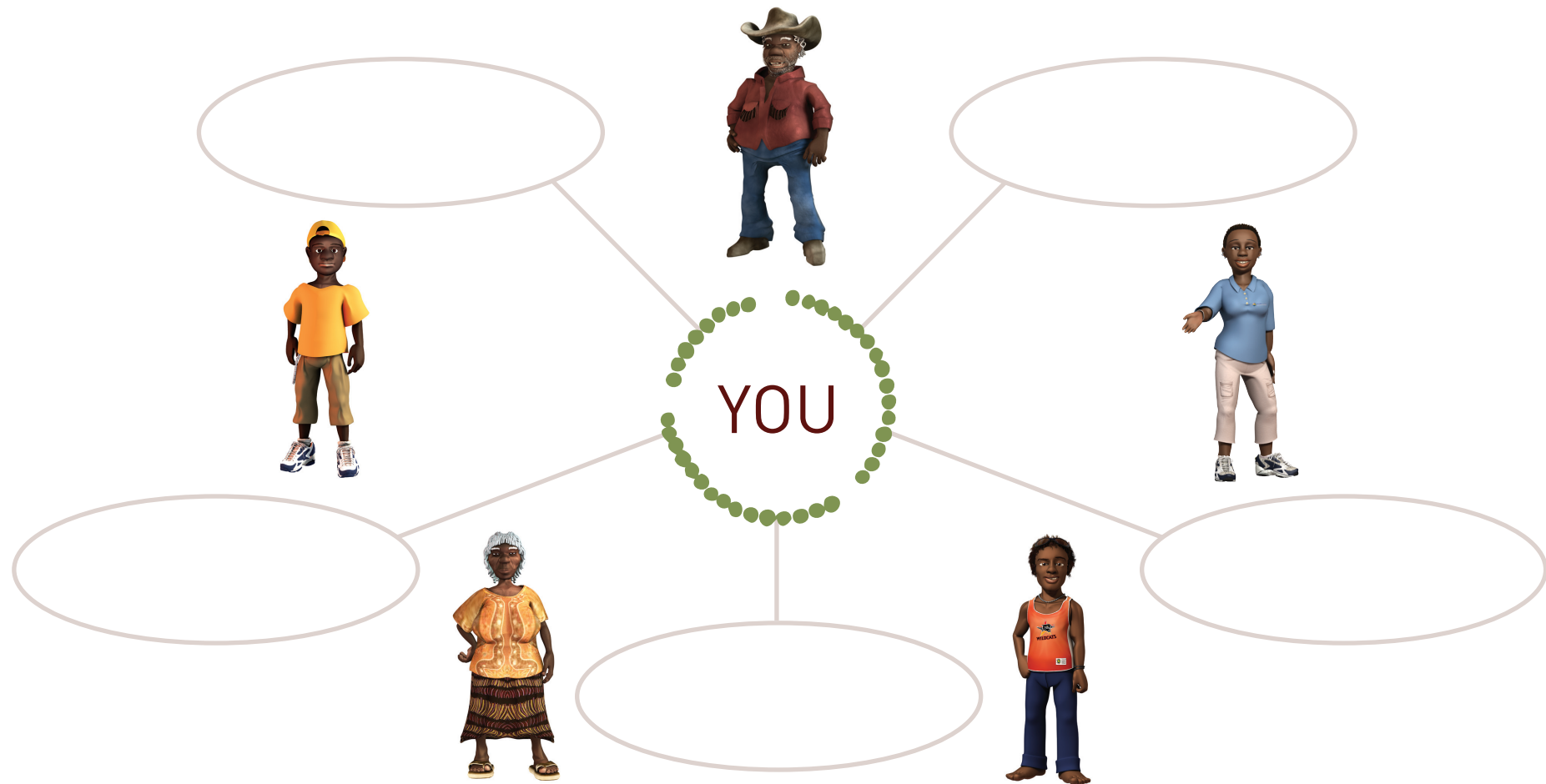
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4-STEP STAY STRONG TALKING TREATMENT

What you do

-  **STEP 1** **Talk about** family who keep your client strong.
-  **STEP 2** **Chat about** things that keep your client strong.
-  **STEP 3** **Discuss** what problems take your client's strength away.
-  **STEP 4** **Consider** goals for change and steps to the goals.

STEP 1 *Family and friends*

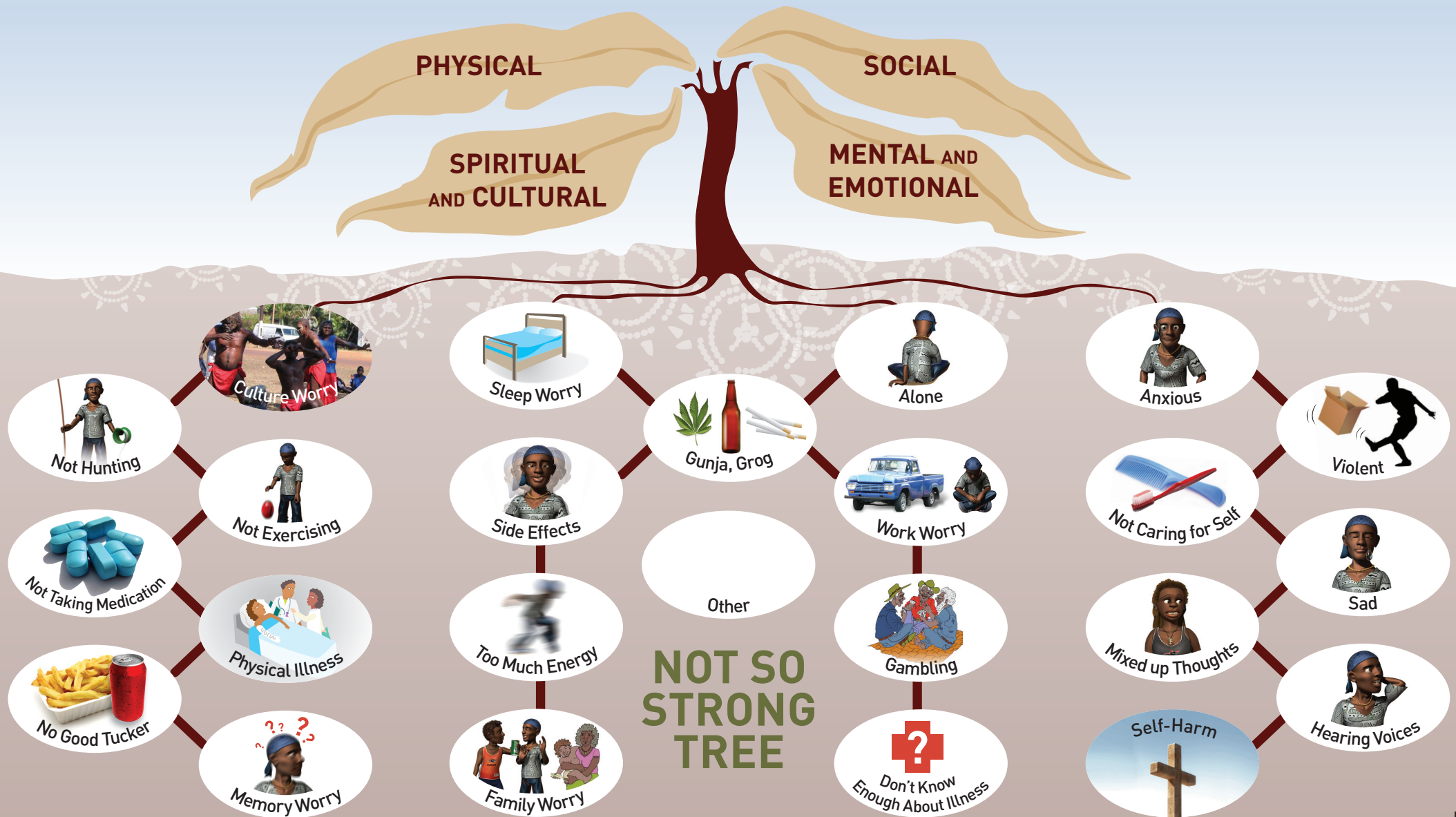


I trust _____ and _____ to give advice about my treatment.

STEP 2 What keeps us strong?



STEP 3 Worries which can take away our strength



STEP 4 Goals

Making goals and steps for change is like playing football.
To kick one goal takes a lot of small steps on the way. To win a season final takes even more. Just one step can make a difference.

a) Goals I have for changing worries

Goal One:

Step 1

Step 2

Step 3

Goal Two:

Step 1

Step 2

(b) Other things to do that help (e.g. see GP)

1.

2.

3.

Good things about these goals for change are:

My early warning signs are:

STEP 4 *Goals and steps*

- **Talk with** your client about *making change* — read the following pages for ideas about making changes.
- **Discuss** *how* he or she might go about it, *when* it might happen, *who* might help, *what* needs to be done, and how to *make sure* it will happen.
- **Discuss** what the *very first thing* might be that your client needs to do. Review your client's change plan regularly – you are their *change coach*.

Good luck!

Tips to making change

Remember:

- Change is a choice for you and family.
- Small steps can lead to big changes.
- Everyone is ready in their own time.
- There are lots of different ways to change.



No stress worries

Get support from others

- Family, Elders and friendly other people can help.
Everyone needs a buddy.

Be realistic

- Don't expect too much of yourself or of others.
Nobody's perfect.



No stress worries

Let go a bit

- Relax – no one can control everything or everyone.

Be flexible

- Give in sometimes.

Fix what you *can* fix

- Do what is most important for *you* first — and remember some things can wait.



No stress worries

Exercise

- It helps with stress and is good for you.

Cut down on caffeine

- Drink less coffee, black and green tea, cola drinks and chocolate which have caffeine in them.

Caffeine can make you feel more nervous and worried.



No stress worries

Word repetition

- Choose a word to repeat to help you to relax.
- Try to breathe deeply and slowly and think positive thoughts at the same time.



No stress worries

Progressive muscle relaxation

- Tighten a group of muscles, such as in a leg or an arm, and then relax them.
- Think of letting the tightness go in each muscle.
- Then move on to the next muscle group.



No stress worries



Guided imagery

- Picture yourself in a pleasant and peaceful setting.
- Experience the setting with all of your senses, as if you were actually there.
- Notice your body and your brain relax.

No flashback worries

- 'Flashbacks' are when you see and hear a past painful event over and over again. They are caused by triggers.
- Knowing the triggers, and avoiding them, can help keep your flashbacks away.
- Keeping a flashback diary can help.
- When you have a flashback, hold on to something around you. Maybe furniture. Take a deep breath, exhale slowly.



No flashback worries

- **Look** around you at the colours and shapes.
- **Listen** to the sounds around you: birds, people, cars.
- **Feel** the ground beneath your feet.
- **Keep** paying attention to:
 - 5 things you hear
 - 5 things you see
 - 5 things you feel.



When someone passes away

You might FEEL:

- Numb
- In shock
- Intense hurt
- Extreme sadness
- Angry
- Longing for country or home
- All alone

This is normal and OK



When someone passes away

You might THINK ABOUT:

- What you did or didn't do.
- What you should or shouldn't have done.

This is normal and OK



When someone passes away

You might SEE or HEAR:

- That person's spirit visiting to let you know they are OK or to watch over you.

This is normal and OK



When someone passes away

You might WANT to:

- Go back home straight away.
- Pay respects to family in words or in writing.
- Have sorry time.
- Say your goodbyes your way.

Your way is OK



No 'Hearing Voices'

- Hearing voices can be difficult to cope with because they are out of your control.
- Write down everything they say or start repeating them – that puts you in control.



No 'Hearing Voices'

- Ignore them – don't pay any attention.
- Voices can be worse if you are near machines like a fan or a motor – so keep away from them.
- Try listening to radio or music instead – use headphones or earphones if you can.



No blame

- Think to the future not to the past.
- Blaming hurts.
- Tell yourself you did your best.
- Tell yourself they did their best.
- Sometimes even when we do the best we can – things don't work out.



No violence

- Walk away — don't keep arguing.
- Think about it — 'why are they upset?'
- Go and cool down.
- Talk to family who help you cool down.
- Never argue with something in your hands.



No family humbug

- Say you'll always be family.
- Say you'll always care.
- Only lend once a month – say no in between.
- No lends if you're still owed.
- Give food – don't give money.



No smoking

- In two days, the nicotine is out of your system.
- In around three months, your lungs get clean.
- In 10 years, your risk of lung cancer is less than half and keeps getting less.
- In a year, your risk of dying from heart disease is half.



No smoking

- Even the worst cravings only last a few minutes.
- Remember the 4Ds, they may help:
 - Delay
 - Deep breath
 - Drink water
 - Do something else.



No smoking

- Don't smoke inside houses or cars.
- Don't smoke around children.
- Smoke less.
- Smoke later in the day.
- Don't smoke during pregnancy and breastfeeding.



No smoking

- Stay away from reminders – put ashtrays away and keep away from friends who smoke for a while.
- Stay away from places that remind you of smoking for a while.

Be prepared for celebrations and stressful times.

Quitline 131 848 – smokers phone advice



No grog worries

- Make a decision to drink less.
- **Have clear reasons for drinking less.**
- Tell someone who cares – your buddy.
- Drink water first so you aren't thirsty.
- Plan your limit – decide how much you want to drink before you start.



No grog worries

- Don't let people top up your drink – finish each one first.
- Drink slowly – sips only.
- Avoid salty foods – they make you thirstier.
- Stay busy – if you're bored you'll drink more, so don't just sit there and drink.
- Drink low alcohol drinks whenever you can and **say no** if you've had enough.



No gunja

- Make a decision to smoke less or stop.
- Think about all the reasons that it would be good to smoke less or to stop altogether.
- Tell someone who cares and he or she can help – and can be your buddy.
- Say no to friends who offer marijuana — and be strong.



No gunja

- Do something else instead – fishing or sport or anything that you enjoy.
- Avoid triggers – put all the gear and reminders away out of sight.
- Avoid friends who smoke for a while.
- Avoid places that remind you of smoking for a while.
- Be prepared for celebrations.
- Be prepared for stressful times.
- Try to put off the time you start each day.



No drugs or gambling worries

- Make your mind up to stop.
- Tell a friend – find a ‘change coach’.
- Delay the time you start.
- Know your warning signs.
- Avoid reminders and triggers.
- Do something else.
- Make new friends and do new things.



No weight worries

- Eat fruit and vegetables every day.
- Drink water instead of soft drink.
- Put less sugar in tea.
- Eat porridge, cereal, baked beans, bread and rice.
- Don't buy fatty meat.
- Eat less salt.



No weight worries

- A new diet will protect against diabetes and heart disease. It will help you live longer, it will improve your health and reduce your abdominal fat, and it will reduce the risk of some cancers.
- Make a plan for your exercise and diet change and decide how you will keep to it.
- If you *decide* to change — you can do it.



No getting sick again

- Anyone who has an illness is going to need to take some sort of treatment — but it's easy to forget or to try not to think about it.
- The best way to stay well is to keep watch and catch early – and to take advice about treatment from someone you trust.



No getting sick again

- Arrange reminders – put medication or appointment cards where you can see them.
- Let family or the clinic help to remind you.
- Take your medication the same time each day — or use a sticker to remind you and put it somewhere where you will see it at that time of the day.



No getting sick again

- Dosettes or Webster Packs can help remember.
- Depot injections help some people.
- Different medications might help — talk to your health worker about which is best for you.
- Family, Elders, health workers and traditional healers can help.



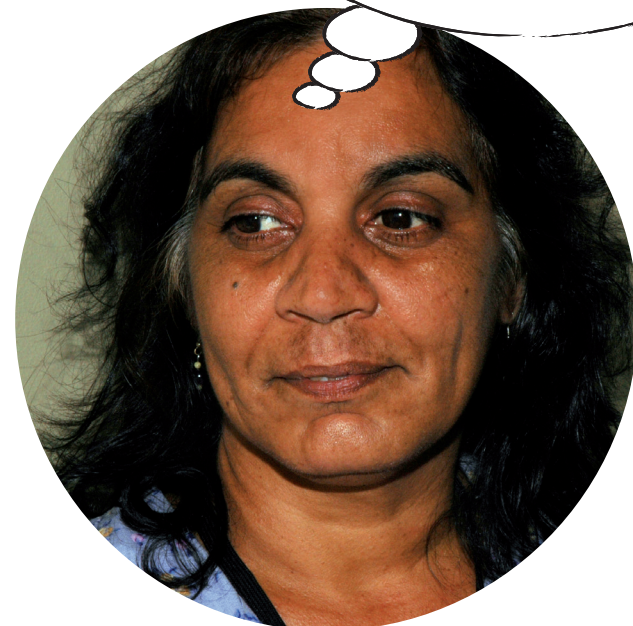
No getting sick again

What you *think* affects what you *feel* and *do*.

Think positive



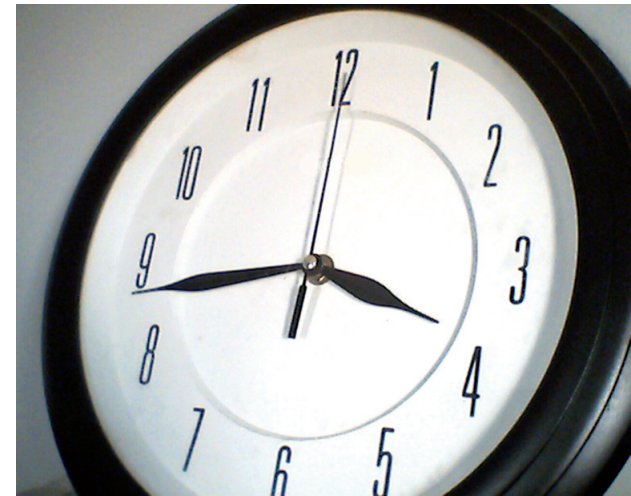
I'm hopeless,
I'm no good.



It's not that bad,
everyone makes
mistakes.

No sleep worries

- Don't ignore tiredness.
- Go to bed when your body tells you it is ready.
- Get up at the same time every day.
- Soon this set routine will set your body clock and you'll find yourself getting sleepy at the same time every night.



No sleep worries

- You need a mattress that is not too hard or too soft.
- Make sure the room is the right temperature if you can.
- Make sure the room is dark enough.
- If you can't control noise — try a pair of ear plugs or move somewhere else that is more quiet.



No sleep worries

- Some people try medications or social drugs — but they don't help good sleep.
- Sleeping pills cause daytime sleepiness.
- Once you have started to use sleeping pills it becomes much harder to sleep without them.



No sleep worries

- Smokers think that cigarettes help them relax — but really they wake you up.
- The side effects — increased heart rate and increased blood pressure — are likely to keep you awake for longer.



No sleep worries

- Alcohol is a depressant drug, which means it slows the workings of the nervous system in the brain.
- Drinking before bed may help you doze off — but alcohol disturbs sleep patterns and you won't feel good in the morning.



No sleep worries

- Don't take afternoon naps.
- Stay up until you begin to feel sleepy.
- Avoid caffeine (coffee) close to bedtime — instead have a warm milky drink. Milk has an amino acid (body chemical) in it which helps you sleep.



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