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Ways to Wellbeing for Townsville CALD communities

This resource has been developed in a collaborative process with members of the Townsville CALD communities. Thank you to everyone involved.



1. Appreciating your new environment

Feeling at home in a new environment impacts wellbeing.

- advocate for age and culturally appropriate English and other workplace training opportunities.
- share stories to enhance cultural acceptance.
- seek opportunities to achieve employment.



2. Enhancing connectedness

Human beings need to belong, and we benefit from a sense of connectedness with those around us. Understanding what motivates our behaviour builds satisfying relationships.

- get out to build networks and meet new people.
- come together to share stories with broader community.
- study new things to achieve knowledge and acceptance.



3. Building capability for independence

Building capability is important to maintain independence and a sense of freedom.

- think positively about having the capacity to be self-sufficient.
- help and learn from each other in a culture of give and take.
- look for joy and happiness as a way to independence and inclusion.



4. Continuing to live your best life

Focusing on wellbeing and joy is not a set and forget approach. It is a journey assessing what is working and acting on what is not working.

- be brave and have a go – don't lose your passion.
- be grateful, recognise your skills and abilities.
- encourage proactive conversations.



5. Encouraging brain health

Good brain health is about realising your abilities and optimising your cognitive, emotional, psychological, and behavioural functioning to cope with life situations.

- connect to the earth walking with bare feet on the land.
- collect flowers and feel the fresh air.
- eat a healthy diet, exercise regularly and get enough sleep.



6. Celebrating achievement

Celebrating achievement is about self-acknowledgement, coming together to celebrate your achievements and those of others.

- take time to see how far you have come on your journey.
- find something to be grateful for every day.
- celebrate personal and community successes.



7. Supporting someone in distress

A conversation can make a difference in helping someone feel less alone and more supported when they are in distress.

- listen attentively without judgement.
- journal in your native language to help with self-healing.
- allow for silence and be aware of cultural boundaries.