

## Additional resources for Aboriginal and/or Torres Strait Islander workers

Just like any other AOD worker, Aboriginal and Torres Strait Islander workers need to take care of their social and emotional wellbeing. There are additional risk factors related to exposure to grief and trauma, heavy work demands, difficulties with defining roles and boundaries, role stigmatisation, lack of support and lack of job security associated with project/short-term funding.

Here are some additional tips for Aboriginal and Torres Strait Islander workers:

- Advocating for culturally appropriate and culturally-safe services
- Connect with Country (plan and book to look forward to, and/or have a photo of Country at your desk)
- Celebrate culture
- Connect with environment (have your lunch outside, feet on the ground or water, eat good tucker, art and craft, dance, music)
- Look after your health (including regular health checks, quit smoking, focusing on sleep)
- Stay balanced (have realistic expectations of your role, work/life balance, celebrate successes, practice positive self-talk)
- Have close bonds (talk to loved ones and Elders)
- Have fun and laugh regularly
- Engage in cultural supervision and mentoring
- Seek further support

### Use the following links to find out more.



**AOD Knowledge Centre - Workforce Development** - This Edith Cowan University website contains information to support Australian First Nations AOD workers to build their wellbeing.  
<https://aodknowledgecentre.ecu.edu.au/key-resources/workforce-development/>



**Social and Emotional Wellbeing** - These pages contain a detailed description of important aspects of social and emotional wellbeing.  
<https://healthinonet.ecu.edu.au/learn/health-topics/social-and-emotional-wellbeing/>



**Menzies Stay Strong Plan** - Use this wellbeing plan to help you stay well.  
[https://www.menzies.edu.au/page/Resources/Stay\\_Strong\\_Plan\\_four\\_page/](https://www.menzies.edu.au/page/Resources/Stay_Strong_Plan_four_page/)



**NSW AHMRC Self care toolkit** - A healthy happy mob, means a well done job.  
<https://www.ahmrc.org.au/resource/selfcare-toolkit/>



**Mindspot: Indigenous wellbeing course** - Learn to manage mild, moderate and severe symptoms of depression and anxiety.  
<https://www.mindspot.org.au/courses/indigenous-wellbeing>



**NCETA indigenous AOD worker publications** - This link contains various resources for Aboriginal and Torres Strait workers as well as summaries of the research.  
<https://nceta.flinders.edu.au/resources/feeling-deadly-working-deadly-indigenous-worker-wellbeing>

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