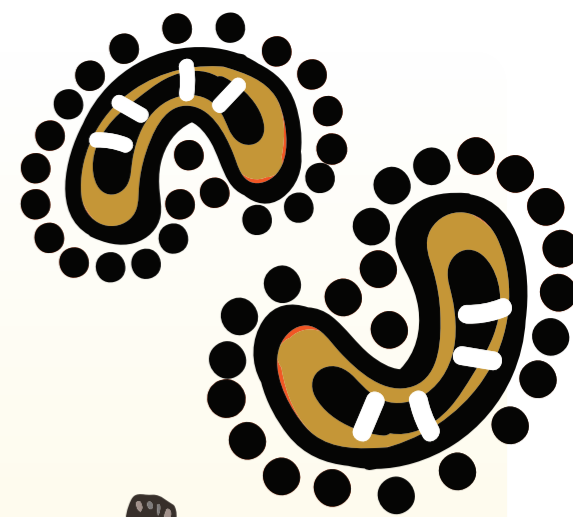


# 10 TIPS FOR COPING WITH FINANCIAL STRESS OUR WAY.



## Manage your feelings:



### ACCEPT YOUR JOB OR FINANCIAL SITUATION

Accepting your current situation gives you a starting point "Where do I get to from here?"



### DON'T BLAME YOURSELF

Many people are in the same situation. Treat yourself with kindness, and don't take it personally.



### TALK IT OUT

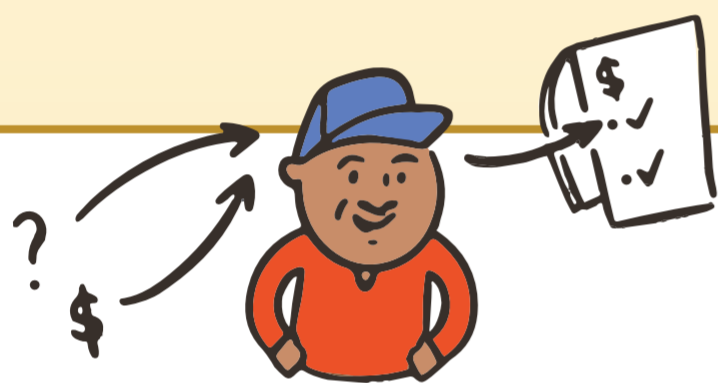
Talk about your feelings with your family and friends, to get them off your chest.



### CHILL OUT

Sometimes it's hard to switch off and relax when you feel really stressed. Find ways to deal with stress that make you feel good.

If you get really down or feel upset, contact one of the free services at the end of this page. Take practical steps to stop money stress from getting out of hand.



### START BUDGETING

Add up your rent, food, phone and other costs to make sure your income covers them all.



### MAKE SURE YOU'RE GETTING ALL YOUR \$ ENTITLEMENTS

Visit [moneysmart.gov.au](http://moneysmart.gov.au) and find the financial assistance webpage to find out more.



### TALK TO SOMEONE

If you need help with money worries, call the free National Debt Helpline on **1800 007 007**

## Plan to make the most of your time:

### TAKE CONTROL OF YOUR JOB SEARCH

If you're looking for work, develop routines such as checking job ads daily. Find out how to strengthen your CV and research any online training opportunities.



### BE CREATIVE OR LEARN SOMETHING NEW

Get into playing music, singing, storytelling, dancing and creativity to reduce stress and keep your spirit strong.



### TAKE TIME TO HELP OTHERS

Helping others will keep you busy, make you feel good and help with stress. At this time, our elders in particular might need help.

## IF YOU NEED TO TALK TO SOMEONE

<b>NACCHO</b> Online list of Indigenous health services and contact details <a href="#">Google 'NACCHO'</a>	<b>YARNING SAFENSTRONG</b> 24/7 free and confidential Victorian Aboriginal-operated counselling support 1800 959 563	<b>BEYOND BLUE</b> Free confidential chat with a mental health professional 1300 224 636	<b>LIFELINE</b> Free, confidential 24-hour crisis support telephone service 13 11 14	<b>KIDS HELPLINE</b> Free, confidential support line for young people aged 5 to 25 1800 55 1800	<b>E-HEADSPACE</b> Free, confidential online support for young people <a href="#">Google 'e-headspace'</a>	<b>1800 RESPECT</b> Free, confidential 24/7 support for assault family violence and abuse 1800 737 732
---	--	--	--	---	--	--

If you need to talk to someone call 13YARN

[gayaadhuwi.org.au](http://gayaadhuwi.org.au)



Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention