Getting better and healing

Our social, emotional, spiritual and cultural wellness is sometimes described as social and emotional wellbeing.

Social and emotional wellbeing is a way of describing the importance of connection to land, the natural world, culture, family, community and spirituality to our wellness. It also recognises the impact of past events and trauma. Social and emotional wellbeing is a very similar term to mental health, which describes how a person thinks and feels, and how they take part in life.

Your social and emotional healing and recovery is important. Usually people need to take a holistic approach to their health and think about how to help their mind, body and spirit heal. Some of the things we've learnt are important include:

Strengths and self-determination

It's important that your recovery and healing is determined by you. You are the expert in your own healing needs and preferences. Think about your talents, abilities, skills interests, creativity and strengths and build them into your recovery and healing. If you find this hard, talk to someone you trust.

Connecting with family and community

Good family and community relationships bind us and give hope and affection as well as responsibility. Sharing and supporting is important and can help with social and emotional wellbeing. Healing from violence or other problems in families requires support.

Healthy body

Harmful use of alcohol and other drugs does not help social and emotional wellbeing. Having a healthy body, where you eat a well-balanced healthy diet with fresh food and do some exercise is important. Stopping alcohol and other drugs including tobacco will help you feel better in body and mind. Being healthy will help you to be there for your family, too.

Health care and support

Your healthcare team can help. It's important to have a GP who can help with your physical health, and a healthcare worker you can talk to, who you trust. Most people find medication helps. This is something to talk to your healthcare team about.

NGURANG DALI MANA BURUDI

A PLACE TO GET BETTER