



Wellbeing

...balance in all aspects in life!



Self-Care

Taking care of yourself is the most important part of managing your mental health & wellbeing



Look after your stress



Learn how to manage your stress



Be AWARE of your thinking habits



Goal setting



Connect & maintain relationships



Relax!



Make time for daily activities



Spiritual & Cultural practice



Take 'time-out' for yourself



Self reflection



Ask for support

Social and Emotional Well-being

Tips and Tools for Aboriginal Business Women



Being an Aboriginal woman in business can be a difficult but highly rewarding gig. There are many challenges and pitfalls that need to be considered, reviewed and managed. One of the biggest challenges along this journey is to maintain well-balanced social and emotional wellbeing. It can be rewarding when your business is recognised and sought after as a preferred provider. However, it can also be extremely challenging when confronted with racial and gender bias, and the preconceived notion that Aboriginal women lack business acumen because of their culture and gender.

Aboriginal women held a key role in the survival of Australia's population prior to colonisation. They were the educators, they carried life and ensured the next generations, women's business was an important factor in keeping law and culture strong (Jacobs, 1989).



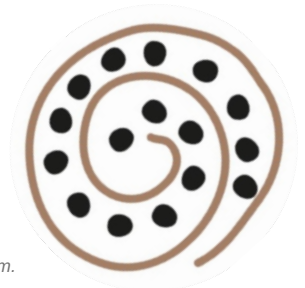
Post colonisation saw Aboriginal women marginalised, disrupted and disempowered.

Today, the winds of change are blowing positively and produce a healthy economy, with an increase in Aboriginal women in business.

Aboriginal Female Entrepreneurs



Aboriginal female entrepreneurs walk in three worlds, their Aboriginal world, the Western dominant society and the world of business. Aboriginal people have been walking in the Western world for over 200 years and have encountered cultural differences which have dominated and caused distress and dysfunction. The main causes being about self and ownership as opposed to community and custodianship. In business this is more pronounced as it is founded on Western beliefs and ideology. In business, value is placed on self, economics and personal financial gain which contravenes Aboriginal peoples' cultural foundations and belief systems.



Aboriginal Female Entrepreneurs



The strong foundations inherent in Aboriginal people that provides us a strong platform in business is our inherent intergenerational survival, strength of race and culture, resilience, flexibility and leadership.

Working in this third world space will require a different set of skills and navigating these pathways requires a strength-based focus which acknowledges culture and identity, setting goals, assessing your personal strengths and buying in additional skillsets, flexibility, making meaningful choices building in positiveness and mindfulness to ensure healthy social and emotional wellbeing.

To maintain strength in the three worlds these women choose to walk, they will need to take the positive learning's, the things that matter and add them to their toolkit. This will give them a balanced approach to the interactions and the work they do, capitalise on cultural strengths, hunger for change, and their business acumen.

Social & Emotional Wellbeing?

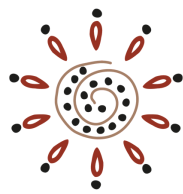


You may ask “What is social and emotional wellbeing”? This framework is designed by Aboriginal people for Aboriginal people and provides a dedicated focus on Aboriginal and Torres Strait Islander social and emotional wellbeing and mental health. It recognises the many elements of our culture that provides us with balance and connects us to our central place. As Aboriginal people this concept of wellbeing incorporates connection to spirit, spirituality and ancestors; connection to body; mind and emotions; family and kinship; community; culture and Country (Gee, 2013).

Well balanced social and emotional wellbeing is interwoven in our identity, traditions, and our spiritual connection to Country, Land, Water and the Universe, in other words our Dreaming. When Aboriginal women take the time to connect spiritually and physically to their Dreaming they can pause, take the time to breathe, meditate and take in strength from over 60,000 years of survival, and recognition as the oldest living culture in the world ... it's in our DNA.

Cultural Connectedness is essential for good mental health, and can be proven to be more important than other social determinants of health. Find your inner Warrior. Name those who are a part of her. She is your Spiritual Guide. Nurture her. Talk to her. Call on her when you are feeling tired or weak. Be Fearless! Be the Warrior!

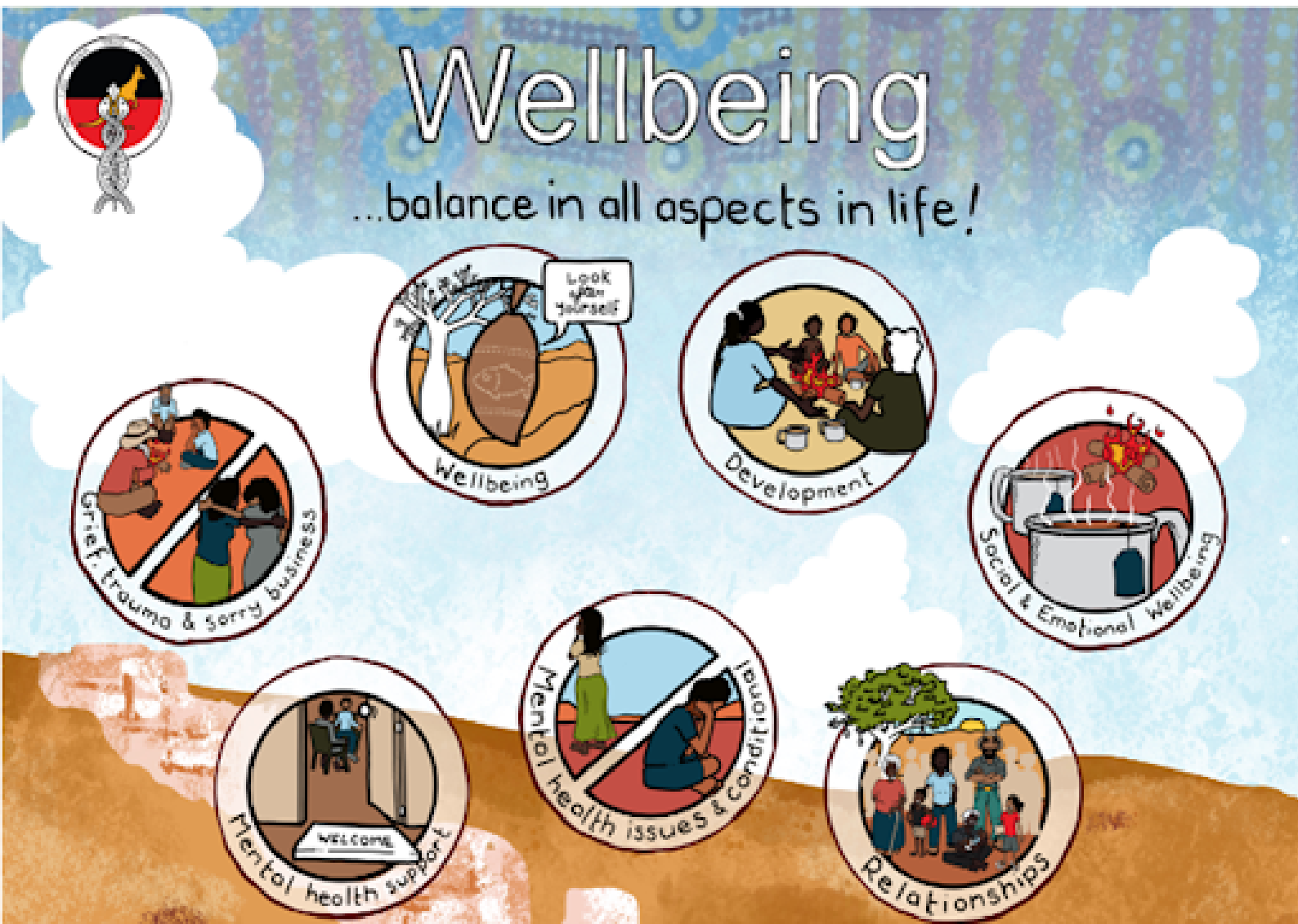




Maganda Makers

Empowering Kimberley Indigenous Women
to build wealth through Business

Wellbeing...



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Social & Emotional Wellbeing and Self-care tips



Being an entrepreneur is tough, and loneliness in business can be a secret struggle (Gratte, 2019). The entrepreneur's journey can lead to mental health stressors which for Aboriginal women impact in unique ways. Therefore, for women who take on this journey and the associated pressures, they will need a well-equipped toolkit.

There are some tools and tips that can be useful to Aboriginal women to support them in business. Walking in three worlds can be highly stressful and requires careful navigation. Sisters in business and Yarning Circles are a must have. Yarning circles offer a respectful, confidential and supportive cultural tool to bounce ideas around with your peers, cultural advisors, business advisors and community. It can help Aboriginal women gain perspective and strength from others who form the Yarning Circle.



Social & Emotional Wellbeing and Self-care tips



Identify and focus on personal values and strengths. Using strengths-based approach which include Culture & Identity, goal setting, assessing your strengths, utilizing resources from your social and professional networks, flexibility and using different methods for different situations. Build on relationships that are hope-inducing and make meaningful choices.



Take the time...



Take the time to identify any stressors, unpack the cause of your stress, as this will help you to explore it, expose it and deal with it in and out of your Yarning Circles. Cultural practices such as smoking ceremonies to cleanse the mind and body and give us safe passage on our journey; bush foods and medicines to restore our bodies balance; and cultural healers to heal our minds and bodies.

Additionally, develop positive coping mechanisms such as your sisterhood and strength networks. Build into your week a healthy balanced lifestyle which includes eating a balanced diet, getting at least eight hours sleep, reducing caffeine and alcohol intake and doing regular physical exercise and relaxation such as meditation and yoga.



Cultural practices
Coping mechanisms
Strength Networks
Balanced lifestyle



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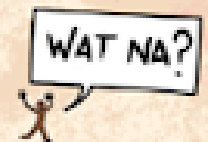
Spiritual & Cultural practice



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Contact Yura Yungi : sewbmanager@yums.org.au

Remember!

It is important to maintain well-balanced mental and physical wellbeing. Embed time for yourself in your daily activities to focus on your physical and mental health and wellbeing. Be strong in the knowledge that behind every successful woman is often a sisterhood of other successful women who have her back.

Maureen O'Meara
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SEWB Manager, Yura Yungi Aboriginal Medical Service

