



**NURTURING COUNTRY TO
PREPARE FOR HEALING**

'Healing Ourselves, Healing our Country'
Artist: Danielle Gorogo, Islands of Breima



ACKNOWLEDGEMENT OF COUNTRY



THE
SEEDLING
GROUP



INTRODUCTIONS

TOPIC FOR TODAY



Healing



Self-care



Collective
Resilience



Why we sleep



A happy gut



RETURNING TO WELLNESS



- Lower exposure
- Trauma training/psychoeducation
- Telehealth support
- Increased staff time
- Increased leave time
- Mental health care
- Supervision
- Cultural activities and engagement

POLICY & PROCEDURAL CHANGES FOR ADDRESSING STS

STORIES OF RESILIENCE





IN THE STORY OF WHOLENESS

SELF-CARE

Self-care is an ethical imperative ...
especially for those working with complex
trauma (Pearlman & Caringi, 2009:216;
original emphasis)

Your own awareness, conduct and self
care

has major implications for your
interactions

with clients
(Bloom, 2006:2)



COLLECTIVE RESILIENCE



THE IMPORTANCE OF SLEEP



- "Why we sleep" by Matthew Walker

YOUR GUT AND HAPPINESS

“Gut” by Giulia Enders



Raisingchildren.net.au

TO WATCH:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=5GDFMBAH3WW](https://www.youtube.com/watch?v=5GDFMBAH3WW)

TO READ:

TO USE:

