



ကျဲ ၅ ဘိဆူတၢ်အိၣ်မုၢ်အိၣ်ဟံ

**It's important to look after your body
and mind**

မ့ၢ်ဝဲတၢ်အရူၤဒိၣ်မးလၢနကကွၢ်ထွဲလီၤနမိၢ်ပှ်
ဒီးနသးအတၢ်ဆိကမိၣ်

How can we use the 5 ways to wellbeing
ပသုကျဲ ၅ ဘိဆူတၢ်အိၣ်မုၢ်အိၣ်ဟံသ့ဒ်လဲၣ်





CONNECTION IS IMPORTANT

တၢ်မၤဘၣ်ထွဲလိာ်သးန့ၣ်မ့ၢ်တၢ်အရူဒိၣ်ဝဲ

What are the benefits of staying connected with others?

တၢ်မၤဘၣ်ထွဲလိာ်သးဒီးပုၤဂၤအတၢ်ကဲဘျုးသ့ၣ်တဖၣ်မ့ၢ်မနုၤလဲၣ်

It helps us to....
တၢ်အံၤမၤစၢပုၤလၢ....

- Increase our feelings of happiness, security, belonging and self-worth.
 - ကမၤအါထီၣ်ပတၢ်တူၢ်ဘၣ်လၢအမ့ၢ်တၢ်သ့ၣ်ဗုသးဗု, သးလၢအဂၢၢ်အကျၢ,တၢ်ဘၣ်ထွဲဒီးနီၣ်ကစၢ်အလုၢ်အပွၤ.
- Improve our own psychological wellbeing.
 - ကမၤဂ့ၤထီၣ်ပသးဂ့ၢ်ဝီအတၢ်အိၣ်မ့ၢ်အိၣ်ဟ့ၢ်
- Creating bonds with family and friends allows us to feel secure.
 - နုးအိၣ်ထီၣ်တၢ်ဘၣ်ထွဲလိာ်သးဒီးဟံၣ်ဖိယီဖိဒီးတံၤသကိးသ့တဖၣ်လၢကဟ့ၣ်ပုၤသးလၢအဂၢၢ်အကျၢ



Ways to stay connected with people around us

ကျဲလၢပကအိၣ်ဒီးတၢ်ဘၣ်ထွဲလိာ်သးဒီးပှၤလၢပခိၣ် ဃၤတဖၣ်



Spending time with family

ဟံးန့ၢ်တၢ်ဆၢကတီၢ်ဒီးဟံၣ်ဖိဃီဖိ

Fun day out with friends
ဟးသ့ၣ်ဖျံးသးညီဒီးသမူသကိး



Video calling your loved ones

ဝဲသကိးဒီးပှၤလၢန
အဲၣ်တဖၣ်လၢဘၢ်ဒီး
အိၣ်အပူၤ



Join Community activities

ဒုးဘၣ်ထွဲလိာ်သးဒီးပှၤ
တဝါတၢ်ဟူးတၢ်ဂဲၤကရၢၢ်



Picnic with friends or family

လဲၤဟးအိၣ်ဝံၣ်
(ဖံးကနံး)ဃုာ်ဒီးတံၤ
သကိးဒီးဟံၣ်ဖိဃီဖိ





BE PHYSICALLY ACTIVE

အိပ်ဒီးနိုဒ်ခိတ်ဟူးတံဂဲ

Staying physically active have a positive impact on your mental health

အိပ်ဒီးနိုဒ်ခိတ်ဟူးတံဂဲနဲ့မစားသားတံဆိကမိပ်
အတံအိပ်ဆူအိပ်ချ လာအဂူ

It helps us to....
တံအံမစားပွလံ...



- Have a positive impact on your mood
 - ကအိပ်ဒီးပတ်ပတ်သုတ်ပတ်သးလာအဂူ
- Reduce stress levels
 - ကမစာ်လီတံဆိပ်သနံးအပတီတဖပ်
- Strengthens our bodies and helps to increase our blood flow
 - ကမဆူထီပ်ပမိပ်ပွအဂံအဘါဒီးမအါထီပ်ပသွံအတံလဲအရံးတဖပ်
- Improve sleep
 - ကမဂူထီပ်ပတ်မံတံဂဲတဖပ်
- Add a few years to your lifespan
 - ဒုးအါထီပ်ပတ်အိပ်မူအိပ်ဂဲအနံ

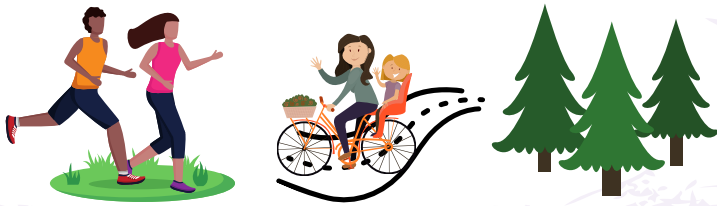


Ways to be active

ကျဲလၢပကအိၣ်ဒီးနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤ



Run , walk or ride a bike
လှၢ်,ဟး မ့တမ့ၢ် ဒီးလ့ၣ်ယီၤ



Outdoor sports (e.g. ball games)

တၢ်ချၢတၢ်လိာ်ကွဲ (အဒိ,ဘီဖျၢၣ်တၢ်လိာ်ခိၣ်
လိာ်ကွဲတဖၣ်)



Gardening

တၢ်သ့ၣ်တၢ်ဖျးတၢ်လၢကရၢၢ်ပူၤ

Be Active



Cleaning House

မၤကဆဲးကဆီၣ်ဟံၣ်ပူၤ



နီဟ့ၣ်လီ



HELPING OTHERS CAN ALSO HELP YOU

တၢ်မၤစၢ်ပုၤဂၤန့ၣ်မၤစၢ်န့ၣ်သ့ၣ်စ့ၢ်ကီၢ်

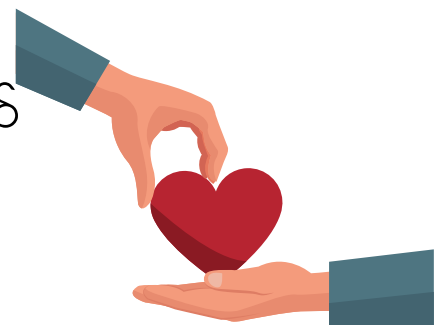
Give

Giving can have a positive impact on yourself AND the person you are giving to!

တၢ်နီဟ့ၣ်လီတၢ်န့ၣ်ဒုးအိၣ်ထီၣ်တၢ်ဘၣ်ဘျးလၢအဂ့ၢ်လၢနဂီၢ်
ဒီးပုၤလၢနနီဟ့ၣ်လီတၢ်လၢအိၣ်တဖၣ်အဂီၢ်လီၤ

It helps us to....
တၢ်အံၤမၤစၢ်ပုၤလၢ....

- Release endorphins in the brain and boost happiness levels
 - ကမၤစၢ်လီၤနီၢ်ခိအထံလၢခိၣ်န့ၣ်အပူၤဒီးဒုးဆူၣ်ထီၣ်တၢ်သ့ၣ်သးခုအပတီၢ်တဖၣ်
- Increase in life satisfaction
 - မၤအါထီၣ်တၢ်အိၣ်မူအိၣ်ဂဲၤအတၢ်သ့ၣ်မံသးမုၢ်
- It can give you a sense of purpose
 - ကဟ့ၣ်န့ၣ်တၢ်ဝဲးဖးနီၤဖးတၢ်ကွၢ်စိအတၢ်ပညိၣ်



Some simple things everyone can do to give back

တၢ်ယံၤဖိလၢပုၤကိးဂၤမၤသ့လၢကဟ့ၣ်နီၤက့ၤ တၢ်အဂီၢ်

You're doing
great!

နမၤဂ့ၤဒိၣ်မး

Give a compliment
to someone

တဲဂ့ၤတဲဝါပုၤတဂၤဂၤ

Give time to people
that are important to
you

ဟ့ၣ်တၢ်ဆၢကတီၢ်ဒီး
ပုၤလၢအရ့ၤဒိၣ်လၢနဂီၢ်
တဖၣ်



Brighten someone's day by giving a
smile

ဒူးကပီၤထီၣ်ပုၤဂၤအသးခီဖျိဟ့ၣ်ထီၣ်န
တၢ်နံၤကမ့ၢ်



နီၤဟ့ၣ်လီၤ



Give

Offer your help if you
see a stranger struggling and in
need of a helping hand

ဟ့ၣ်ထီၣ်တၢ်မၤစၢၤဖဲနထံၣ်ပုၤတဂၤ
ဂၤအိၣ်လၢတၢ်ကီၢ်တၢ်ခဲအပူၤ
ဒီးလိၣ်ဘၣ်တၢ်မၤစၢၤ



Showing your appreciation by
saying "thank you"

ဟံၣ်ဖျါထီၣ်နတၢ်ဘၣ်ဘျုး
ဘၣ်ဖျိၣ်ခီဖျိတဲ "တၢ်ဘျုး"



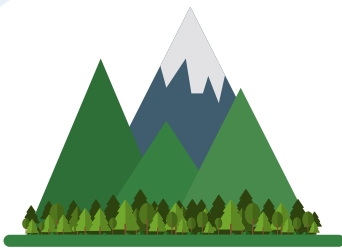


TAKE NOTICE

အိပ်ဒီးတပ်ဟ်သုန်ဟ်သး

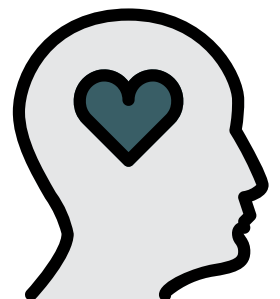
Take notice of your thoughts and feelings.

အိပ်ဒီးတပ်ဟ်သုန်ဟ်သးလၢနတၢ်ဆိကမိပ်ဒီးတၢ်တူၢ်ဘဉ်



It helps us to....
တၢ်အံၤမၤစၢၤပှၤလၢ....

- Reduce worry, anxiety and depression
 - ကမၤစၢၤလီၤတၢ်ဘဉ်ယိၣ်, တၢ်သုန်ကိၢ်သးဂီၤ ဒီးတၢ်သးဟးဂီၤ
- Develop more self-awareness
 - န့ၣ်ထီၣ်တၢ်သုန်ညါနီၣ်ဟံၣ်လီၤက့ၤပနီၣ်ကစၢ်အသး
- Reduce stress levels
 - ကမၤစၢၤလီၤတၢ်ဆိၣ်သနံးအပတီၢ်တဖၣ်
- Enhance overall wellbeing
 - ကမၤအါထီၣ်ပတၢ်အိၣ်မုၢ်အိၣ်ဟံၣ်လၢအဖီခိၣ်



How can you take notice and become more aware of your surroundings

ပကအိဉ်ဒီးတၢ်ဟ်သ့ဉ်ဟ်သးဒီးတၢ်သ့ဉ်ညါနီဟ် တၢ်လာပခိဉ်ဃာသ့ဒ်လဲဉ်

Go for a walk in nature

လဲဟးလိာ်ကွဲလၢန့
ဆၢဉ်တၢ်ဘဉ်တုတ
ဖဉ်အကျါ



Create a time everyday to count your blessings or things that are going well

မၤန့ၢ်တၢ်ဆၢကတီၢ်လၢတနံၤဘဉ်
တနံၤလၢနကကံၢ်ထီဉ်က့တၢ်
ဆိဉ်ဂ့ၤမ့တမ့ၢ်တၢ်လၢ
အလဲသးဘဉ်လိာ်
ဘဉ်စးတဖဉ်



Drawing or painting

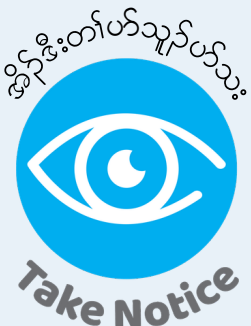
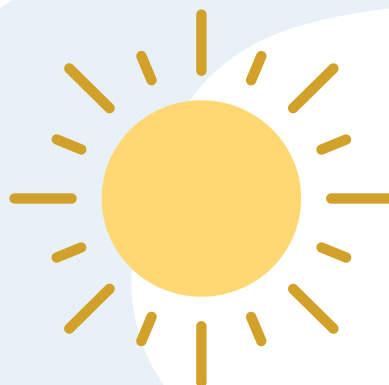
တုတၢ်ဂီၤ, တုတၢ်ဂီၤခဲဉ်

Yoga or Meditation can really help us take notice

ယိကဉ်ဒီးတၢ်ဆိကမိဉ်ထံတၢ်မၤစၢ
ပှၤသ့လၢပကအိဉ်ဒီးတၢ်ဟ်သ့ဉ်ဟ်သး
န့ဉ်လီၤ



Notice the sun or rain on your skin, how does it feel?
ဟ်သ့ဉ်ဟ်သးလၢမုၢ်မ့တမ့ၢ်
တၢ်စူထံလၢနဖံးဘုဉ်အလိၤ
“နတူၢ်ဘဉ်အိၤဒ်လဲဉ်”

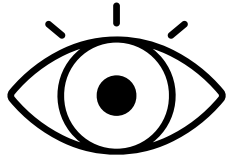


Use 5 senses to help manage stress and anxiety

သူနာ(၅)နာ လာကမလောနာလနကပတတီဆီနီသ နံးဒီးတတီသုနီကီသးဂီ

Take a look around and list 5 things you can see.

ကွီတတီလနယာဝးဝးဒီး
ယာထီနီတတီ (၅) မံလန
ထံနီ



SEE

ထံနီ



Name 4 things you can feel.

ယာထီနီတတီ (၄) မံလန
ပလီဘနီ

FEEL

ပလီဘနီ

Close your eyes, what are 3 things you can hear?

ဘံနီလီနမဲနချံ,
ယာထီနီတတီ ၃ မံလနနီ
ဟူ



HEAR

နီဟူ

Pay attention to the smells around you. Good or bad. (What are 2 things you can smell?)



SMELL

နီ

အိနီဒီးတတီပလီသုနီပလီသးဒီးတတီ
လာအနာသုနီတဖနီ. ဂုဂု, အာဂု
(တတီမနု(၂)မံလနနာဘနီ
အီလဲနီ)

What is one thing you can taste right now?

တတီမနုတမံလနလုနီ
ကွီအီသုခဲခဲအံလဲနီ



TASTE

လုနီကွီ

Try this whenever you are feeling overwhelmed

မာဘနီတတီသုနီတဖနီအံတဘျီလီလီဖဲ
နအိနီဒီးတတီဆီနီသနံးဒီးတတီကီတတီဂီ
ဘနီနာအဆာကတီ





THERE ARE OPPORTUNITIES TO LEARN EVERY DAY

တၢ်ခွဲးတၢ်ယၢ်အိၣ်ဝဲကိးနံၤဒဲးလၢပကမၤ လိတၢ်အဂီၢ်

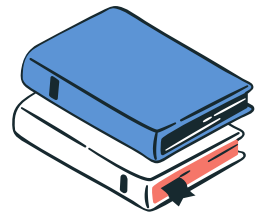
Learn something new can be enjoyable and can help boost self-confidence.

မလိန့်တၢ်အသိဒုးကဲထီၣ်တၢ်မုၢ်သ့ၣ်မုၢ်သးဒီးမၤဆူၣ်ထီၣ်ပတၢ် နၢ်န့ၢ်လီၤသးန့ၢ်လီၤ

It's never too late to start improving our knowledge and handling skills!
တၢ်အံၤတမ့ၢ်တၢ်စၢ်ခံၣ်နီတၢ်တၢ်လၢပကမၤအါထီၣ်ပတၢ်သ့ၣ်ညါ
နၢ်ဟံၤဒီးတၢ်ကွၢ်ဆၢၣ်မဲၣ်ပၤဆၢအတၢ်သ့တၢ်ဘၣ်တဖၣ်



It helps us to....
တၢ်အံၤမၤစၢ်ပုၤလၢ....



- Boost self-confidence
 - ကမၤဆူၣ်ထီၣ်ပတၢ်နၢ်န့ၢ်လီၤသး
- Find meaning and purpose in life
 - ကထံၣ်န့ၢ်တၢ်အိၣ်မူလၢအိၣ်ဒီးအခီပညီဒီးတၢ်ပညိၣ်တဖၣ်
- Improve our knowledge and thinking skills
 - ပကမၤအါထီၣ်ပတၢ်သ့ၣ်ညါနၢ်ဟံၤဒီးပတၢ်ဆိကမိၣ်အတၢ်သ့တၢ်ဘၣ်တဖၣ်
- Enjoy life more! Learning helps us gain insight into ourselves and things around us, its great for wellbeing.
 - ပကမုၢ်လၢသးခုလၢပတၢ်အိၣ်မူအါထီၣ်.

တၢ်မလိမၤစၢ်ပုၤလၢပခိၣ်

ပယၢ်တဖၣ်.တၢ်ဝဲအံၤဂ့ၤဝဲဒိၣ်မးလၢပတၢ်အိၣ်မုၢ်အိၣ်ဟံၤအဂီၢ်





Let's learn something new at home

ပကမလိသကိးတၢ်အသီလာဟံၣ်

Listen to a new educational talk on YouTube

ဒိကန့ၣ်တၢ်တဲဘၣ်ဃးဒီးတၢ်ကူၣ်ဘၣ်ကူၣ်
သ့အဂီၢ်အကျိၤလၢယူထူးအပူၤ



Learn new english words

မလိန့်ကီၤလၢဝါအလံာ်ဖျၢၣ်လၢအသီ

Learn to cook a new dish for family and friends

ဖီအိၣ်လိတၢ်အိၣ်လၢအသီ မ့တမ့ၢ်ဖီအိၣ်န့ၣ်န
ဟံၣ်ဖိဃီဖိဒီးသမူသကိးတဖၣ်



Search the internet for some tutorials, maybe you could try sewing or crochet

ကွၢ်ယုန့ၣ်တၢ်သိၣ်လိလၢအ့ထၢၣ်နဲးဒ်သိးန
ကမလိန့်တၢ်သးစဲအသီဒ်အမ့ၢ်တၢ်တ့တၢ်
ဂီၤ,တၢ်စုသ့ဒိၣ်ဘၣ်,တၢ်ဆးဒီးတၢ်ခွဲး
တဖၣ်

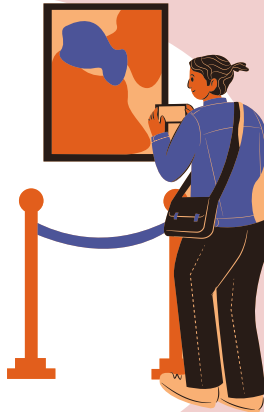


HOW CAN YOU LEARN WHEN YOU'RE GOING OUT?

ဖဲနဟားလီကွဲလာတတ်ချာနမလိန့်တတ်သုဒ်လဲန့်

Visit an art gallery or museum

လဲလာတတ်နဲနဲတတ်ဂီတတ်
ဖိပ်တဖပ်အလီမ့တမ့တတ်
ဟ်တတ်ကွဲကီလီ



Join a social group

နီလီမလျှော်တတ်ရဲလီမသကီးတတ်
ကရူတဖပ်



Head to your local library

လဲဆူလံာ်ရီအေးလာအအိပ်ဘူးဒီး
နလီကဝီ



Join a local sports club and learn a new sport

နီလီမလျှော်ဟိပ်ကဝီတတ်လီ
ခိပ်လီကွဲချားဒီးမလိတတ်လီ
ခိပ်လီကွဲလာအသီ



For further support contact:



**Your family doctor
(General Practitioner)**



Bendigo Health's Regional Mental Health Triage Service and Crisis Assessment Team

Ph: 1300 363 788

Web: www.healthdirect.gov.au

Direct call or go to the Emergency Department at Bendigo Hospital



Headspace Bendigo

Ph: 5434 5345

E: headspace@bchs.com.au

Add: 78-80 Pall Mall, Bendigo, VIC 3550



Beyond Blue

Ph: 1300 659 467

Web: www.beyondblue.org.au/get-support



Lifeline (24-Hour Counselling and Crisis Support Chat)

Ph: 13 11 14

Web: www.lifeline.org.au/crisischat



Kids Helpline

Ph: 1800 55 1800

Web: www.kidshelp.com.au



Black Dog Institute

Ph: (02) 9382 2991

E: clinic@blackdog.org.au

Web: <https://www.blackdoginstitute.org.au/>

**In case of
Emergency call - 000**



bchs.com.au



03 5406 1288



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