



phoenix
CENTRE

Positive Mental Health

AFFIRMATION CARD SET

People from CALD backgrounds in Tasmania have shared what they do and say when experiencing stress or worry.

Now, using these cards, you can use their tips to help you when you're having a hard time

Plus - You can use the blank cards to make your own personal cards, just for you.

The Illustration was created by a woman from CALD background in Tasmania.

Funded by the Australian Government Department of Health, Disability and Ageing.

What I say
for my mental health



What I do
for my mental health




What I do for my mental health

*I focus on other people
and caring for them.*



What I do for my mental health



*I go out, talk to friends, go to
friends houses, and I feel better.*

What I do for my mental health

*I do outdoor activities to
release my stress and that
makes me feel better.*



What I do for my mental health



I talk to my best friends.

What I do for my mental health



I listen to my favourite music

What I do for my mental health

I pray, talk to my friends
and I go walking



What I say for my mental health



I am strong and capable.

What I say for my mental health

*I can take one step
and one day at a time.*



What I say
for my mental health

*I am grateful
for what I have*



What I say for my mental health

*I will keep going.
I don't give up.*



What I say for my mental health

*I can lean on people,
I know they will support
me like they have before.*



What I say
for my mental health

*I've already gone through
other difficult situations...
I got this!*

