

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize”

Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

Russell Vale Family Medical & Acupuncture Practice was honoured to be selected to deliver our Innovation Project:

“SELF CARE for Refugee Trauma to Self-Actualize”

Resulting in this powerfully healing resource; a beautiful set of 90 original, bilingual cards of personally meaningful images of Syria for the participants. The words reflect the values, hopes and coping strategies of 15 Syrian former refugees and their families during their traumatic journey from war torn Syria to the peace and safety of the Illawarra in Australia.

The project consisted of **three components**.

1. Six, monthly psycho-education sessions and focus groups on the following topics;

1. Recognizing Trauma Symptoms & Management
2. Mindfulness & Emotional Self-regulation Skills
3. Improving Communication & Family Relationships
4. Learning Structured Problem Solving skills
5. Developing Conflict resolution skills
6. Physical activity for stress reduction & Self Care

Fifteen cards were created during each session.

2. Weekly beach walks with male and female participants

3. Eight individual therapeutic Counselling sessions by an Bilingual, Arabic, Accredited Mental Health Social Worker.

Project Designer/Manager

Nina Trad Azam
(AASW Mental Health Social Worker)

Project Assistants

Enas Sadi (Arabic Teacher)
Nuri Alrzeghi (Exercise physiologist)

This project is supported by Coordinare– South Eastern
NSW PHN, December, 2017- May, 2018.

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize”

Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize”

Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

اولادي

مستقبلي وتعليمي

Self Actualize Aust. Ltd

MY CHILDREN



⠄	⠆	⠒	⠒	⠒	⠒	⠒	⠒	⠒	⠒
A	B	G	H	D	H	W	Z	H	T
⠁	⠃	⠇	⠈	⠔	⠕	⠖	⠚	⠛	⠞

⠒	Self Actualize Aust. Ltd	⠒	⠒	⠒	⠒	⠒	⠒	⠒	⠒
Y	K	S	L	M	D	N	Z	S	C
⠽	⠿	⠻	⠼	⠾	⠿	⠿	⠿	⠿	⠿

My FUTURE & EDUCATION

(14yr old girl)

زوجي

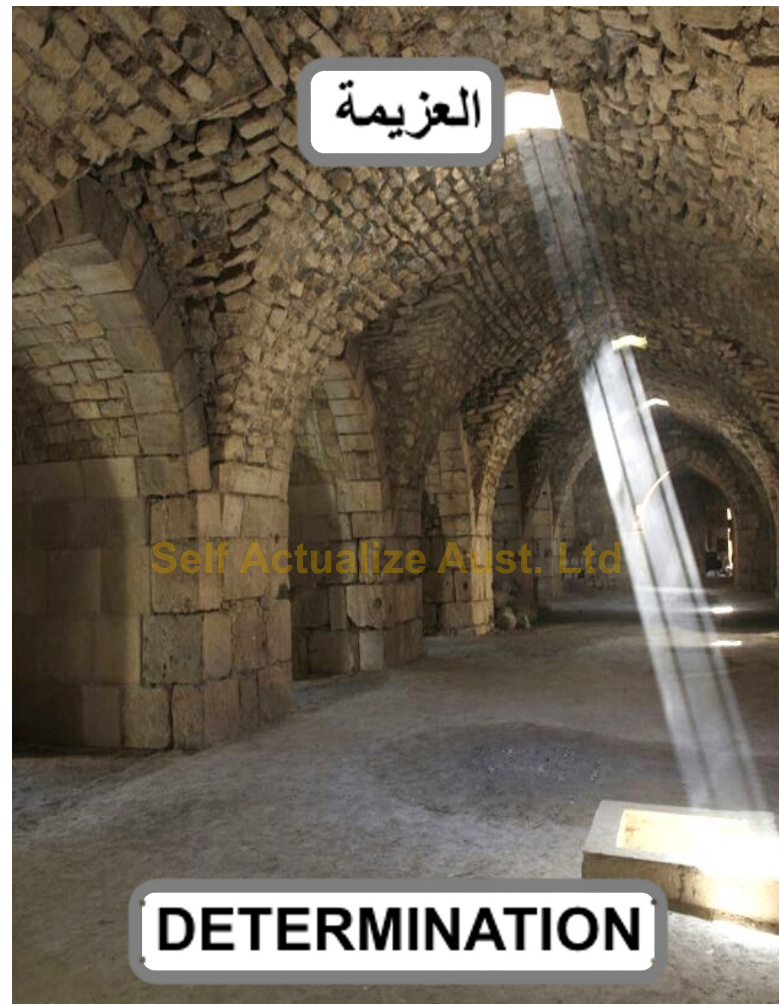
العزيمة

Self Actualize Aust. Ltd

MY HUSBAND

Self Actualize Aust. Ltd

DETERMINATION



INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

الاصرار

Self Actualize Aust. Ltd

PERSISTENCE

الدُّعاء والصَّلَاة

Self Actualize Aust. Ltd

Prayer and Supplication

الشجاعة

Self Actualize Aust. Ltd

COURAGE

والدتي

Self Actualize Aust. Ltd

MY MOTHER

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

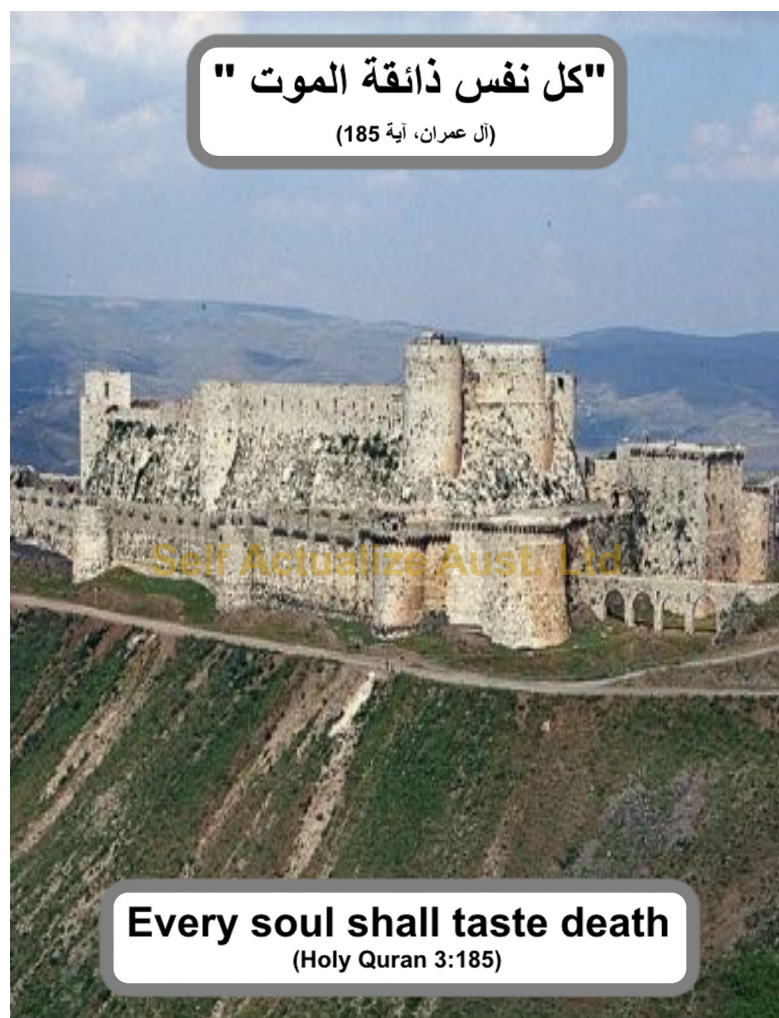
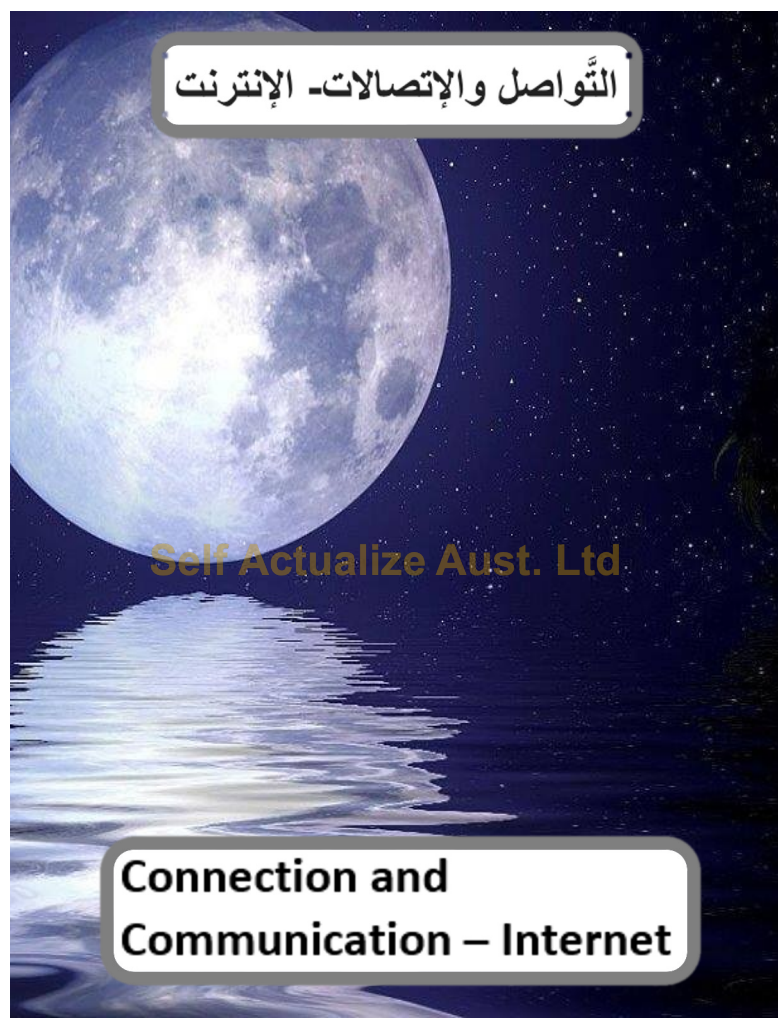
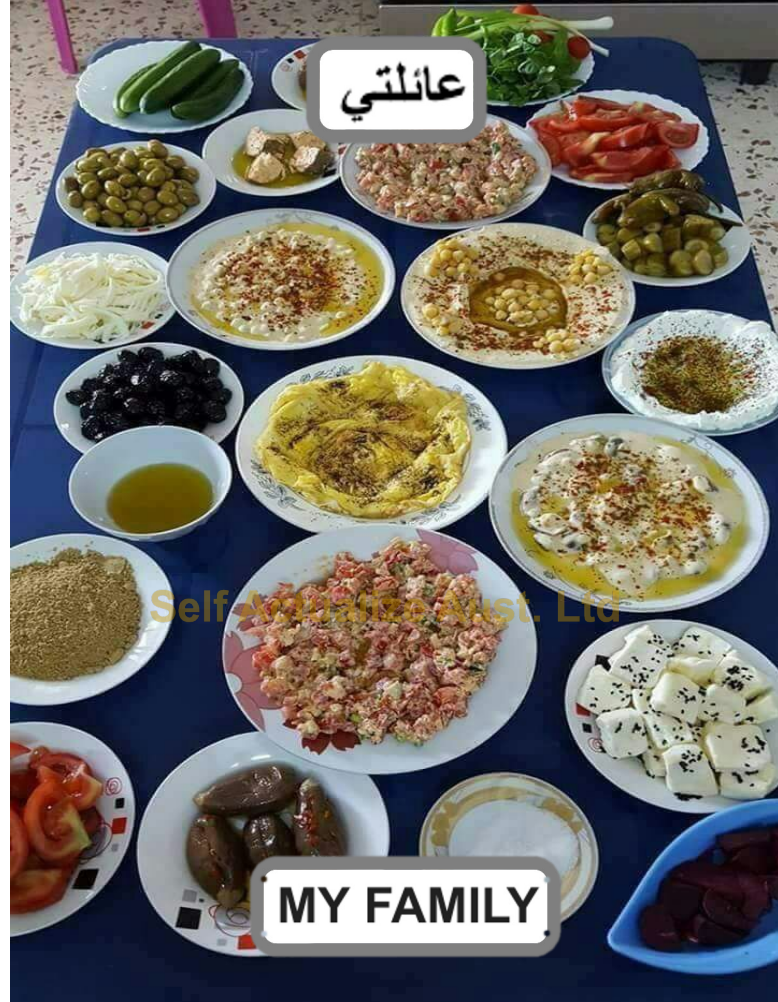
INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com



INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

انسانية استراليا ورحمتها بالناس
(ارملة مسنة 72 عاما)

Self Actualize Aust. Ltd

Grateful for Australia's Compassion
and humanity (72 yr old widow, on dialysis)

"لا يكلف الله نفساً إلا وسعها"
سورة البقرة 286

Self Actualize Aust. Ltd

"God will not burden a soul greater
than they can tolerate" (Holy Quran 2:286)

الصبر والبحث عن علاج لإبني المعاق

Self Actualize Aust. Ltd

Patience; Seeking safety and
treatment for my disabled son

التَّقبل والدَّعم لإحتياجات الإنسان

Self Actualize Aust. Ltd

Finding Acceptance and Support

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

ايماني بالله ساعدني للخروج من ازمتي

Self Actualize Aust. Ltd

My faith heals my trauma

الايمان بقيم الدين الاسلامي

Self Actualize Aust. Ltd

Belief and application of my
ISLAMIC values

الإيمان بقضاء الله وحكمته

Self Actualize Aust. Ltd

Faith in destiny and
God's wisdom

الصَّبْر مفتاح الفرج

Self Actualize Aust. Ltd

Patience is the key to relief

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

اولادي الخمسة هم مصدر قوتي وصبري
(ارملة 42 عاما)

Self Actualize Aust. Ltd

My 5 children gave me
STRENGTH & Patience
(42yr old widow)

"انّ الله لا يغيّر ما بقوم حتى يغيروا ما بأنفسهم"
سورة الرعد، آية 11

Self Actualize Aust. Ltd

God will not change a person's situation
unless they change themselves (Holy Quran 13:11)

"انّ لنفسك عليك حق"

Self Actualize Aust. Ltd

Self care is a duty

الإيمان بالقضاء والقدر خيره وشره

Self Actualize Aust. Ltd

Belief in DESTINY, good & bad (Hadith)

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

وجود الصداقة والدعم من الآخرين

"أَنْ مَعَ الْعُسْرِ يُسْرًا"
سورة الشرح، آية 5

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

Finding friendship &
support from others

WITH every HARSHIP
comes EASE (Holy Quran 94:5)

أمي هي حارسي ومصدر قوتي. الصبر والإصرار

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

My mother is my protector & source
of patience & determination

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

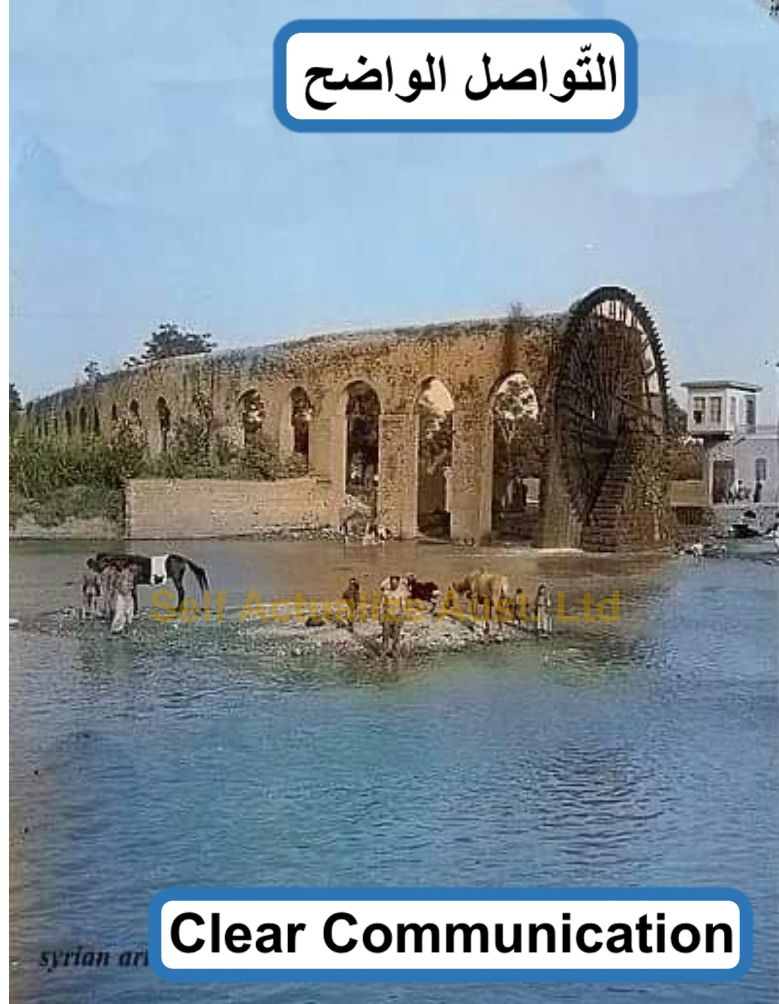
INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

التواصل الواضح



Self Actualize Aust. Ltd

Clear Communication

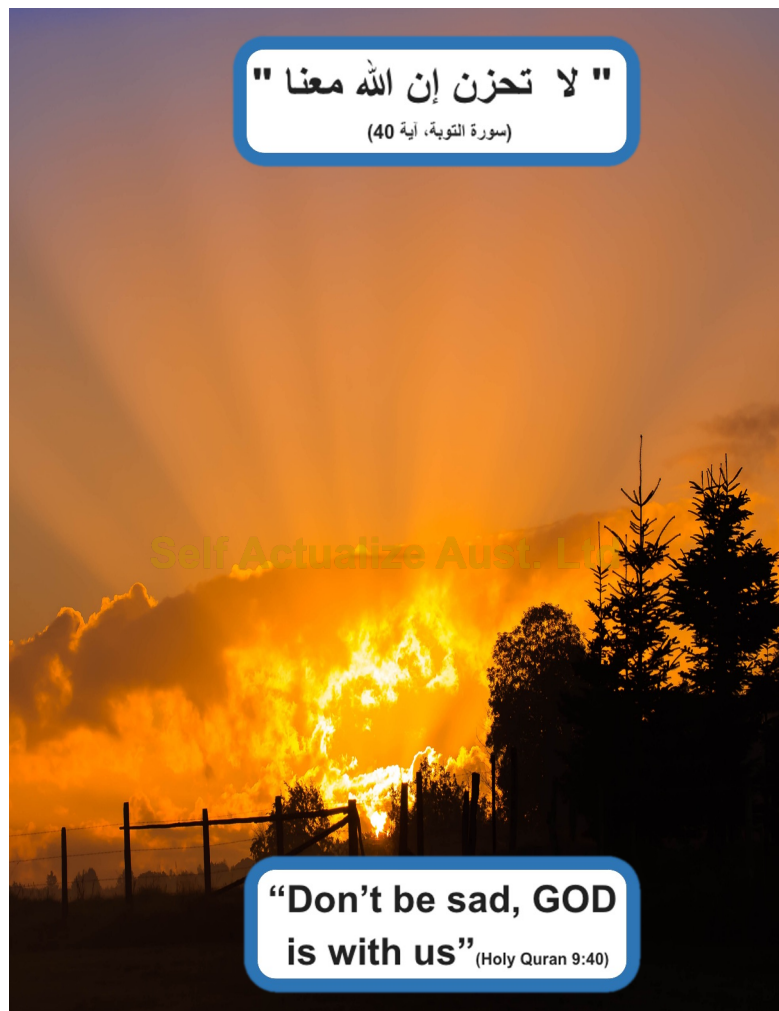
العلاقة السليمة في الأسرة



Self Actualize Aust. Ltd

Healthy family relationships

" لا تحزن إن الله معنا "
(سورة التوبة، آية 40)



Self Actualize Aust. Ltd

"Don't be sad, GOD
is with us" (Holy Quran 9:40)

الشعور بالمسؤولية



Self Actualize Aust. Ltd

Sense of Responsibility

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

"من غشنا فليس منا" (Hadith)

Self Actualize Aust. Ltd

Honesty in all interactions (Hadith)

"استوصوا بالنساء خيرا"

(حديث)

Self Actualize Aust. Ltd

Be kind to women (Hadith)

العدل والحكمة

Self Actualize Aust. Ltd

Equality and wisdom

وضع الحدود

Self Actualize Aust. Ltd

Setting healthy boundaries

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

الإيثار

Self Actualize Aust. Ltd

Considerate and thoughtful

عدم الإختلاط

Self Actualize Aust. Ltd

Avoid unnecessary interactions
between men and women

التّوازن في المشاعر

Self Actualize Aust. Ltd

Regulate emotions

"خيركم خيركم لأهله" (Hadith)

Self Actualize Aust. Ltd

The best of you, are the best to
their family (Hadith)

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

تجاهل المشكلة

Self Actualize Aust. Ltd

Ignoring the problem

الاختيار الحكيم للأصدقاء

Self Actualize Aust. Ltd

Wise choice of friends

بداية جديدة

Self Actualize Aust. Ltd

New beginnings

Self Actualize Aust. Ltd

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

"ادع الى سبيل ربك بالحكمة والموعظة الحسنة"

سورة النحل ، آية 125

Invite to the way of your Lord with wisdom and good instruction

Holy Quran (16:125)

"وجادلهم بالتى هي احسن"

سورة النحل ، آية 125

Self Actualize Aust. Ltd

Communicate in a wise way, that is best

(Holy Quran 16:125)

الزم دارك واملك عليك لسانك وخذ بما تعرف ، ودع ما
"تنكر وعليك بامر خاصة نفسك ، ودع عنك امر العامة
حديث نبوي

Self Actualize Aust. Ltd

During adversity, "Remain home and hold your tongue" (Hadith)

محاولة السعادة الحقيقية

ثقّف عائلتك

الفرج



الإستغفار

السعادة



الصلاة

الصيام



زوال الهم



الدعاء

نور الوجه



قيام الليل

الراحة النفسية



القرآن



نصائح عامة

زوال الشدة



لا حول ولا قوة الا بالله

البركة



صلّ على النبي

Educate your family

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

واسع الحيلة

جازم

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

Resourceful

Assertive

متكيف

مسؤول

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

Adaptable

Responsible

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

حذر

عليك بنفسك

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

Cautious

Focus on yourself

العطف

العدالة

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

Empathic

Justice

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

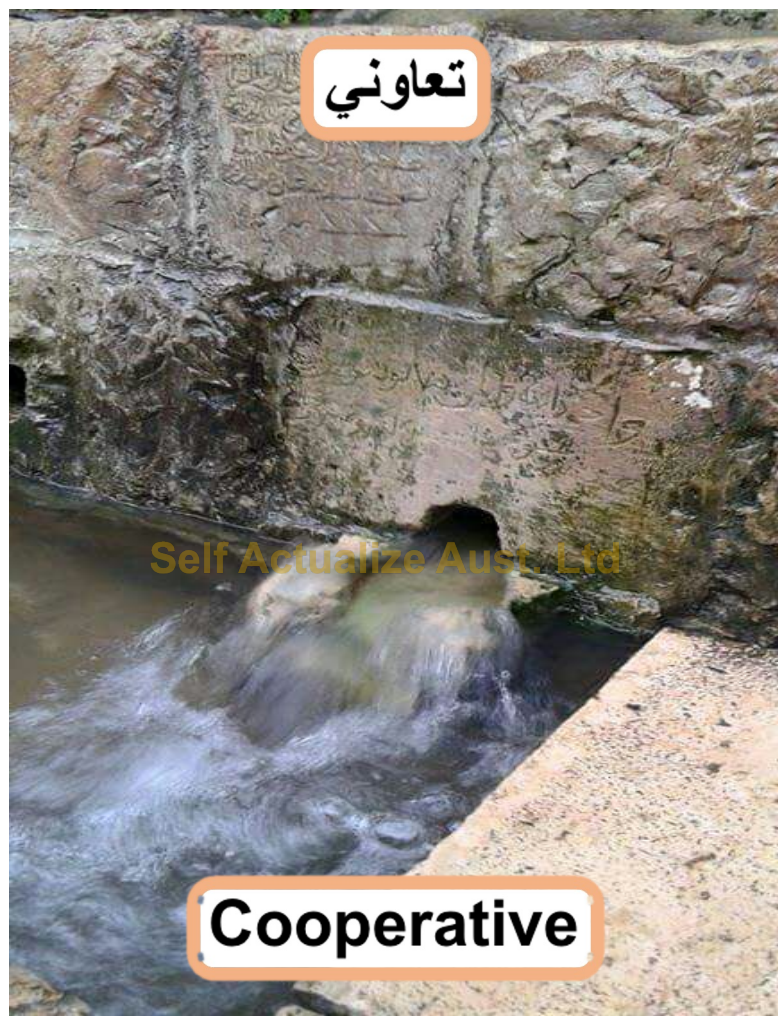
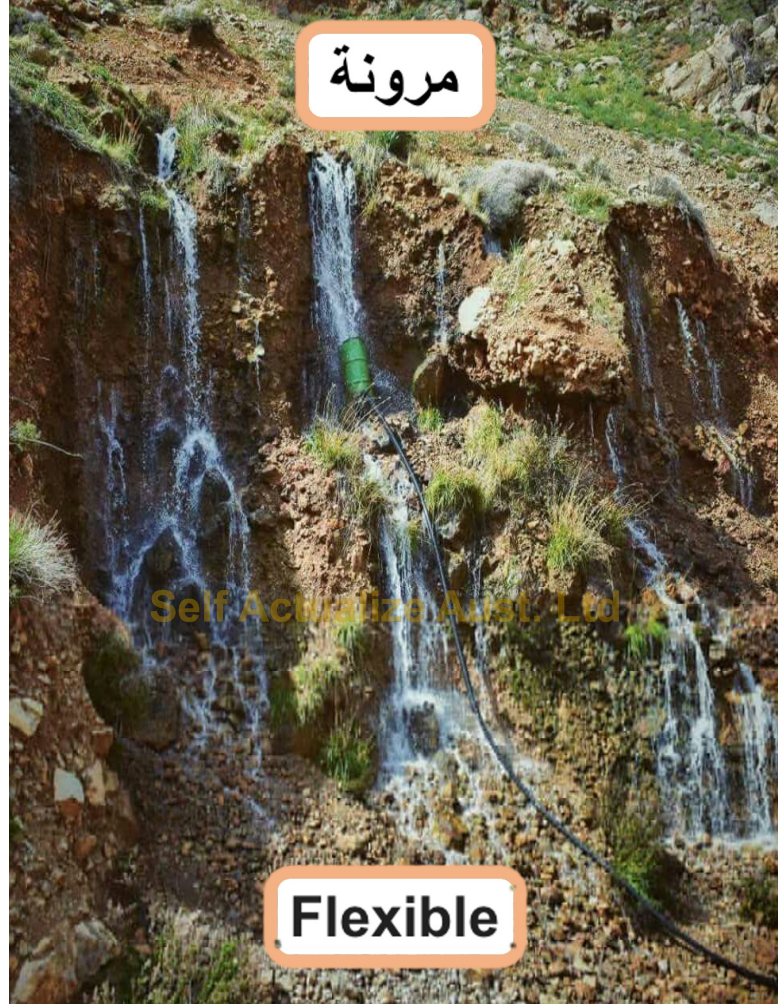
INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com



Self Actualize Aust. Ltd

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

المودة

Self Actualize Aust. Ltd

Affection

الصَّبْر

Self Actualize Aust. Ltd

Patience

الرَّحْمَة

Self Actualize Aust. Ltd

Mercy

تعاطف

Self Actualize Aust. Ltd

Compassion

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

لا وضع يدوم

التوازن

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

No situation is permanent

Balance

اللباقة

التوعية للتفاهم

Self Actualize Aust. Ltd

Self Actualize Aust. Ltd

Tactful

Raising awareness for
understanding

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

الحنان

Self Actualize Aust. Ltd

Kindness

الأمل

Self Actualize Aust. Ltd

Hope

التفاؤل

Self Actualize Aust. Ltd

Optimism

الثقة

Self Actualize Aust. Ltd

Trust

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

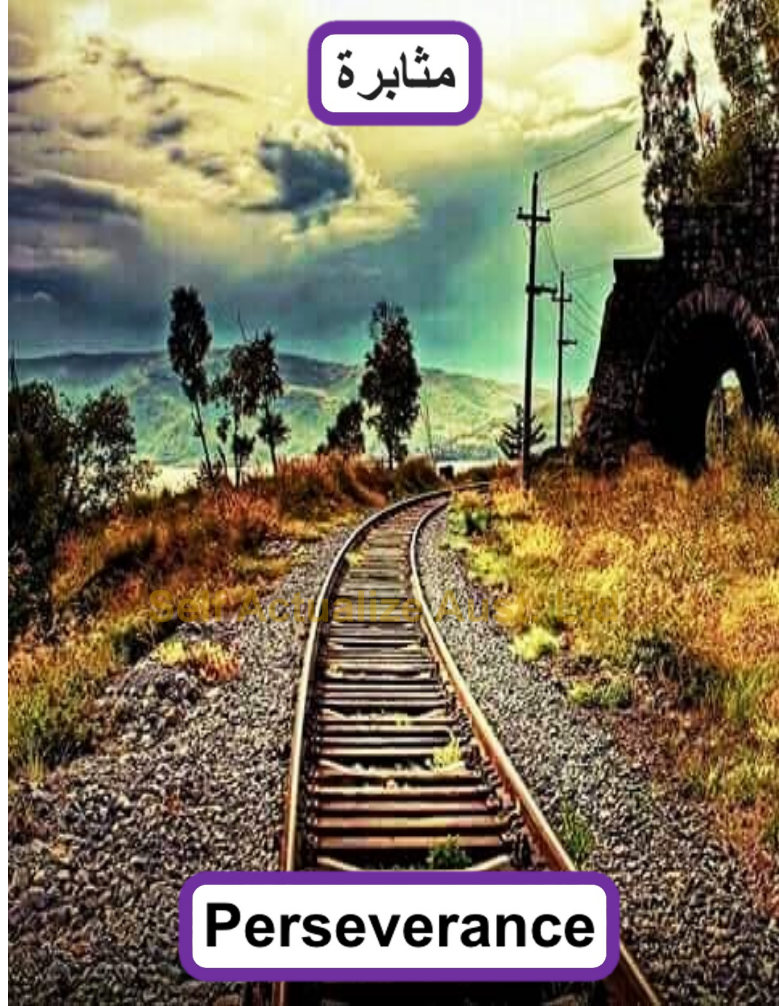
تفاوض



Self Actualize Aust. Ltd

Negotiate

مثابرة



Self Actualize Aust. Ltd

Perseverance

النفس طمّاعة علّمها القناعة



Self Actualize Aust. Ltd

“The soul is greedy,
so learn to be satisfied”

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

منظم

Self Actualize Aust. Ltd

Organised

رياضي

Self Actualize Aust. Ltd

Athletic

كن إيجابي

Self Actualize Aust. Ltd

Be Positive

متحمس

Self Actualize Aust. Ltd

Enthusiastic

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

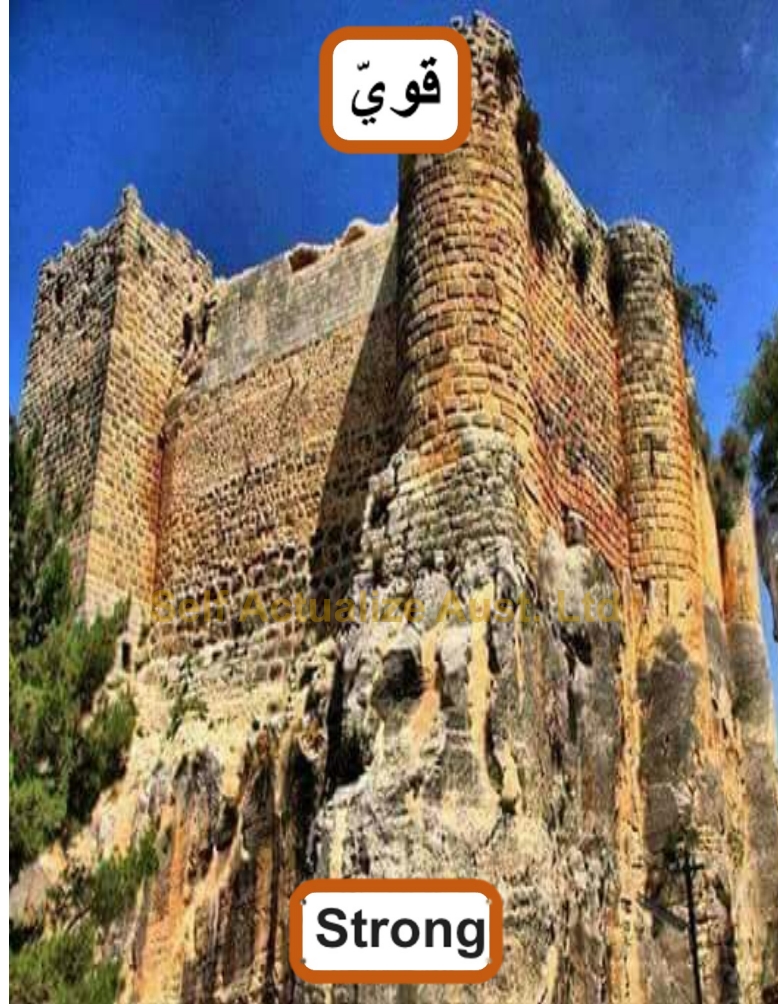
“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

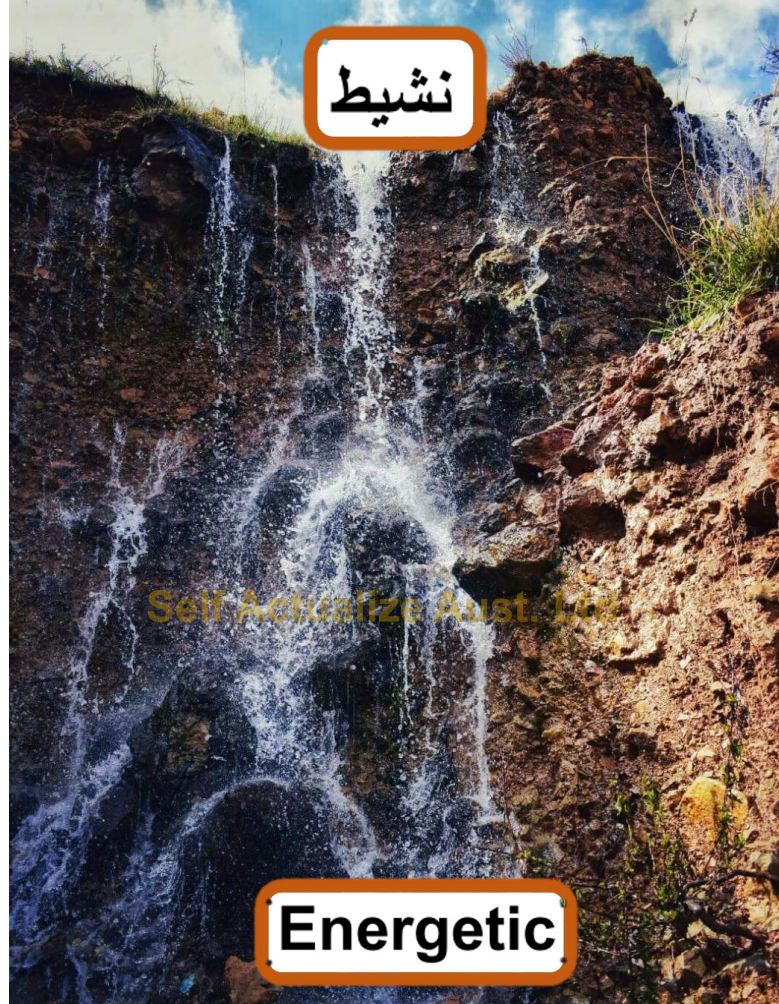
To order please email: selfactualizeau@gmail.com

قويّ



Strong

نشيط



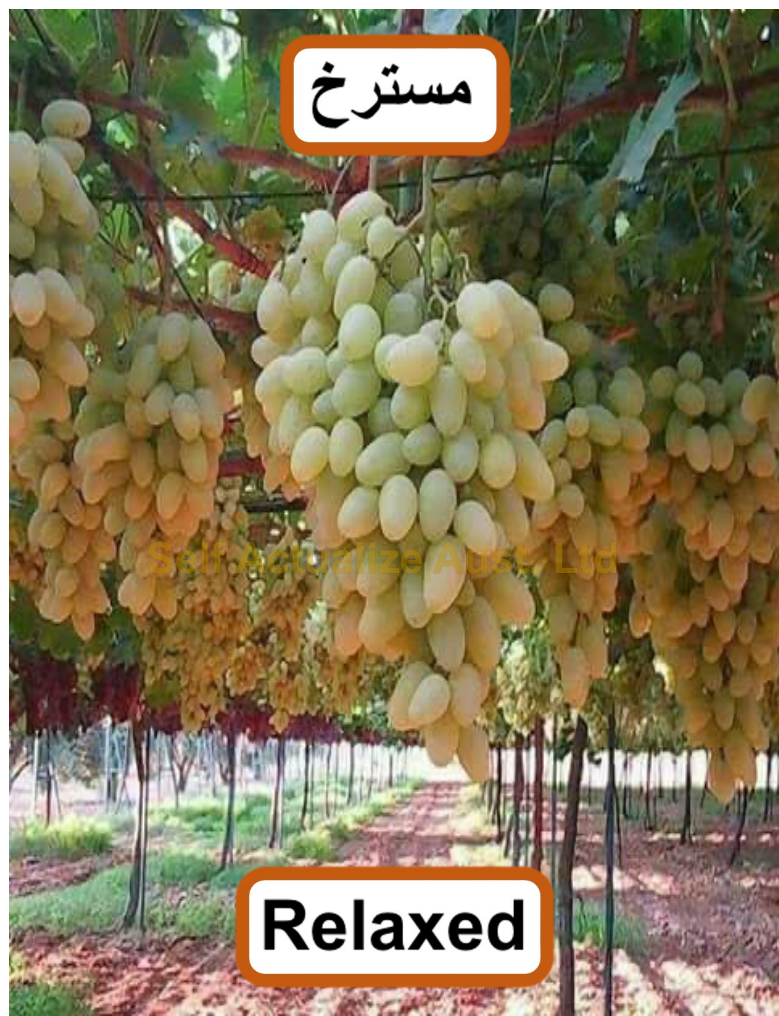
Energetic

سعيد



Happy

مسترخ



Relaxed

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

مجدّ في عمله



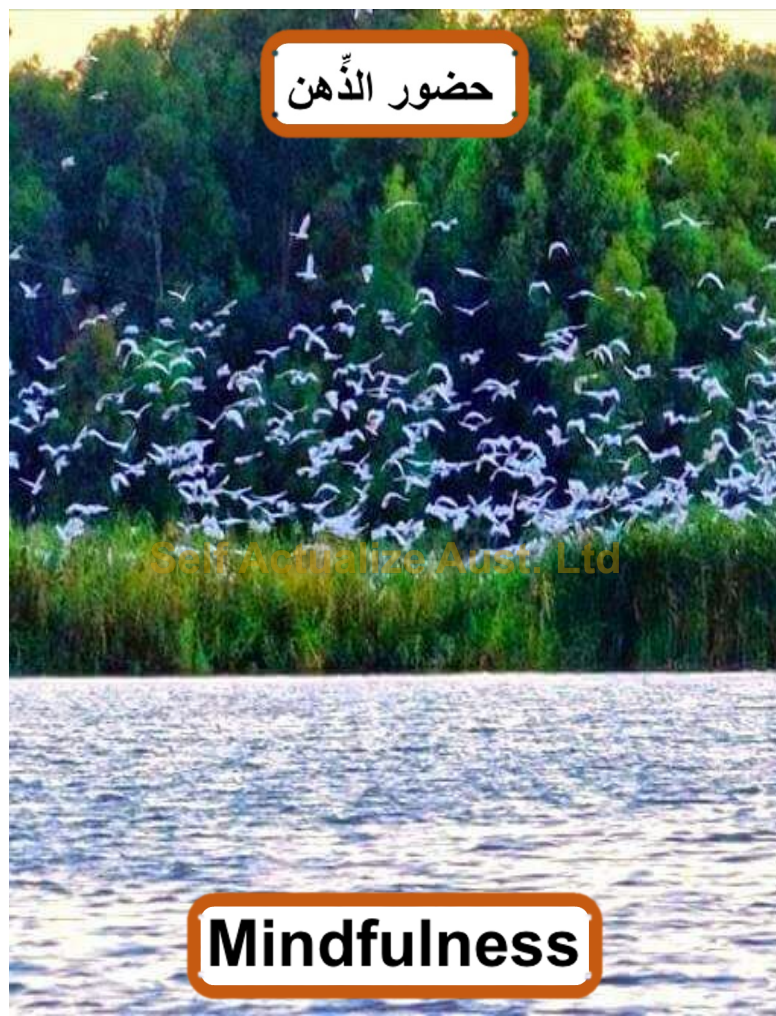
Hardworking

حديث "إنّ لنفسك (جسداً، عقلاً، وروحاً) عليك حق، فأعط كل ذي حق حقه"



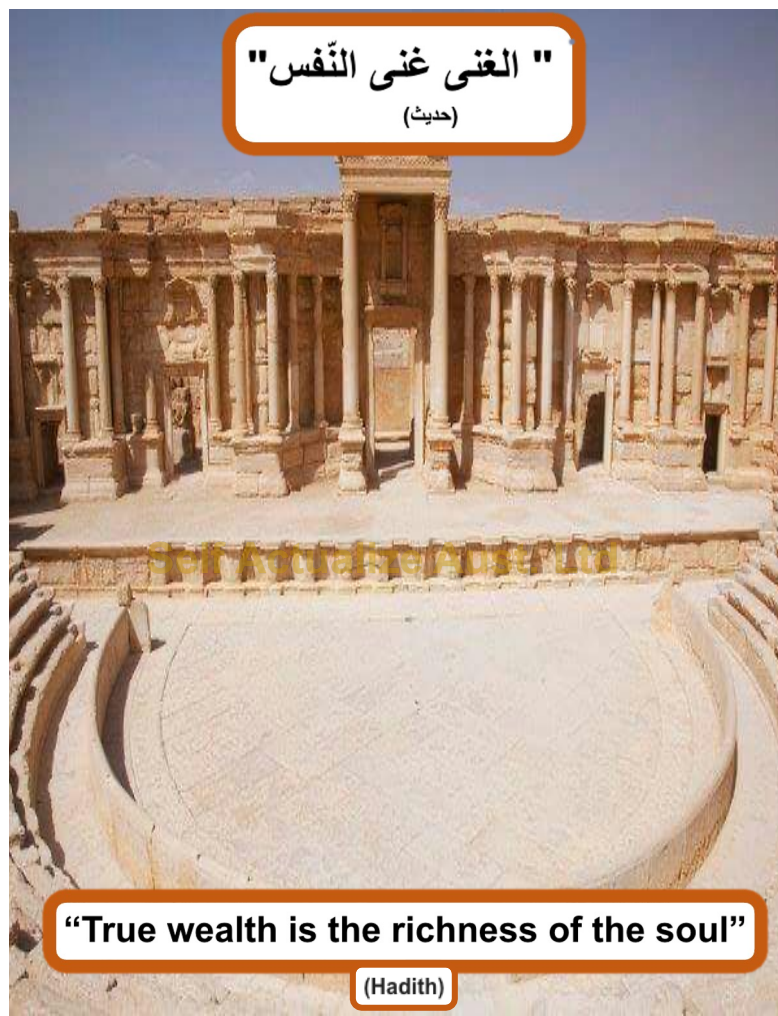
"Selfcare (mind, body and soul) have rights over you, so give every right its due" (Hadith)

حضور الدّهن



Mindfulness

"الغنى غنى النّفس"
(حديث)



"True wealth is the richness of the soul"

(Hadith)

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS

“Selfcare for Refugee Trauma to Self Actualize” Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

خير الأمور الوسط

Self Actualize Aust. Ltd

Moderation in all affairs

الحركة بركة

Self Actualize Aust. Ltd

Activity attracts blessings

لا تستسلم

Self Actualize Aust. Ltd

Don't give up

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com

INSTRUCTIONS FOR CARDS
“Selfcare for Refugee Trauma to Self Actualize”
Innovation Project, 2018

Representing hope and inspiration, they can be used by bilingual Social Workers, Teachers or Counsellors in a therapeutic context at Schools, Hospitals, General Practice or in the community with anyone seeking to develop hope and resilience from **ANY TRAUMA**. The cards help to achieve this by discovering ‘inner strengths’ with individuals or groups in the following ways:

1. **GROUP ICE BREAKER:** members can choose a card that is personally meaningful to them to discuss with the group.
2. **TRAUMA WORKSHOPS:** an example for other group members to develop their own original cards based on their unique cultural/religious beliefs or worldviews.
3. **REFLECTIVE WRITING FOR PERSONAL GROWTH:** for writing goals or a gratitude journal after reflecting on other people’s coping styles during their experiences of grief and bio-psycho-social suffering.
4. **RESILIENCE BUILDING:** by increasing gratitude and mindfulness about the importance of self-care to improve understanding and meaning of one’s own life experiences..
5. **PROMOTION OF SOCIAL INCLUSION & RESPECT:** a digital version of the 90 cards is available on request to be displayed in any public area.

To order please email: selfactualizeau@gmail.com