**Multicultural Resources – Stress, Relaxation and Wellbeing**

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| **AUDIO** | **Greek** | **Vietnamese** | **Cantonese** | **Mandarin** | **Arabic** |
| STARTTS RELAXATION CD **$16** <http://www.startts.org.au/resources/resources-for-sale/relaxation-cd/>  |  | √√ | √√ |  | √ |
| <https://www.seslhd.health.nsw.gov.au/multicultural_health/audio_playlist.asp> Russ Harris mindfulness techniques  | √ |  |  |  | √ |
| QPASTT - **$10 fee**<http://qpastt.org.au/tbcwp1/wp-content/uploads/2014/08/QPASTT_Order_Form_2014_2.pdf>

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| Relaxation Audio CDs - Progressive Relaxation and Mindfulness Practice  |

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| You tube clips provide a wealth of resources – however, search terms will be most effective when used in language you are wanting to hear the audio file in.  |  |  |  |  |  |
| Audio recording of possible Vietnamese guided meditations <http://langmai.org/phapduong/nghe-phap-thoai-audio> |  | √ |  |  |  |

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| **Handouts/fact sheets** | **Greek** | **Vietnamese** | **Simplified Chinese**  | **Traditional Chinese** | **Arabic** |
| Good night’s sleep  | √ | √ | Chinese | Chinese | √ |
| A Practical Guide About Problem Solving | √ | √ | Chinese | Chinese | √ |
| Promoting Wellbeing | √ | √ | Chinese | Chinese | √ |
| A Practical Guide about Stress | √ | √ | Chinese | Chinese | √ |
| Wellbeing – Invest in your life  | √ | √ | √ | √ | √ |
| Relaxed Breathing | √ |  | √ |  |  |
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<http://psychology.tools/download-therapy-worksheets.html> - A range of tools, worksheets, fact sheets in a variety of languages about everything related to psychology; including types of therapy, checklists etc.

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| Simplified Chinese  | [http://psychology.tools/simplified-chinese-用于治疗的cbt工作表-免费下载.html](http://psychology.tools/simplified-chinese-%E7%94%A8%E4%BA%8E%E6%B2%BB%E7%96%97%E7%9A%84cbt%E5%B7%A5%E4%BD%9C%E8%A1%A8-%E5%85%8D%E8%B4%B9%E4%B8%8B%E8%BD%BD.html) |
| Traditional Chinese  | [http://psychology.tools/traditional-chinese-下載治療用工作表單.html](http://psychology.tools/traditional-chinese-%E4%B8%8B%E8%BC%89%E6%B2%BB%E7%99%82%E7%94%A8%E5%B7%A5%E4%BD%9C%E8%A1%A8%E5%96%AE.html)  |
| Arabic  | [http://psychology.tools/arabic-نزٌل-اوراق-عمل-علاجية.html](http://psychology.tools/arabic-%D9%86%D8%B2%D9%8C%D9%84-%D8%A7%D9%88%D8%B1%D8%A7%D9%82-%D8%B9%D9%85%D9%84-%D8%B9%D9%84%D8%A7%D8%AC%D9%8A%D8%A9.html)  |
| Greek | [http://psychology.tools/greek-κατεβάστε-φύλλα-εργασίας-θεραπείας.html](http://psychology.tools/greek-%CE%BA%CE%B1%CF%84%CE%B5%CE%B2%CE%AC%CF%83%CF%84%CE%B5-%CF%86%CF%8D%CE%BB%CE%BB%CE%B1-%CE%B5%CF%81%CE%B3%CE%B1%CF%83%CE%AF%CE%B1%CF%82-%CE%B8%CE%B5%CF%81%CE%B1%CF%80%CE%B5%CE%AF%CE%B1%CF%82.html)  |

Published Nov 2017. ACI/D23/915 © State of NSW (Agency for Clinical Innovation)