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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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>   |  | | --- | | Relaxation Audio CDs - Progressive Relaxation and Mindfulness Practice | |  |  |  |  | √ |
| 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> |  | √ |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 | √ |  | √ |  |  |
|  |  |  |  |  |  |

<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.

|  |  |
| --- | --- |
| Simplified Chinese | <http://psychology.tools/simplified-chinese-用于治疗的cbt工作表-免费下载.html> |
| Traditional Chinese | <http://psychology.tools/traditional-chinese-下載治療用工作表單.html> |
| Arabic | <http://psychology.tools/arabic-نزٌل-اوراق-عمل-علاجية.html> |
| Greek | <http://psychology.tools/greek-κατεβάστε-φύλλα-εργασίας-θεραπείας.html> |

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