



Aboriginal Health & Medical Research Council
of New South Wales

STRESS LESS TIPS

SAFE
SUPER
VISION

SHARE
SOMETHING THAT
MAKES YOU
LAUGH

GO
AND SIT BY

- > THE RIVER
- > WATERHOLE
- > OR THE OCEAN

Take time
to think

FAY CLANTON 2013



Supporting the

NSW SEWB

and

AOD Workforce

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