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For more information about 2 Worlds, 2 Words
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TWO WORLDS

TWO WORDS

**'BE
YOURSELF'**

BE YOURSELF

“Be yourself” are two words of advice and encouragement, shared by refugees like yourself, who are making a new home in Australia. Hopefully, these words will offer some guidance and inspiration to help you live a happier and healthier life.

Why it is good to be yourself

When you can be yourself, other people you meet can get to know you better and appreciate the person you are. They will like you for your differences, individuality, personality and all that makes you interesting.

If you can be yourself it is easier to see what you want out of your new life and what is truly important to you. You will have more understanding of how to cope with situations and feel a little more confident in making decisions. Being yourself can help towards living a happier life, even when things are not perfect.



Tips for being yourself



Find and follow your hobbies

Finding new hobbies, and connecting with old hobbies and interests can be very rewarding and help you express yourself in a creative way.



Be more social

Visit friends more often and get out more to social occasions you enjoy with people you like being around. Making new friends can sometimes feel intimidating, but building the courage to say hello is a great first step.



Build on your strengths

Everybody has strength. Find your own strengths and build on them. You don't need to change yourself when coming to a new place. It's about being yourself and still achieving your goals and dreams.



Believe in yourself

Don't lose your confidence from negative life experiences. You need to believe in yourself, and take the time to feel happy with the things you have achieved. Value the smallest things you have achieved today. This will help you to believe in yourself so you can achieve more and more as each day passes.



See what's possible, find yourself

Exploring and creating cultural connections and identity is extremely important. Explore new cultures and experiences allowing you to be confident with your surrounding and become aware of the different communities around you. Australia is a multicultural mixing pot, which helps with settling here.