



wsmrc.org.au

For more information about 2 Worlds, 2 Words
contact Western Sydney MRC on 8778 1200 or visit our website.

This project was supported and funded by NSW Department of Family and Community Services, 2016/2017 Liveable Communities Grant.
© Copyright Western Sydney MRC, ABN: 24 881 173 229. 108 Moore Street, Liverpool NSW 2170. All rights reserved. MRC0020



TWO WORLDS

TWO WORDS

‘KEEP
HEALTHY’

KEEP HEALTHY

“Keep Healthy” 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.

It is good to keep healthy

Looking after your health will help you to continue doing all the things you like to do as you get older, while contributing to your quality of life in your new country.

Eating a balance of foods and not too much, doing some physical activity you enjoy and keeping mentally active will have many benefits in your senior years.

Simple things like taking daily walks or doing some light exercise in the park and eating well, can help prevent illness and reduce stress. Staying socially active among friends and being involved in the community is all good for your mental health.



Things you can do to keep healthy



Stay physically active with regular exercise, even if that means walking to the local shops everyday or getting out for a short walk.



Stay socially active with friends and family and within your community. A visit to the local library has healthy mind and body benefits.



Eat a healthy and well-balanced diet consisting of fresh fruit and vegetables. Don't eat too much junk or processed food.



Look after yourself with regular check-ups with your doctor, dentist, and optometrist.



If you aren't feeling like yourself, you're feeling sad or angry for no reason, check in with your doctor or caseworker.



Take all medications as directed by your doctor. Remember to make follow up appointments and ensure you attend them.



Get the sleep that your body needs. Our body needs a rest at the end of each day, sleep plays an important role in us feeling like ourselves.



Stay sun safe, even in winter. A hat and sunscreen can help to protect your skin. Check out the weather forecast online, on TV or in the newspaper.

For more information visit your local MRC, Library or Community Centre.