



# Yarn, move, do

Simple ideas to help you explore your health, strengths, and wellbeing

## Acknowledgment of Country

We pay our respects to all Aboriginal and Torres Strait Islander peoples and communities across Australia, and their Elders past and present.

We are committed to walking together to develop culturally safe information and initiatives that enable people to make informed choices and connections, and support strong, self-determining communities.

**"After a bushfire many things sprout. Trees are germinated and come to life after fires, and that conversation of rising from the ashes runs parallel with your life and growing older – there are many things that come out of it."**

— Aunty Elly Chatfield,  
a proud Gamilaroi woman

'Yarn, move, do' is an additional resource created to support the Everyday Tools to Help Mob project, created in partnership with Little Rocket, VAHS, VACCHO, and an Elder working group.

We acknowledge Aunty Elly Chatfield, a proud Gamilaroi woman, whose beautiful metaphor of Country and regeneration after fire to explain healthy ageing inspired 'Yarn, move, do'. We are deeply grateful for your ongoing support, and generosity in sharing your time and wisdom to review this resource.

## This booklet is for you, to pause, reflect, and check in with yourself.

**Sometimes we get so busy looking after others, or just getting through the day, that we forget to stop and ask:**

**How am I really going?**

Inside, you'll find illustrations and simple ideas to help you reflect on your health, your strengths, and how you're going – in your body, mind, and spirit.

It's not a test. It's not about what's wrong. It's a reminder of what's already strong in you, and a gentle way to notice anything that might need a little extra care.

You can use this booklet on your own, with your family, or to have a yarn with your health worker.

You don't have to write a lot. You don't even have to write at all. Just sitting with these questions can help.



“

**"You go forward, not backwards"**

— Joy Ingram

**With special thanks to:** Janice Bakes—Gunditjmara, Lionel Bakes—Palawa, Robyn Bradley—Gunditjmara, Janine Clancy, Christine Ingram—Gimuy Walubara Yidinji, Joy Ingram—Gimuy Walubara Yidinji, Charelle Jackson, Janet Pyke—Yorta Yorta.



## Strong roots

**When life gets tough – illness, injury, or ageing – strong roots help us bounce back, stay independent, and keep doing what we love.**

Building health reserves is like growing strong roots. When fire comes, trees with deep roots survive. They might get burnt, but they grow back. Our bodies, minds, and spirits are the same. If we've looked after ourselves, we've got something strong to grow back from.

You can build strong roots by:

- **Having a positive mindset** – through self-talk, gratitude, and supportive relationships
- **Staying social** – through family kinship, Community, and events
- **Connecting with your spirit** – through Country, Culture, stories, and purpose
- **Eating well** – to fuel your body and mind
- **Keeping your mind active** – through learning, yarning, and solving problems
- **Moving your body** – to stay strong, balanced, and flexible
- **Sleeping and resting** – to recharge and repair.

## Try this: My roots

### Positive mindset

A kind thing I said to myself today: .....

I feel proud of myself when: .....

### Social support

Someone I yarnted with this week: .....

A community group or event I'd like to join: .....

### Spiritual connection

A place, song, or story that connects me to Culture: .....

One way I honour my spirit is: .....

### Food and fuel

A healthy meal I enjoy: .....

A change I want to make to eat better: .....

### Mind strength

Something new I've learned lately: .....

A problem I figured out: .....

### Physical strength

One way I moved my body this week: .....

I feel strongest when I: .....

### Rest and recovery

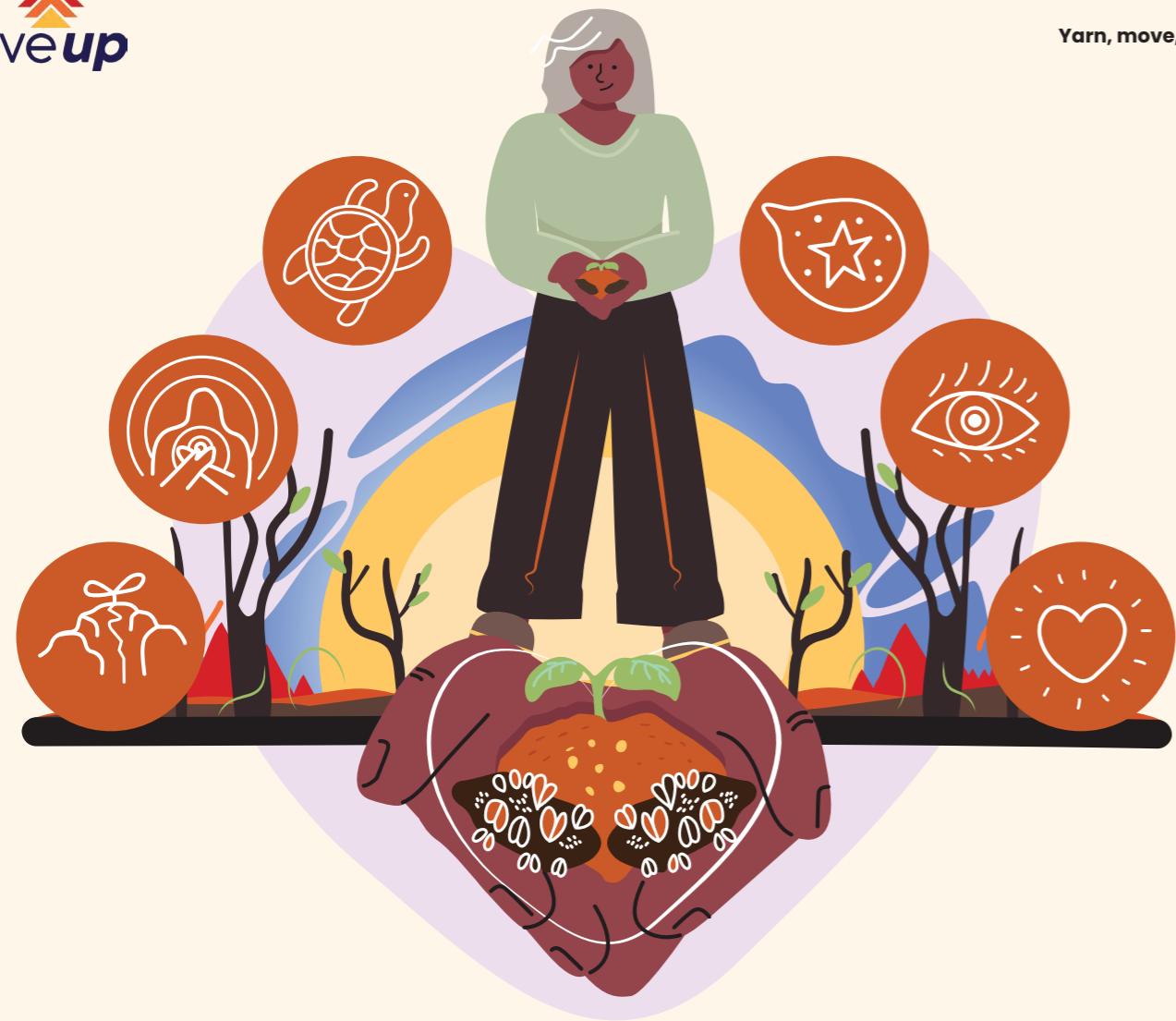
One thing that helps me sleep well: .....

A small way I could get more rest: .....

### Reflection

My strongest root right now is: .....

A root I want to grow stronger is: .....



## Strong seeds

**Getting older is like Country after fire. At first, you might feel parts of you have burned away. But if you look closer, something stronger is sprouting.**

Ageing gives you seeds of strength:

- **Wisdom** – not just what you know, but how you share and use it
- **Resilience** – from getting through tough times and still standing
- **Patience** – knowing healing and growth takes time
- **Purpose** – found in family, Community, and giving back
- **Perspective** – seeing what really matters in the big picture
- **Kindness** – to yourself and others walking their own journey.

Like trees after fire, you hold the strength to grow again. Ageing doesn't take away your strength – it builds it.

## Try this: My seeds

### Wisdom and teaching

A story I've passed on to the young ones: .....

One thing I've learned that I'd like to share: .....

### Resilience

A tough time I got through: .....

What helped me bounce back: .....

### Patience and growth

Something I waited for that was worth it: .....

A goal I'm still growing towards: .....

### Purpose

What gives me purpose right now: .....

A way I contribute to others: .....

### Perspective

What matters most to me now: .....

A lesson I've learned over time: .....

### Kindness

One way I'm gentle with myself: .....

A way I show kindness to others: .....

### Reflection

A seed I carry is: .....

.....

I'll help it grow by: .....

.....



## Strong support

After fire, new growth takes time. The ground is soft, and the roots are tender. But with the right support, that growth can take hold and thrive.

Low-risk assistive products, or everyday tools, are a helping hand to keep you steady while you rebuild:

- **Kitchen tools** – such as jar openers or easy-grip utensils
- **Walking tools** – such as walking poles or steady shoes
- **Memory tools** – such as timers or reminder notes
- **Self-care tools** – such as washing or dressing aids
- **Digital tools** – such as phones or tablets to stay connected.

These tools don't replace your strength – they support it so you can heal, adapt, and keep growing.

## Try this: My everyday tools

### Reflection

Tools I use now: .....

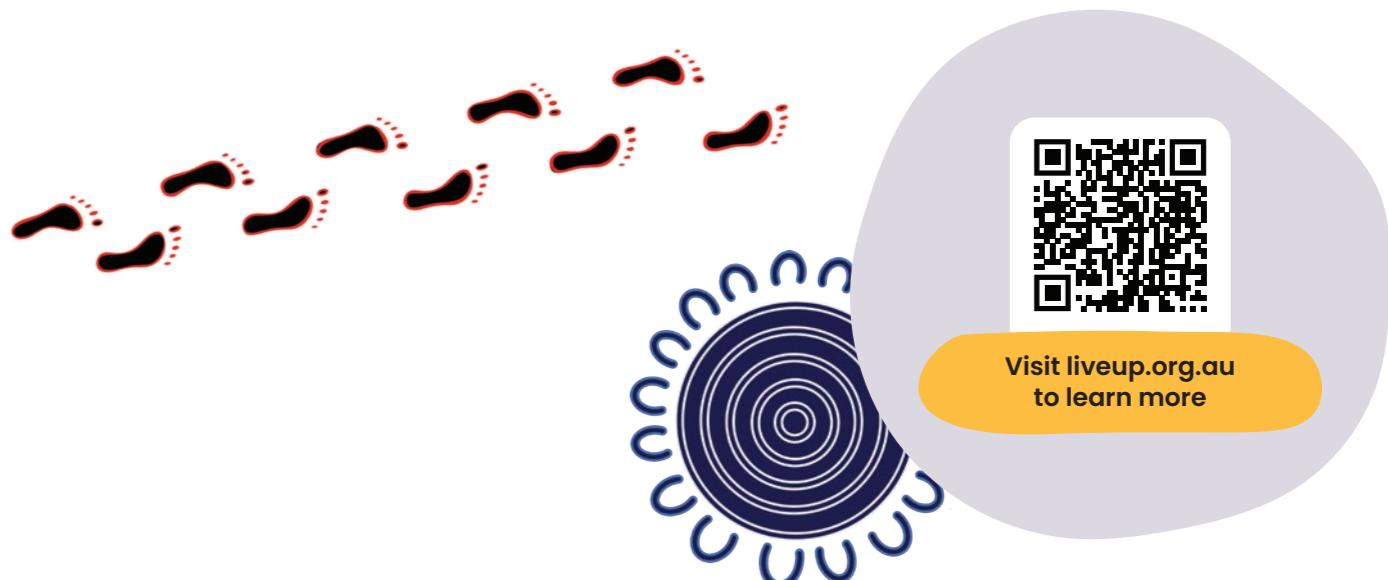
The first time I used this tool I felt: .....

Now this tool helps me to: .....

Tools I might try in the future: .....

One product I'd like to learn more about: .....

A question I have about everyday tools (assistive products): .....





## Strong nourishment

Just like Country needs sun, water, and soil to thrive  
- you need daily care. One habit isn't enough. It's  
the mix that helps us grow strong again.

Keep nourishing yourself by:

- **Moving your body** – to rebuild strength and balance
- **Eating healthy meals** – so you have the right fuel
- **Learning new things** – to stay sharp, curious, and confident
- **Getting good rest** – to repair and recharge
- **Staying connected** – because people and purpose lift your spirit
- **Using the right everyday tools** – to make things easier while you get stronger.

If you keep nourishing yourself, you might even find you depend less on these tools over time. The goal isn't just to get by – it's to feel strong in yourself again, and to share that strength with others.

## Try this: Daily wellbeing check-in

### Today I...

Moved my body by: .....

Ate: .....

Learned/yarned about: .....

Rested by: .....

Connected with: .....

Used this helpful tool: .....

### Weekly check-in

A good wellbeing habit I want to build is: .....

Something I'm proud of this week is: .....

A person or thing that helped me this week: .....

### Reflection

I feel strongest when I: .....

One small change I'll try next week: .....



## Strong you

Like Country after fire, you can regrow – strong, steady, and full of life.

Ageing brings a multitude of experiences and changes, such as:

- **Deeper relationships** – with family kinship and friends
- **The joy of teaching** – passing on Culture, stories, and skills
- **Freedom to choose** – how you spend your time
- **Perspective** – knowing what really matters
- **Presence** – living in the moment.



Visit [liveup.org.au](http://liveup.org.au)  
to learn more

## Try this: Celebrating the strong you

### Deeper relationships

Someone I've grown closer to: .....

A memory I've made recently: .....

.....

### Joy of teaching

A cultural skill or story I've passed on: .....

.....

A younger person I love sharing time with: .....

.....

### Freedom

One thing I love choosing for myself: .....

A way I spend my time that brings joy: .....

.....

### Perspective

A lesson I've learned over time: .....

.....

What I used to worry about but have now let go of: .....

.....

### Presence

A moment I truly enjoyed this week: .....

I feel most present when I'm: .....

### Reflection

I am proud of: .....

I want to pass on: .....

I've learned that: .....





Explore your health, strengths, and wellbeing...

**Jot it down here**



**little  
ROCKET**



VICTORIAN ABORIGINAL  
HEALTH SERVICE  
*Caring for the Community*



VACCHO  
Victorian Aboriginal Community  
Controlled Health Organisation



liveup.org.au | 1800 951 971 | @LiveUpAus

LiveUp is a healthy ageing initiative  
funded by the Australian Government.