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Louise Hughes, Project Officer.

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**WHEN WE ARE FREE
TO BE OURSELVES,
TO BE UNIQUE...**



**...IT IS A BIT LIKE
FINDING THE RIGHT
PAIR OF SHOES**

FOREWORD

In my personal and professional life I am amazed by the women who surround me. These women are clever, generous, assertive, inspiring and above all unique.

The attributes, learnings and experiences they share with me add to the rich tapestry of my life. Their difference in perspective, experience and where they are in life contributes to the diversity, interest and excitement of my community.

However, we all know that being a woman – young or old can be difficult, particularly when it comes to the issues of self confidence and self-esteem. So often this is intertwined with issues of body image. Through media and other sources we are constantly bombarded with images of how we should look, and who we should be. We all sometimes feel the temptation to just be like everyone else, not stand out in the crowd, let others do the leading instead of us.

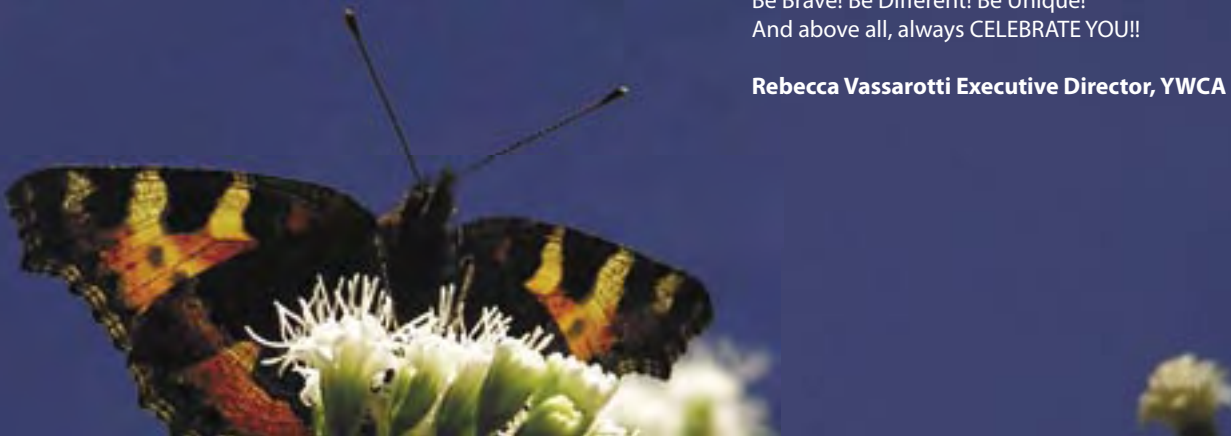
This booklet is designed to recognise and cultivate the uniqueness of every single one of us, to ensure the community doesn't miss out on the important resource of YOU. It aims to provide a resource for all of us to reflect on what is special about us, and how we can make sure this gift can be celebrated and nurtured.

In this, many older readers will note the wisdom in the reflections and thoughts of the young women contributors to this project and recognise how much we have to learn from our younger sisters.

The vision of the YWCA of Canberra is 'Women Achieving their Potential'. To achieve this, our aims include empowering women and girls. We hope through providing this resource you may gain some insight and something that is useful in your life. We cannot wait to see the results of you further unlocking your potential, and sharing it with us and the world.

Be Brave! Be Different! Be Unique!
And above all, always CELEBRATE YOU!!

Rebecca Vassarotti Executive Director, YWCA of Canberra



INTRODUCTION

One of the hardest things in life can be accepting and respecting who we are; it can be hard work learning to feel comfortable in our own shoes! Sometimes it can be reassuring to know that we are not alone in this quest.

Be (YOU)nique is more than just a booklet; it is a compilation of stories, experiences and learnings. Be (YOU)nique is about providing a safe space for young women to explore, recognise and nurture their inner knowledge, strength and beauty.

There are four main sections to Be (YOU)nique:

Body image and self-esteem –
positive and negative influences
that can affect how you feel;

Let's Get Real –
what do you value?

What is beauty –
beauty versus uniqueness; and

Mind over Matter –
developing your inner beauty and strength.

Use this booklet as an initial stop in finding some answers to sometimes difficult and personal questions. It is hoped that the learnings in this booklet will help other young women in navigating through their own journey.

Developing this booklet has been such a real, honest and inspiring journey. We hope you will enjoy reading the different sections of the booklet and will be able to take something with you on the next phase of your journey.

Be (YOU)nique Working Group
Thank you to all the young women contributors for letting us, the reader, walk in your shoes.

Enjoy!!

You are
unique...



Do you know what your strengths are?

**Do you have one value
that you always abide by?**

Do you feel stressed out regularly?

**When you look in the mirror are
you happy with what you see?**

Do you often speak your mind?

**Do you have good friends
you can confide in?**

Do you enjoy your own company?

**Have you ever dyed or cut your
hair to look like someone else?**

Have you been on a diet recently?

**Can you pick at least two things
that you like about yourself?**

Do you exercise?

Do you think others are better than you?

How is your self-esteem right now?

*...just as
you are*

What do you value? For each person the things we value might be very different. Take time to reflect on the things you value and what you value in yourself? The page titled 'What do you value' provides a space for reflection.

Self-esteem is a reflection of how you feel about yourself. A good place to start to discover your own unique qualities is to know and respect yourself. The body image and self-esteem section provides a safe space to question and explore.

Recognising inner beauty and strength can be difficult. Sometimes we can become caught in a 'thinking trap' – focusing on the negatives. Finding self-satisfaction and acceptance can only help towards building a healthy self-image – see the page titled "Thinking Traps" for more information.

Stress is something that we all feel. The page with the title 'Stress' provides some useful tools in managing stress.

POSITIVE



BODY IMAGE:

Acceptance.

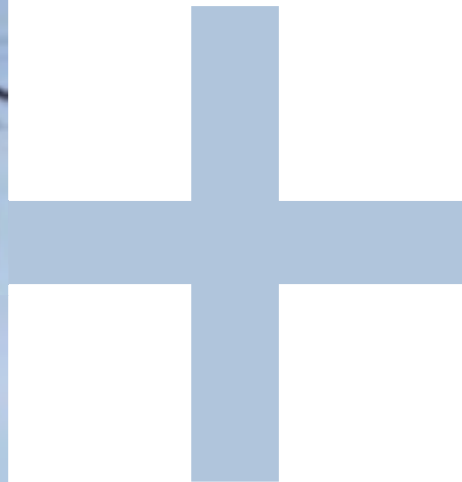
Courage to be yourself.

Comfortable in your own skin.

Everyone is different.

Protect your values – be true to yourself.

Treat yourself and others with respect.



SELF-ESTEEM:

Self-esteem is a reflection of how you feel about yourself. It's your self-worth, it is feeling comfortable to express who you are. The confidence and ability to believe that you can do anything. Respecting yourself.

Accepting yourself.

Source: Focus Group Feedback

NEGATIVES

**JEALOUSY – JUDGEMENT – INSECURITIES
GOSSIP – PEER PRESSURE – COMPARING
SEEKING REASSURANCE – NEEDING TO 'FIT'**

Source: Focus Group Feedback

- Your body image is how you perceive, think and feel about your body¹.
- Body image is influenced by self-esteem...the value and respect that you give yourself. So if body image and self-esteem are linked, what can we do when we feel we have the uglies inside and out?
- "Stop wanting to be 'her' - just be yourself".
- "Recognise your inner beauty - explore the qualities that make you unique." "Don't let other people's opinion of you define who you are".

"Take Time Out".

BODY IMAGE



Find the little quirks in your own personality and enjoy them. Use them to DEFINE yourself. Don't become cloned or let anyone tell you how they like you or how you should be. That's unoriginal and you're not. You are completely ORIGINAL. There has never existed in history a person like you. Ever. Do not underestimate the importance of your uniqueness. Find and develop your own vibe; don't borrow it from someone else. Seek out new people if the ones around you don't bring out the best in you and allow you to be yourself.

**You are, above all,
an individual.
So be one!**

PERCEPTIONS

*We are surrounded
by perceptions
and judgements
everywhere.
We are consistently
told how to act,
look and interact.*

So what can we do?

Everyone has their own story to tell –
so tell it!

Keep things in perspective –
know what you
can't control

Don't take things personally

Question your own assumptions
and challenge these regularly

Don't let someone's perception
of you become your reality

Have a sense of humour and
laugh lots

Never be afraid
to seek advice
and support





LET'S GET REAL

Okay, let's get real. So what does reality look like? You should know, you see it every time you look in the mirror. And so does everyone else. Reality is not a set look, behaviour or feelings – it is individual and diverse.

Mary thinks Jan is smarter than her, but Rita thinks Mary is prettier than her, but Jan thinks Rita is a better worker.

For each of these girls, reality looks slightly different. In the end, no one is better than the other, just different – Unique. Think about what you value... What are your best qualities...? Do you place more emphasis on a person's personality than their looks? The more time you take to reflect on what you value, the more you will realise how hard you are on yourself.

Everyone has their own inner-strengths that they rely on during the tough times. Appreciate the good in yourself and the good in life – see the beauty in everything and everyone. That's what it is all about.

By Samantha Kennedy

We all want to belong and be accepted!

WHAT DO YOU VALUE?

What do you value in other people? Is how they look really important?

What do you value in yourself, what do you offer to those you meet?

Appearance is one element of first impressions, so when we feel a bit lonely or unsure of ourselves, we might focus on our appearance as the key to finding what we need. However, when we really think about this, it is often very different things that we value in those we choose to be close to.

For each person the things we value might be different but could include qualities such as: someone you can have a laugh with; someone you can trust who is easy to communicate with and listens to you; someone you respect and can learn from; or just someone who really values your friendship and makes time for YOU!

**What do you value?
Make a list of people
who you value.**

If you asked any of my friends, they'd tell you I have great self-esteem and for the most part I would agree, but it took me a long time to get here. I have to say that the biggest influence on my self-esteem would have to be my high school friends. The so-called 'bad' friends taught me to stand up for myself and question authority. My 'popular' friends were always loving and generous and taught me to be comfortable with myself. My 'geeky' friends taught me that it is okay to try hard in school and aspire to great things. My 'active' friends taught me to go out and make things happen. As a result, I am really confident and self-assured and it all came from surrounding myself with the kinds of people I needed to at the time. My advice for anyone who wants to be more self-confident would be to follow these four steps:

1. Never be afraid to ask – questioning is never stupid.
2. Accept love from those who offer and reciprocate.
3. Have goals and be proud of them and don't beat yourself up too badly if you fall short.
4. Most importantly, NEVER be complacent. Go out into to world and do what is right.

It is crucial that you recognise when you are dissatisfied, because only then can you take the steps that are necessary to rectify the problem.

Be Happy! Be Confident! Be (YOU)nique!

By Samantha Kennedy

Survival story
Step by Step



Sometimes we measure our self worth by how others treat us – if you don't have a boyfriend/girlfriend, then you obviously don't deserve one. If you don't own the latest gadgets or clothing you don't fit in. It is a dangerous situation to be in when you rely on somebody else's judgement of you as the basis for your own sense of self.

RECIPE FOR SELF WORTH

a sprinkle of beautiful thinking;
1 cup of self respect;
2 tablespoons of support;
a scoop of natural beauty; and
3 helping hands from your friends and family.

By Amelia Osman

LET'S GET REAL



PERFECTLY YOU

Sometimes we feel the pressure to try and be perfect at everything. A perfect partner, perfect student, a perfect friend – to look and be perfect.

Sometimes we look to our friends to see what they are doing and then model ourselves on this. The trouble is that they are following their own destiny and we need to try and find our own.

Our destiny is what is right for us. It is a bit like a pair of shoes. If we wear someone else's shoes they may not be the right size, they will feel uncomfortable and uneasy.

When we are free to be ourselves, to be (YOU)nique, it is a bit like finding the right pair of shoes. They are what WE WANT, they are comfortable and they will allow us to feel at ease, no matter how long the journey.

QUESTION THE MOTIVES OF THE BEAUTY INDUSTRY – ALWAYS REMEMBER THAT THE MAIN OBJECTIVE OF THE FASHION, COSMETIC, DIET, FITNESS AND PLASTIC SURGERY INDUSTRIES IS TO MAKE MONEY, NOT TO MAKE YOU THE BEST PERSON YOU CAN POSSIBLY BE. THE ULTRA THIN IDEAL IS WORKING FOR THEM. BUT IS IT WORKING FOR YOU?

SOURCE: [HTTP://WWW.BODYSHOP.COM.AU](http://www.bodyshop.com.au)

How to be perfectly you:

Resilience

Develop your own 'protective layer' and use this protective layer to shield you from being overly vulnerable to outside pressures.

Be discerning

Watch, listen and develop your own values.

Accept / Reject

How vulnerable are we if we let others assign a value to us? What happens if they make a mistake?

Earn it

Aspire to good things.
Live a life you are proud of.





*Perfectly
You*

Beauty = Uniqueness

Beauty:

the quality or characteristics which excites an admiring pleasure, or delights the eye or the aesthetic sense
(Macquarie Dictionary)

Question:

Is beauty about mirroring trends and friends?

Question:

Are you mirroring your own personality or your friends?

Question:

What size are you?

Answer:

You are You-sized.

(Kaz Cooke, 'Real Gorgeous', Allen & Unwin, 1994)

DIY TIPS:

Am I doing _____ because it represents me or because it represents others?

Write out a list of personal qualities. Try and mirror the qualities you admire.

Make up your own trends. A simple way is to put your own twist on a new trend.

Find beauty in every day things – go for a walk, learn about a different culture, do something crafty, go on a bush walk, listen to music, plant something in the garden.

Get to know yourself. Spend time listening and exploring what makes you tick.

What Is Beauty?

Have you felt..... ugly, frumpy, and unloved.

Have you thought..... Why is SHE more popular than me?

What is it that SHE has that I don't? And how come I don't have a boyfriend?

I know, I certainly have!

You see, my self-esteem was pretty low. I didn't like the changes I was going through when I hit puberty. I was teased at school when my body started maturing; I developed curves, and started wearing a bra earlier than the other girls in my year. And this was all before I went onto high school.

My feelings of embarrassment, resentment, confusion and unease only got worse as I moved through high school. I started to draw attention from older boys, but felt intimidated by the sneers and crude remarks from the older girls. I didn't like what was happening to me. I resented the other girls for poking fun at me and not understanding what I was going through. Shouldn't they understand?

I withdrew into myself, and wore large clothes that hung off me, mainly my tracksuit, to hide the curves. So why couldn't I hold my head up high and say 'World look at me, I'm becoming a woman'? Instead I rounded my shoulders, hunched my back hoping no one would notice me.

It took a while but I realised life surely should be better than this. I am and always will be a unique person. I opened up and talked with friends and family. I watched other girls around me and found that they were more confident, happy and seemed to be enjoying life. So why couldn't I?

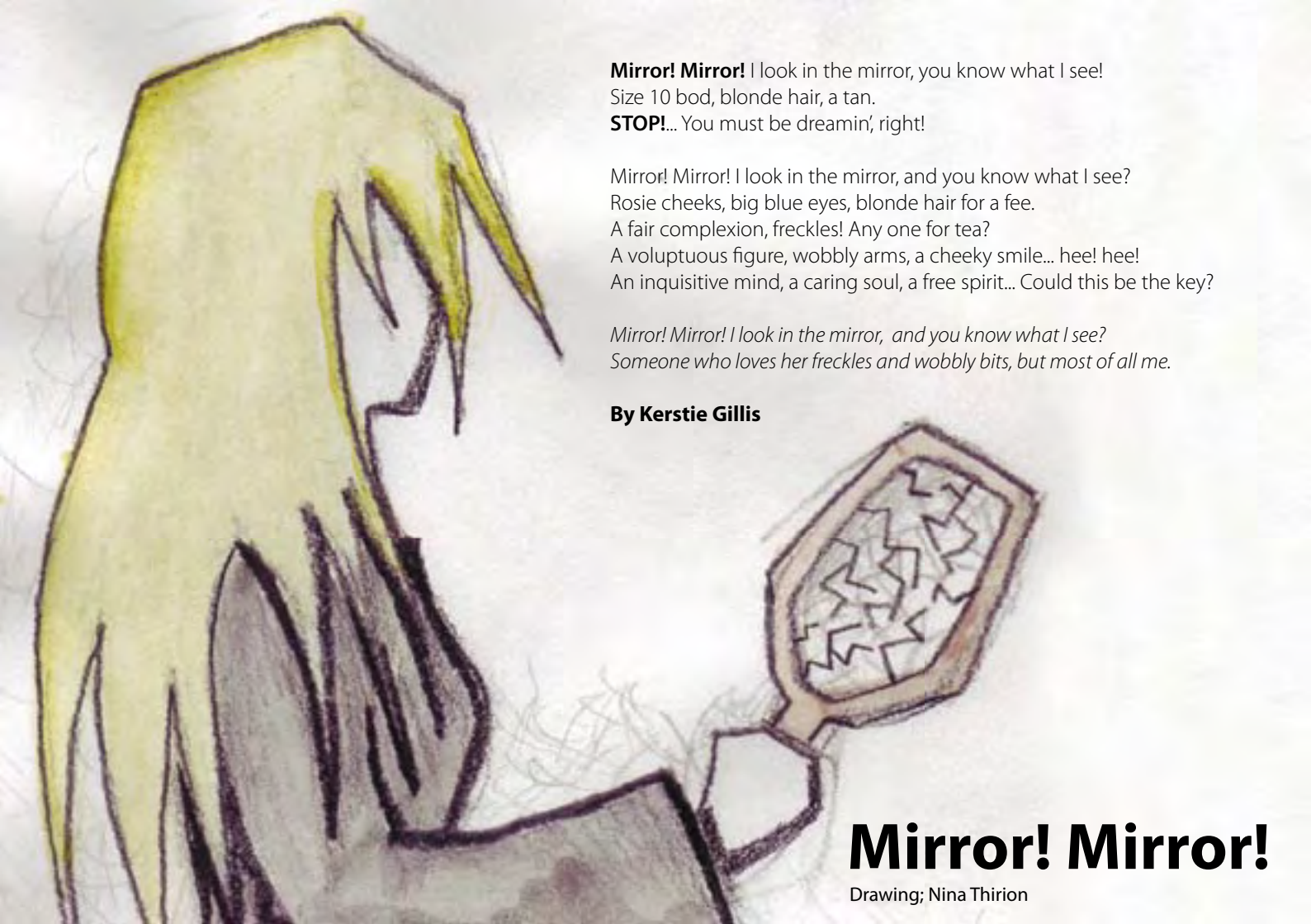
I and only I could change this feeling of self-dislike. From this realisation I really had to force myself to participate in activities around school, and not take life all too seriously. I had to laugh and make an effort to join in. After a while I didn't need to force myself, it just happened.

Then, I found I had started to look and feel differently about myself, I felt more confident, and I found I actually liked how I looked. I finally found my self confidence, it only needed a nudge, from me... nobody else.

These feelings have everything to do with how you feel about yourself, your personal self-esteem! Don't be afraid of them, discover the beauty of you.

Anonymous

“ I and only I could change this feeling of self-dislike.”



Mirror! Mirror! I look in the mirror, you know what I see!
Size 10 bod, blonde hair, a tan.
STOP!... You must be dreamin', right!

Mirror! Mirror! I look in the mirror, and you know what I see?
Rosie cheeks, big blue eyes, blonde hair for a fee.
A fair complexion, freckles! Any one for tea?
A voluptuous figure, wobbly arms, a cheeky smile... hee! hee!
An inquisitive mind, a caring soul, a free spirit... Could this be the key?

*Mirror! Mirror! I look in the mirror, and you know what I see?
Someone who loves her freckles and wobbly bits, but most of all me.*

By Kerstie Gillis

Mirror! Mirror!

Drawing; Nina Thirion

MIND — over — matter

Develop your inner beauty and strength:

Inner beauty is the
heart and soul behind
the physical being

– building your self-awareness, self-confidence, self-respect
and self-esteem creates the beauty that radiates from within.

A good place to start to develop your inner self is to positively explore your own unique gifts and uncover what you feel really passionate about and develop them further. Be inspired as what you are discovering is what you – as an individual – are all about. Be patient and keep in mind this will take time, however, you will find you are worth it.

Get motivated to develop further your inner strength and beauty – “knowing and respecting who you are” creates a satisfying and harmonious feeling. However, as you mature and develop, your values and passions mature and develop. Through each stage of our lives we continue to seek out who we are and learn about our inner most complexities. Finding self-satisfaction and respect can only help towards building a healthy self-image and self-esteem.

Remember this is about you; don't let other people knock you down, or damage your self-confidence – of which YOU have nurtured and created. Stand tall and be true to who you are!

By Kerstie Gillis



you can do it...

this is MY STORY

I was never happy because I felt there was something wrong with me, that I wasn't as good as other people because I didn't fit into any group.

I always saw how much fun other people seemed to have, how unconcerned they were with what

other people said and they just did what they wanted. They didn't care if people laughed at them, because the ones that laughed are usually the ones who aren't confident and always ended up copying later.

I decided I was sick of spending my time trying to "hide" and panicking when anyone noticed me. I wanted to have fun too!

It wasn't easy, but it was worth it. Every week, or every fortnight when I felt I could do it I would do something that scared me. I sat at a table eating lunch by myself in public, wore a pair of hip-hugging jeans rather than something baggy, didn't wear a t-shirt over my swimmers at the pool,

died my hair a drastic colour, saw a movie that I wanted to see by myself, tried on clothes and actually left the fitting room to use the mirror – all little things, but things that I found terrifying before. These things showed me as myself, not part of a group. After a while it just became normal. When other girls told me my hair was too colourful or my jeans were ugly I would say "So what? I like them." And that's the last I heard of that.

I hated PE at school but liked going to the gym, so that's where I went. I then became a Fitness Instructor. It can be tough sometimes being the person up front who everyone looks at. Some people want me to look perfect and judge whether I am too fat, too skinny, too muscly, not muscly enough. But it doesn't work like that. Showing that I'm confident and happy with my body is more important than what shape I am.

I am one of the most varied people I know in all aspects of my life. I like everything and anything and definitely don't fit into any stereotype. From Britney Spears to Metallica, from sports to big fatty chocolate cakes, from trackies to girly dresses, runners to heels, scrapbooking to extreme sports – I like it all. I've now realised that it doesn't matter that I don't fit into any "model". I'm now the happy one.

Story by Katie Nicolls



THINKING TRAPS

Thinking traps – you probably already know what this is. Those little negative voices inside your head telling you that you're not good enough, pretty enough, or popular enough. Saying such things as "if only I hadn't said that" or "if I looked like her then I wouldn't have any problems" or "I am not smart enough to participate". These voices can have a huge impact on your life – it can prevent you from being fully involved in social activities and may prevent you from participating at school. These negative beliefs about yourself can sometimes be so strong that you start to believe that they are true. This can in turn affect the way you behave, treat yourself and others.¹

Below are some examples of thinking traps. Try catching yourself out when you are in a thinking trap and try to focus on something positive or external.²

CATCH YOURSELF:

- Jumping to negative conclusions.
- Setting unachievable standards.
- Black and white thinking.
- Losing perspective.
- Discounting the positives.

**Be true to
your goals
and beliefs.**

TRY THIS:

We all make mistakes,
that's how we learn.

No one is perfect.

Stop analysing and
start participating.

Ignore negative comments
or put them in perspective.

Focus on your good qualities.

Don't look for other
people to reassure you.

Take time out for you and reflect.

POWER THINKING...

"Allow absolutely nothing to hold you up in any way." Eileen Caddy

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself." Harvey Fierstein

"Let the world know you as you are, not as you think you should be, because sooner or later, if you are posing, you will forget the pose, and then where are you?" Fanny Brice

"The tragedy is that many people look for self-confidence and self-respect everywhere except within themselves, and so they fail in their search." Dr Branden Nathaniel

"Someone's opinion of you does not have to become your reality." Les Brown

"Respect yourself if you would have others respect you." Baltasar Gracian

"Put all excuses aside and remember this: YOU are capable." Zig Ziglar

"Sooner or later, those who win are those who think they can." Richard Bach

"Begin to see yourself as a soul with a body rather than a body with a soul." Wayne Dyer

"You yourself, as much as anybody in the entire universe, deserve your love and affection." Buddha



MIND
— over —
matter

Stress...

Stress is a common thing. We all know how it feels to have too many things to do and not enough time. We all know how it feels to be emotional. We have all experienced stress... but what can we do to manage stress and prevent it from turning ugly?

It is important to be aware of the impact different thoughts and feelings have on you.

Look at things objectively. Talk to people you trust about what makes you feel stressed. Don't make any decisions until you feel relaxed. Think about your decisions. Learn to take time out. Remember that everything changes – nothing stays the same forever – bad feelings will pass and things will become easier.

Tools:

Breathing – take ten deep breaths when you are feeling overwhelmed. Relax. Take another ten breaths.

Relax – meditation is a great way to unfocus.

Exercise – exercise is a great way to prevent stress from taking over.

Awareness of negative thoughts: use the energy created by stress to move forward.

Take time out for you.

Heal – learn to forgive.

Eat well.

Deep Breathing Relaxation¹

Many individuals under stress breathe shallowly and rapidly from the upper chest as if preparing for flight or reacting to fear. This type of breathing intensifies anxiety. To reduce stress, take several deep breaths and practice slow, abdominal breathing every chance you can. Imagine a spot just below your navel.

Breathe into that spot and fill your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon. With every long, slow breath out, you should feel more relaxed.

¹ Western Australian 2003, Office for Mental Health, Western Australian, viewed 8 March 2006, <http://www.mental.health.wa.gov.au>

To Be Unique

To Be Unique is so hard,
I have to search for answers and drop my guard.

To Be Unique takes too long,
I learn, I grow, and I change when I am wrong.

To Be Unique is so uncool,
Everyone's the same and I look like a fool.

To Be Unique is sometimes lonely,
Being true and honest to myself can leave me wondering if only.

To Be Unique is quite challenging,
I make mistakes, get hurt, but the hardest thing is changing.

To Be Unique is sometimes hurtful,
Not everyone will see and appreciate you being truthful.

To Be Unique is full on,
Being you doesn't stop after dusk or dawn.

To Be Unique can make me angry,
Learning to accept others can be quite contrary.

To Be Unique can be depressing,
Sometimes it can be quite pressing.

To Be Unique is totally up to me,
It cannot be purchased, broken or stolen like a key.

To Be Unique is my gift,
I keep it up to date and enjoy it, as it is mine to keep.

By Sheila Ligo



**There are millions of
gorgeous body shapes.
Yours is one of them.**

Dieting doesn't work.

Your things are pretty cute.

Exercise should be fun not duty.

Expensive cosmetics may not

be better than cheapies.

Advertising lies.

Plastic surgery sucks.

Modelling can be miserable.

You can recover from an eating disorder.

You can read magazines and

watch television critically.

You can fight the body police.

You are not your buttocks.

(Kaz Cooke, 'Real Gorgeous', Allen & Unwin, 1994)



So...

Come up with a list of qualities you value and try to be true to these.

Exercise: do some sort of regular exercise to feel alive!

Treat yourself: have a bubble bath, listen to your favourite CD, read a book, spend time with friends.

Turn stress into positive energy.

Spend time with people who make you feel positive about yourself.

Have time out: enjoy spending time with YOU!

Additional Tips

Write a list of things you want to achieve and then find out how to go about achieving your dreams.

Get involved in your community.

Go for five servings of vegetables and two serves of fruit per day. Drink lots of water.

Learn to walk comfortably in your shoes.

Take little steps; remember that we are all at different stages in our own journey.



Need to talk...

SCOPE Youth Service

(a ywca youth service:
case management and
life skills workshops)

6257 1640

Lanyon Youth Centre

(a ywca youth centre)

6294 4633

Junction Youth Centre

(free health service
for young people)

6247 5567

Youth in the City

(for 12–25 year olds,
a place to hang out
and have a chat)

6247 0770

U Turn Youth Service

(Belconnen youth centre)

6264 0206

Gugan Gulwan

(Indigenous youth centre)

6231 9555

Gungahlin Youth Centre

(for 12–25 year olds,
a place to hang out
and have a chat)

6228 9211

Woden Youth Centre

(for 12–25 year olds,
a place to hang out
and have a chat)

6282 3037

Majura (Dickson)

(for 12–25 year olds,
a place to hang out
and have a chat)

6257 2255

Communities@Work

(youth services)

6288 0709

Sexual Health and Family Planning ACT

(sexual health & well being)

6247 3077

Lifeline

(provides 24-hour
telephone support)

131 114

Mental Health Crisis Team

(24-hour number)

1800 629 354

Needing more info...

Reachout: <http://www.reachout.com.au>

is a web-based service that aims to inspire young people to help themselves through hard times. It's an initiative of the Inspire Foundation (www.inspire.org.au) and features lots of stories from young people as well as information about mental health, eating disorders, feeling healthy, friends, family and lots of other issues.

Youth InterACT: <http://www.youth.act.gov.au>

is a participation initiative run by the ACT Government. It encourages young people aged 12 to 25 to have their say about youth issues in the territory.

Beyond Blue: <http://www.beyondblue.org.au>

the website of the national depression initiative has heaps of information about depression, feeling well and treatments, as well as 'blueVoices' stories from people living with depression.

Girlosophy: <http://www.girlosophy.com>

the Girlosophy website is "a point of reference and a go-to source for information about all things girlo. Support for your heart and soul!"

Completely Gorgeous:

<http://www.completelygorgeous.com>

fun and honest advice about eating, self-image and health issues with cartoonist Kaz Cooke.

Websites



Books:

Real Gorgeous is a hilarious and reassuring book that looks at uncovering the truth about beauty and body. This book is designed especially for women aged 11 to 111!

An interactive Real Gorgeous website is available at <http://completelygorgeous.com.au>

Cooke, K 1994, Real Gorgeous, Allen & Unwin, Australia.

Girlosophy: the soul survival kit is a guide for young women in finding their individual spiritual, emotional and practical truth.

The Girolosophy resource range is available via the website <http://www.girlosophy.com>

Paul, A 2000, Girlosophy: the soul survival kit, Allen & Unwin, Australia.

Websites:

www.thebodyshop.com.au

The Body Shop has been campaigning for over ten years on self-esteem and body image. The Body Shop has also produced a range of resources, which can be viewed via the website.

www.betterhealth.vic.gov.au

The Better Health Victoria website provides the community with access to reliable online health information. Fact sheets, personal stories and a health interactive feature are available via the website. The Better Health Channel is part of the Department of Human Services, Victoria.

Victoria Department of Human Services 2005, Better Health Channel: Fact Sheet Body Image issues for women http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body_image_issues_for_women?open Accessed February 14, 2006.

www.counselling.qut.edu.au

Building health self-esteem is available online at the Queensland

University of Technology. This resource provides information on self-esteem, and provides helpful tips on self-esteem building habits. This information can be viewed at www.counselling.qut.edu.au/selfhelp/students/self_esteem.jsp

Queensland University of Technology, Building health self-esteem 2003. http://www.counselling.qut.edu.au/selfhelp/students/self_esteem.jsp Accessed March 8, 2006.

www.mental.health.wa.gov.au

A resource developed by the Western Australian Office for Mental Health, the Stress Management brochure provides concise information and easy-to-use tips on stress management including 'what causes stress', 'how to reduce stress', and a section on the different types of relaxation exercises.

Western Australian Office for Mental Health, Stress Management 2003. www.mental.health.wa.gov.au/one/resource/46/Stress%20document.pdf Accessed March 8, 2006.

Other:

Macquarie Dictionary

Macquarie Dictionary: Australia's National Dictionary, 1998, The Macquarie Library, Australia.