

What is Stress?

Stress is “a state of mind, strain or tension resulting from demanding circumstances”.

When people get stressed, the body (mainly from the gland above the kidneys) produces stress hormones to deal with stressful situations. **Abnormal stress** can cause the body many troubles as well as in our mind.

The common problems are tiredness, anxiety, restlessness, irritability, poor concentration, poor appetite and disturbed sleep.

Ways of coping with Stress:

1. Talk it over with someone;
2. Make sure you get enough sleep and rest;
4. Practice a healthy diet.... Reduce caffeine intake (tea, coffee, soft drinks and energy drinks);
5. Avoid smoking, limit alcohol, and using illicit drugs or excessive use of prescribed medications;
6. Physical exercise for 30 minutes (4-5 times a week) or regular sport activities

In History:

What led to the creation of the Aboriginal Tent Embassy in Canberra in 1970?

In the 1970s, inspired by the Black Power movement in the US, Aboriginal people were politically very active. In Sydney, Australia's first Aboriginal legal and medical services were founded. Aboriginal people demanded land rights for the areas that they lived on since millennia.

Land rights were considered the key to economic independence, and land the base to generate resources and employment.

To many it came as a shock when in April 1971 the Northern Territory Supreme Court decided against Aboriginal people and in favour of a mining company to have access to Aboriginal land. Australian common law, the justice concluded, did not recognise Aboriginal land rights.

Aboriginal people travelled to Canberra to ask the Prime Minister of the time, William McMahon, to give them title to their land, royalties from the mining operations, a right to consent to or reject further development on their land, and the land to be returned once mining operations finished.

The Prime Minister promised to look at ways to protect Aboriginal interests, but 9 months later, on the eve of Australia Day 1972, announced that, instead of granting Aboriginal people title to their land, his government would ask Aboriginal people to apply for new 50-year general purpose leases over such land. They would also have to prove that they put that land to 'reasonable' economic and social use. Aboriginal people had no title to mineral and forest rights.

Angered by this announcement, Aboriginal people gathered in Sydney and decided that on Australia Day 1972 four representatives would travel to Canberra to protest against this decision.

They were Michael Anderson from Walgett, Billy Craigie from Moree, Bert Williams from Cowra, and Tony Coorey from Tweed Heads.

The four erected a beach umbrella surrounded by placards in front of Parliament House proclaiming it an 'Aboriginal Embassy'.

Staff Professional Development:

A friendly reminder for all staff to continue completing their compulsory AMSED training subjects.

There continues to be a range of professional development opportunities on offer for staff, so please send me an email: gavint@walgettams.com.au if you would like to know more.

Safe Driving:

As you know, daylight saving finished on Sunday 7 April, and the sun is now setting sooner and rising later as we progress toward winter. With this in mind, please be aware of animals on the roads when driving before sunrise and at dusk.

A new road rule has been in place in NSW since September 2018 to improve the safety of Emergency Workers, as well as the people they are protecting.

Motorists are required to **slow down to 40km/h when passing a stationary emergency vehicle** displaying blue or red flashing lights - eg: Police, Ambulance for Fire Brigade.

Motorists are also required to give way to any person on foot in the immediate area of emergency vehicle/s. Motorists should not increase their speed until they are a safe distance past the vehicle.

Hello & Goodbyes: for staff leaving and new staff arriving.

- Goodbyes - Nil
- Hello - Brewarrina Aboriginal Medical Service (BAMS) welcomes Megan Kelly as the new Community Development Worker with the suicide prevention program.

Quote: *"Sowing the seeds of unity so that we can all flourish together"*

Please feel free to Email me any information you would like to see in future fortnightly editions:
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