

Connecting our minds,  
bodies and souls.



# Positive emotion words

1



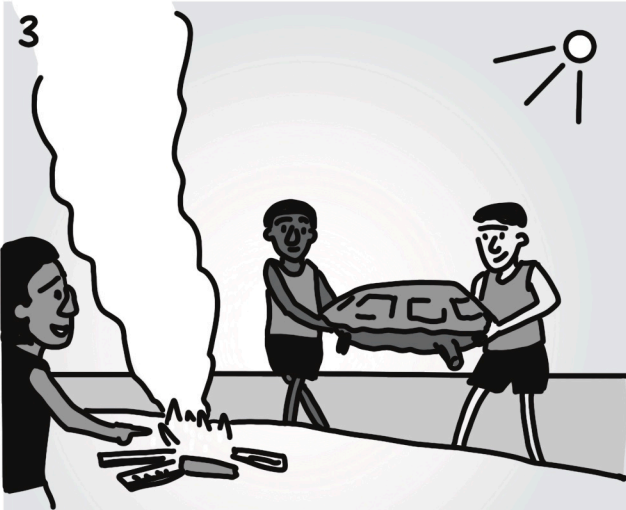
Peaceful

2



To have relatives who will help you

3



Team working together

4



Cooperative / team work

5



Being together

6



Push yourself

7



Feeling secure

8



Relaxed / spirit is calm

9



Feel free / feel relief

10



Calm

11



Relieved (mind)

12



Relieved (body) / healing in the body



13



Safe / secure/ feel refuge

14



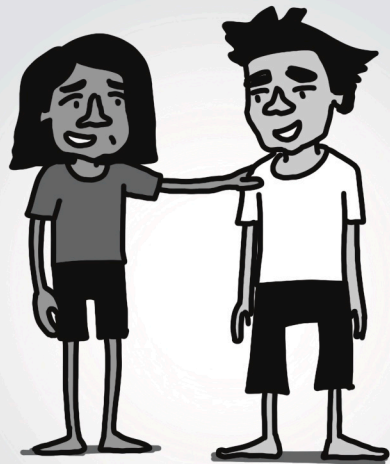
Confident

15



Living true to Yolŋu Rom

16



Live a good life / authentic / genuine

17



Excited

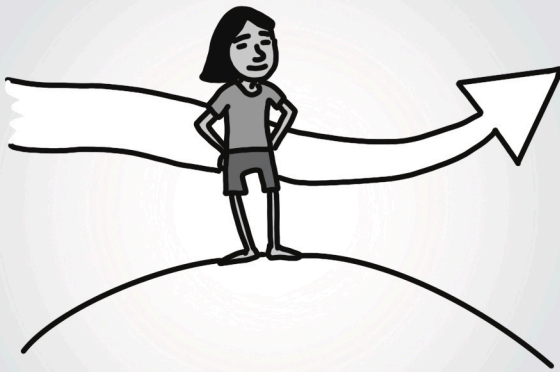
18



Happy / joyous



19



Resilient

20



Strong in spirit and mind / resilient

21



Kind hearted / beautiful heart

22



Empowered / positive power

23



Give more strength / fit in the body

24



Get strong in the mind / educated

25



Very smart / educated one

26



Dating

27



In love with someone

28



Carer for person and country

29



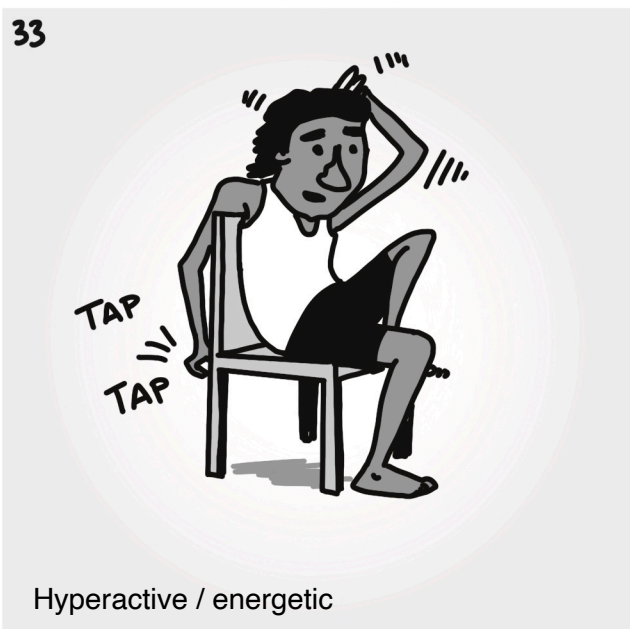
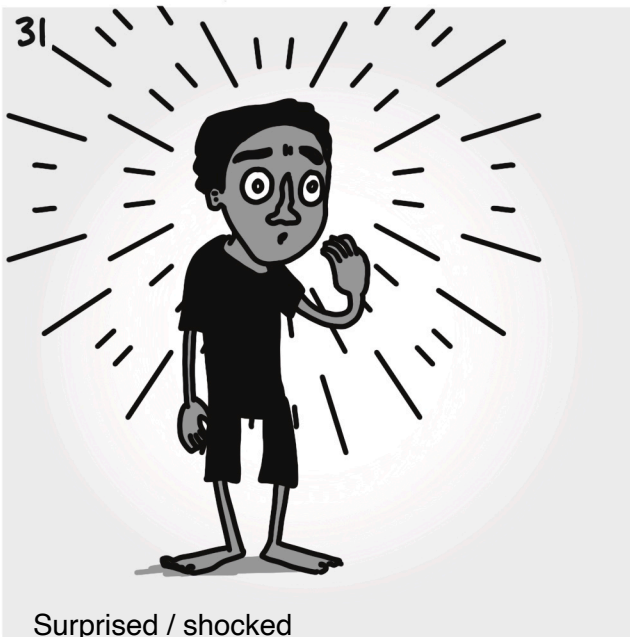
Leading by example / spiritually

30



Good spirit / good person / helpful

# Other emotion / behaviour words



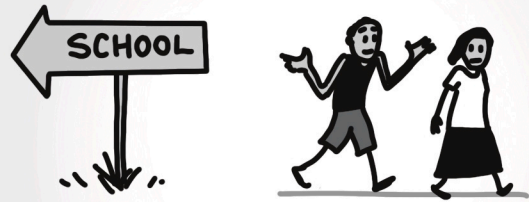


37



Bullying

38



Bully / kids don't come to school

39



Jealous

40



Angry / aggressive / fighting

41



Angry / cranky / dangerous

42



Living in isolation unconnected to family

43



Shy / shame

44



Bad spirit living in a person / demons

45



Body in pain for family who has passed away

46



Sorrowful

47



Grieving inside for someone passed

48



Does it in their own time, their own boss

49



Half-hearted worker \*

50



People who walk slow

51



Not listening, kids being silly

52



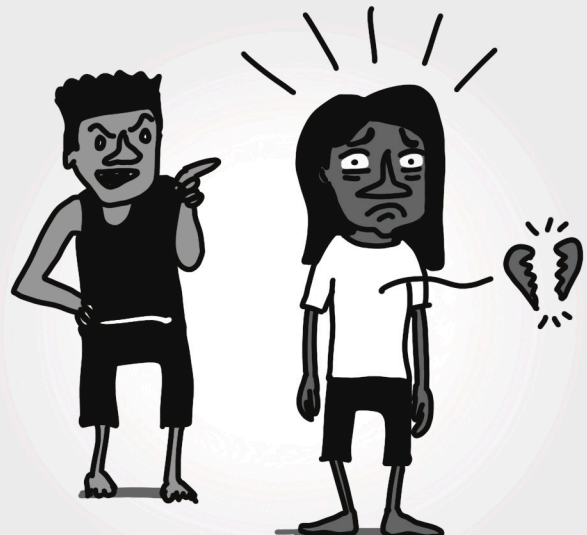
Staying behind by choice / it's OK

53



Lazy person

54

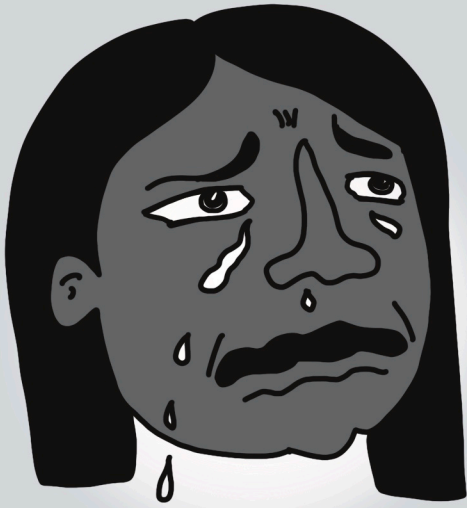


To hurt emotionally / verbally / physically



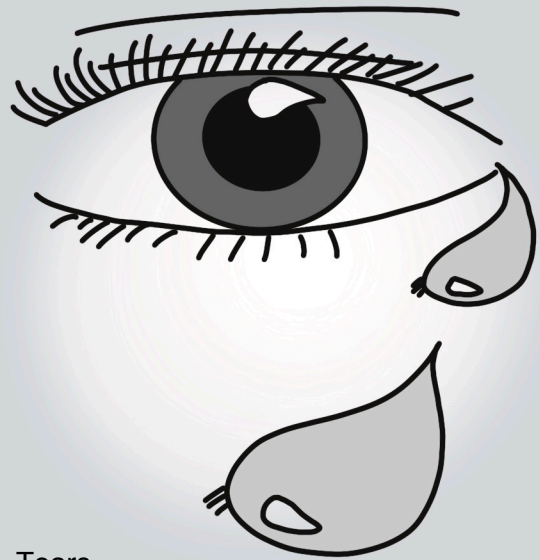
# Health and emotion words

55



Crying

56



Tears

57



To worry

58



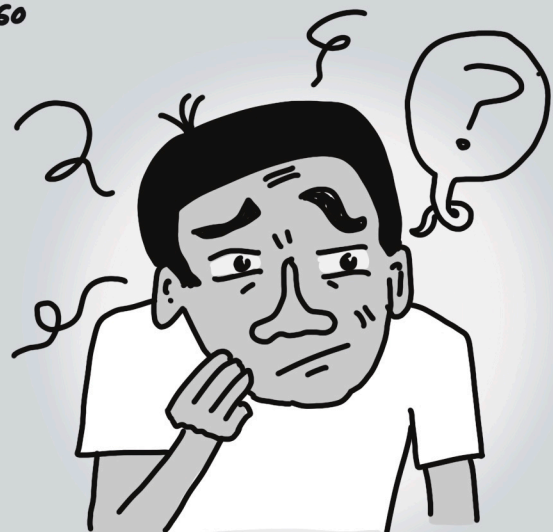
Ashamed

59



Over-thinking

60



Confused / forgetful / mentally unwell

61



To confuse/ became confused

62



Sick in the body / fever / cough / pain

63



Weak minded / mentally unwell

64



Boring / tired one

65



Worried / thinking too much

66



To worry

67



Sad / upset / feeling down

68



Not talking because I'm not happy

69



Not talkative / quiet one / silent one

70



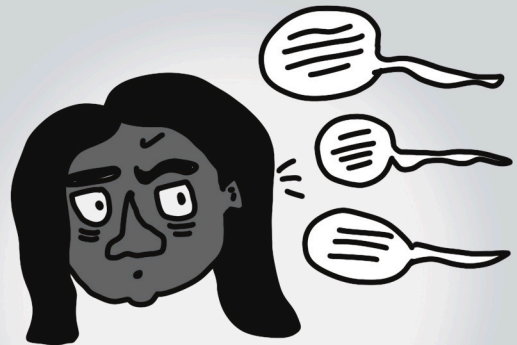
Cranky all the time / irritable

71



Inwardly angry / purposefully upsetting others

72



Hearing voices



73



Tired

74



Not sleeping

75



Hungry

# Physical Health issues

76



Headache

77



Cold

78



Stomach ache

79



Sore throat

80



Stabbing pain

81



Faint

82



Dizzy

83



Chest pain

84



Cramp / tigers feet cramping

85



Diabetes

86



Heart attack

87



Lights flashing in front of eyes



88



Eyes fluttering

89



Seizures

90



Passing out

91



Swollen ankles

92



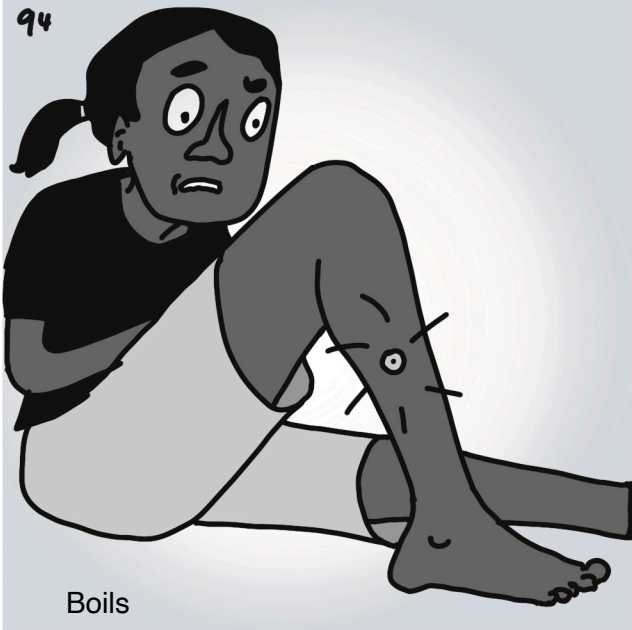
Broken/ fractured

93



Scabies

94



Boils

95



Vomiting

96



Bitten by \_\_\_\_\_ (dog, spider, crocodile)

97



Short wind / breath

98



Back pain

99



Baby pain / if pregnant



To have an operation



# A gentle questioning guide

How do you feel?

What would you like to feel?

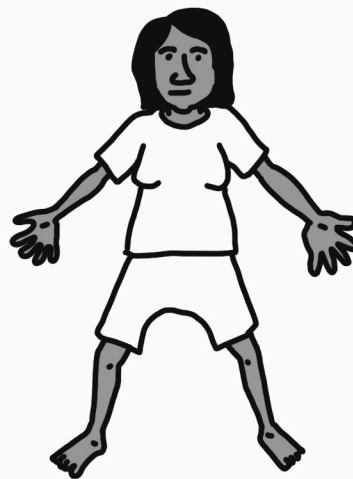
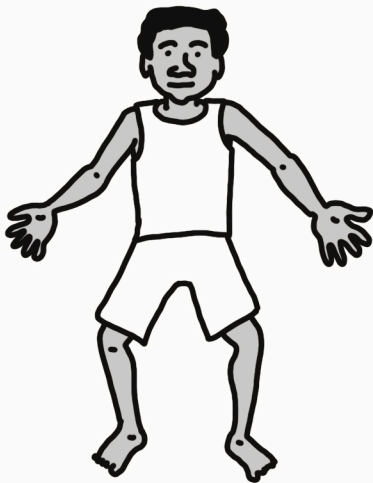
How can we help?

What do you need?

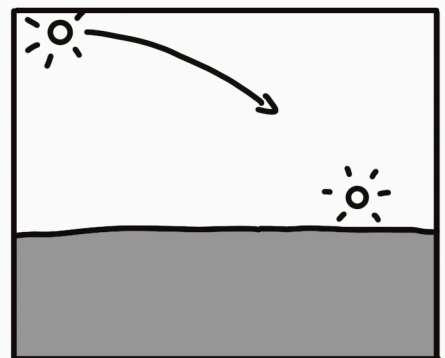
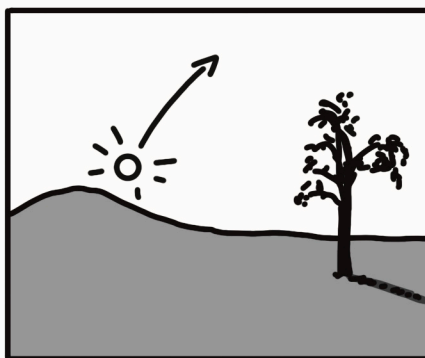
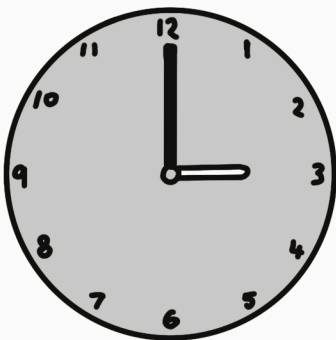
Is there someone you would like with you?

Who can help?

Where do you feel that?



How long have you felt that?



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