



Diversity - an opportunity to learn and grow...

Being immersed in a new culture or situation can be a lonely experience and adults can feel isolated or like the 'new kid on the block' in the same way that children can. It takes time to settle into new circumstances, to make friends and find your 'niche'. If you, or someone you know, are going through a period of change when feelings of frustration, fear or loneliness are common, it's good to remember there are things you can do to smooth the transition.

Show interest in the new

People may seem uninterested or even unfriendly when someone new comes on the scene. The quickest way to build connection is to give a genuine smile and express interest in what someone else is doing. It's not always easy to go first, but when you ask questions about things you notice are done differently, try new foods and participate in school or work events, you demonstrate curiosity and a willingness to grow. Embracing your new situation will soon have you feeling more at home and give others courage to do the same.

Be prepared to share your culture

Customs, foods and attitudes are the 'spice' of life. By sharing culturally significant beliefs, sports and foods, you can enlarge another person's borders, build connection and spark friendships. Don't be concerned about whether they will like everything you share. Their acceptance doesn't change it's significance to you but, by sharing authentically, you'll connect meaningfully and grow in the process.

Some things are universal

How you respond to others who differ in customs, beliefs or skin colour will largely influence how your children will too. Demonstrate that you embrace diversity with a genuine smile and greeting for the newcomer at school, at work or in your neighbourhood and extend a random act of kindness if you notice someone may be struggling. The universal qualities of kindness, compassion and gratitude are a wonderful two-way street that reduces feelings of isolation and builds more connection in today's multicultural communities.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ A new situation can feel isolating at first
- ✓ Respectful curiosity and a willingness to share is a sure way to make new friends
- ✓ Kindness, compassion and gratitude universally build connection

"Culture is the intersection of people and life itself. It's how we deal with life, love, death, birth, disappointment...all of that is expressed in culture."

Wendell Pierce

Did you find this helpful? Want more strategies like this...

There are ways to feel more empowered so that you determine how life flows, rather than having life happen to you. Sometimes it is simply a word or two that can make all the difference. **Sticky Strategies** can help you find out how. Even more tips [here](#).



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Practical life strategies for women