



Wellbeing Tips

Connecting through storytelling



Connecting with others through storytelling

Telling and listening to stories can be a gentle and meaningful way to connect with others. For veteran families, sharing personal stories can help create understanding, build trust, and remind us that we are not alone in our experiences. Whether it's a memory from service, a family tradition, or a small moment that stayed with you, stories help us feel seen and heard. They also offer a space to reflect, to listen with care, and to connect with compassion.

Why stories matter

In many cultures, storytelling is honoured as a way to pass down knowledge, share values, and bring people closer together. Stories have helped people make sense of their lives and feel part of something bigger. Veteran families often carry a rich collection of stories, not just from service but from the journeys before and after.

Taking time to share these memories, or simply being present to hear someone else's, can be deeply comforting and healing.

Many veteran families have experienced periods of separation, change, and even loss. This can sometimes make it hard to feel connected. Creating space for storytelling gives us a chance to slow down and simply be with each other.

To connect with other families of veterans and share your story, book to attend one of our upcoming wellbeing events at this link or scan the QR Code:

familiesofveterans.org.au/project/defence-families-wellbeing-events/

