

Table 6.3: Coding Tree Illustrating Categories, Main Codes and Sub-Codes

| Categories | Main codes | Sub-codes |
|---|------------------------------|---|
| 1. Stressors and Stress Terminology | Individual and family issues | Challenging life situations, Issues with raising children, Lack of support from family and relationships, Male dominant mindset, Triggering memories, Limited driving skills, Limited English fluency, Responsibility of household chores, Time constraints |
| | Structural issues | Loss of assets, Limited study opportunity, Lack of employment, Financial constraints, Visa issues, Technology issues, COVID-19 isolation |
| | Psychological response | Psychological problems, Depression, Anxiety, Stress, Pressure, Suffering, Worry, Emotional turmoil, Burnout and mental exhaustion, Frustration, Sadness, Fear, Negative impact of situations |
| | Physiological response | Physical pain, Physical exhaustion, Insomnia |
| 2. Responding to Stress: Use of Self-Care Strategies in Australia and in their Homeland | N/A | N/A |
| <i>Sub-categories:</i> | | |
| Social | Social support | Socialising with family and friends; Having in-person and virtual conversations with family, friends and trusted others; Seeking advice and support from family & trusted others |
| Psychological | Behavioural self-care | Withdrawal from stressors; Avoiding confrontation; Spending 'me' time; Managing life; Doing things timely; Use of humour |
| | Cognitive self-care | Active problem-solving; Discussing problems with family & friends; Positive thinking; Reframing thoughts; Having plans; Not thinking of the past |
| | Personality traits | Practicing self-control; Practicing patience; Building resilience; Relying on inner peace |

| Categories | Main codes | Sub-codes |
|---|---------------------------------------|--|
| Religious | Individual religious activities | Reading religious and Holy books; Prayers; Thanking God using religious phrases; Faith that God solves all problems |
| | Group religious activities | Going to church choir, Prayers and meeting others at mosques |
| Other | Self-development activities | Studying, Learning English, Employment, Volunteering and community activity |
| | Partaking in sustenance | Eating sweets, Sleeping |
| | Shopping | N/A |
| | Doing housework | Cooking, Childcare |
| | Practicing performing and visual arts | Playing musical instruments, Dancing, Drawing and painting |
| | Visual media consumption | Going to cinema, Watching TV, Watching movies, Playing electronic (video or mobile) games |
| | Reading | N/A |
| | Excursions | Travelling within the country or overseas, Taking train trips, Going on long drives, Going on road trips |
| | Using technology | Using internet, Browsing social media |
| | Physical activity | Gym, Exercise, Riding bicycle, Swimming, Going for walks |
| | Nature activities | Being in nature, Gardening, Going to parks, Bird-watching, Going to the zoo, Going to the beach, Going to riverbanks, Having picnics outdoors |
| 3. Barriers to Using Self-Care Strategies | Individual issues | Challenging life situations; Responsibility of household chores; Triggering memories; Lack of support from family and relationships; Limited English fluency; Time constraints |
| | Structural issues | Visa issues; Difficulty accessing mosques; Financial constraints |
| | Societal issues | Negative talks from others |