Traditional Indigenous Approaches to Mental Health and Well-Being

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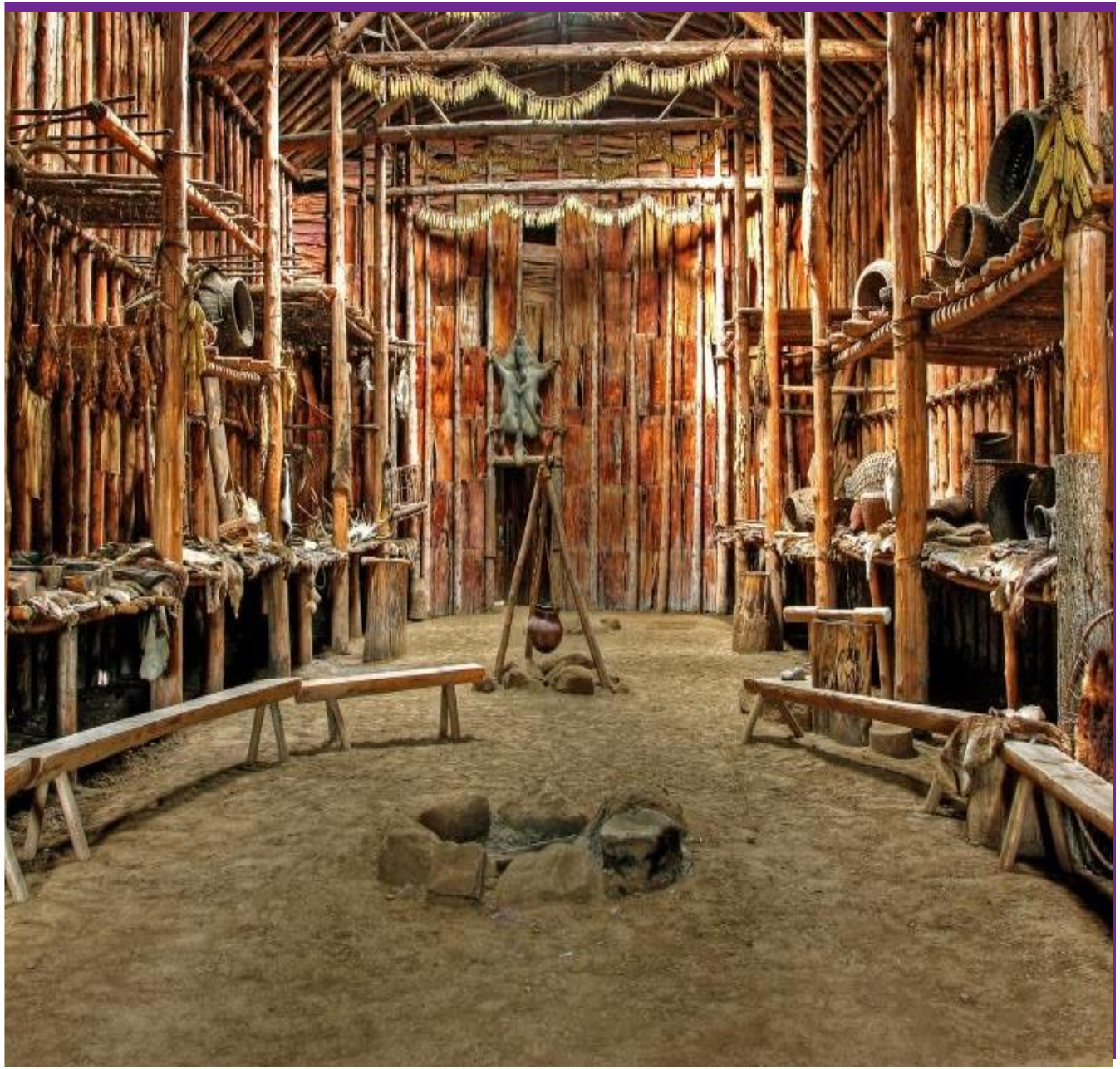

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AGENDA

Global Crisis of COVID-19

- Acknowledging Feelings During the Pandemic
- Concerns for Youth
- Concerns for Elders
- Your Safety Net

Self-care in Isolation

- Spiritual Discipline
- Ohén:ton Karihwatéhkwen

Supports

- Infographic: Views of Cultural Values and Care Concepts during the Pandemic
- Infographic: Our Languages Guide Us to Well-Being
- Supports Across Great Distances

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Global Crisis of COVID-19

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Acknowledging Feelings During the Pandemic

- Fear
- Anger, irritability, forgetfulness
- Loneliness, joy is gone
- Frustration and fatigue; slow comprehension or decision making
- Trouble Sleeping, nightmares, insomnia, waking for long periods throughout the night, thoughts racing in an overactive mind
- Lack of appetite, overeating, not eating at all
- Lack of control over conditions affecting your work, managing workload, feeling unsupported

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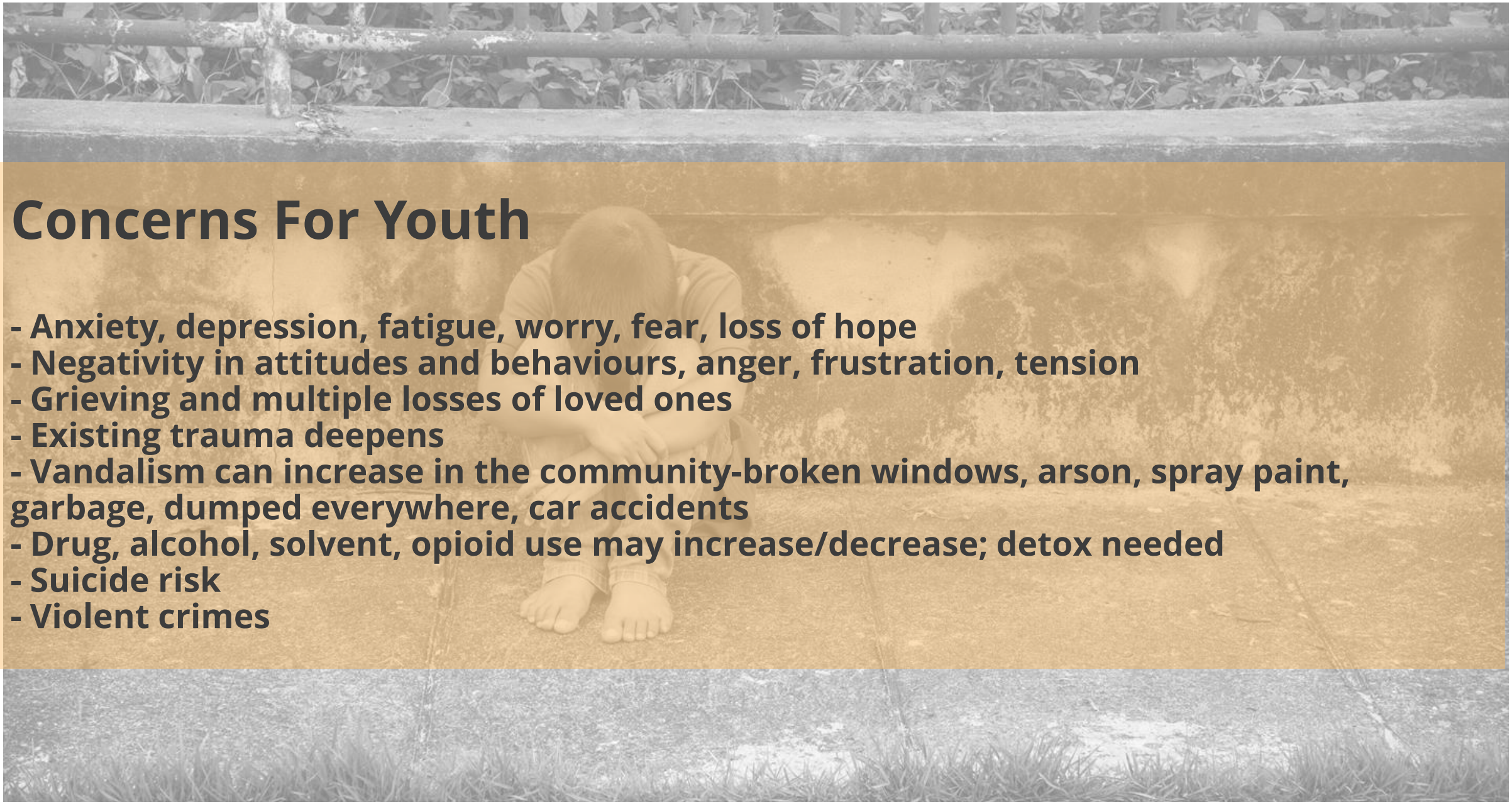

Concerns For Youth

- Anxiety, depression, fatigue, worry, fear, loss of hope
- Negativity in attitudes and behaviours, anger, frustration, tension
- Grieving and multiple losses of loved ones
- Existing trauma deepens
- Vandalism can increase in the community-broken windows, arson, spray paint, garbage, dumped everywhere, car accidents
- Drug, alcohol, solvent, opioid use may increase/decrease; detox needed
- Suicide risk
- Violent crimes

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Concerns for Elders

Destabilizing:

- Chronic conditions worsen
- Not eating, not sleeping well
- Depression that deepens, seeing little hope, feeling overwhelmed, no joy in the usual activities, hobbies
- Medicine dosage is off schedule
- Withdraw from the family; less social, sleep more often, watch TV all day and/or all night
- May turn to addictions
- Mental health worsens

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Your Safety Net

What nourishes you with strength, unconditional love?

- Daily Spiritual Discipline in your faith tradition
- Loving connection with family and friends
- Baseball, walking, dancing, singing, drumming, visiting, cooking, crafts
- Community Challenges – e.g. cooking, sewing, games, music
- Pick medicines in the bush
- Find wild foods in the bush
- Learn new skills – e.g. fishing, hunting, skinning, drying foods, canning foods, smoking fish, tanning hides, sewing, beading, making regalia, silver work, basket making.

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Self-care in Isolation

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Spiritual Discipline

1. Giving Thanks
2. Sacred Fire inside Your Home for healing and protection
3. Sun Ceremony
4. Releasing Ceremony-outside with Mother Earth, Trees
5. Medicine Baths/Showers/Tea
6. Strengthen Your Immune System-Medicines held by the Knowledge Keepers of your region
7. Tree medicine-walk in the bush, language of Spirit, Tree Medicine Air

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- People
- Earth
- Water
- Fish
- Medicines
- Strawberry
- Foods
- Animals
- Deer
- Birds
- Eagle
- Trees
- Maple

- Winds
- Thunder
- Rain
- Sun
- Moon
- Stars
- 4 Beings
- Teachers
- Creator

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Supports

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Infographic: Views of Cultural Values and Care Concepts during the Pandemic

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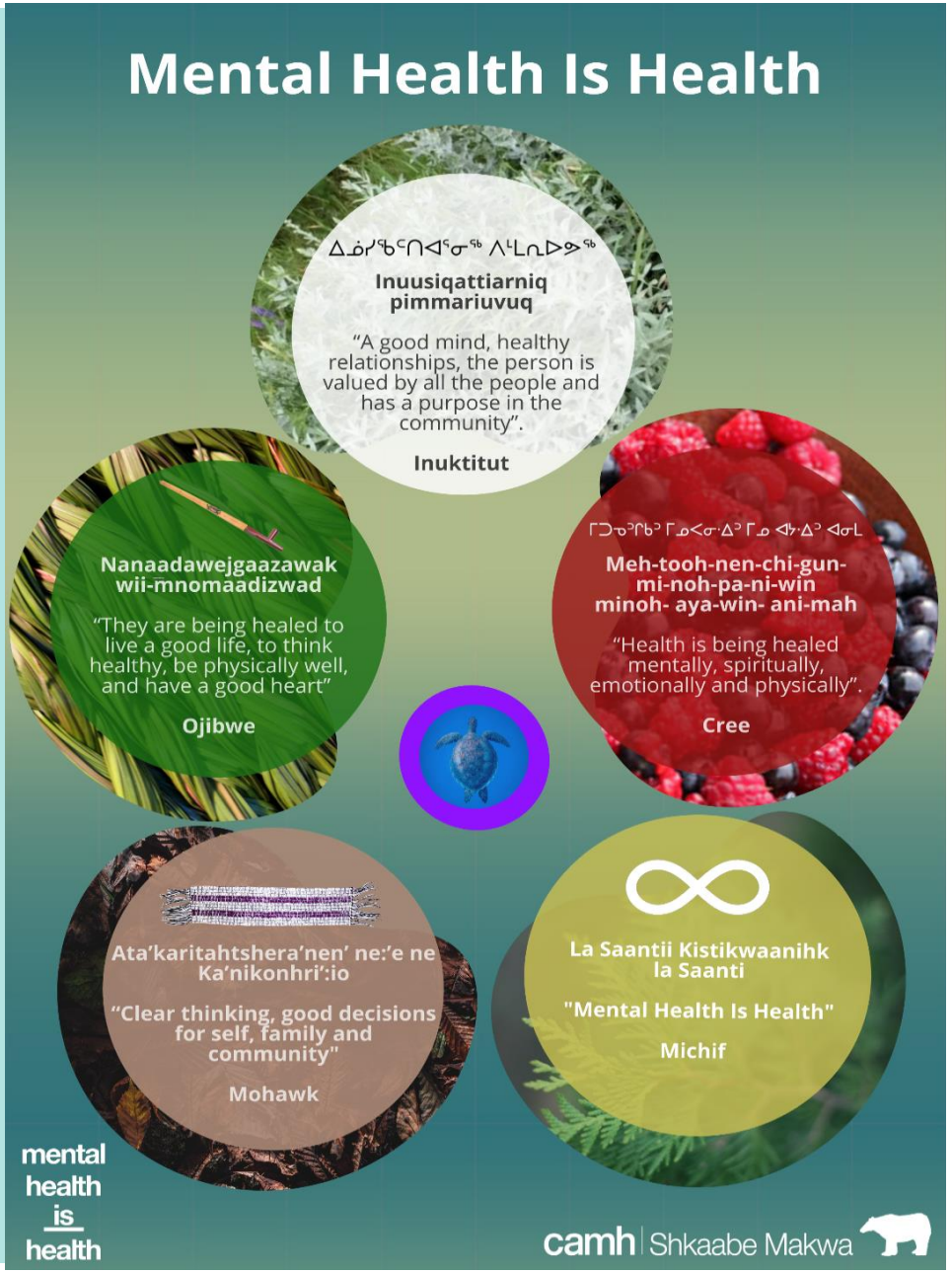
Infographic: Our Languages Guide Us to Well-Being



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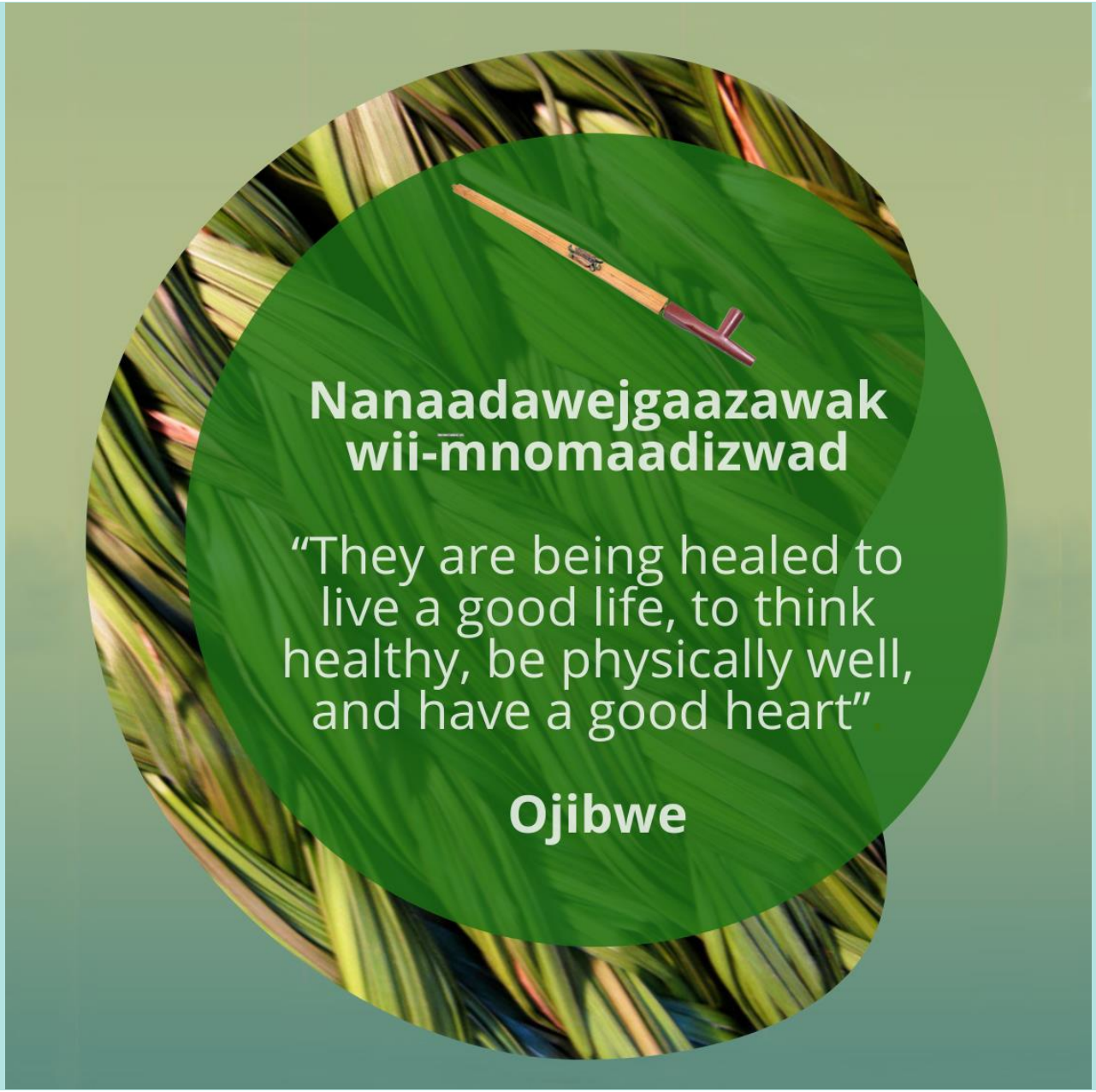

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Support Across Great Distances

- ✓You are not alone; You are loved; You are prayed for daily at sunrise and sunset at Sacred Fires lit all over Turtle Island
- ✓Renewal of medicine societies in the Nations of our People
- ✓Community-wide days of prayer, offering tobacco/food offerings, cloth offerings, medicine offerings, prayers from many denominations
- ✓Spiritually uplifting messages from our Spiritual Leaders on social media
- ✓Sharing traditional medicines, formulas, cherished sacred knowledge
- ✓Young people in the bush picking medicines for the Medicine Keepers
- ✓Families picking medicine together
- ✓"Protect Our Elders"; "Honour Our Health Care Workers"

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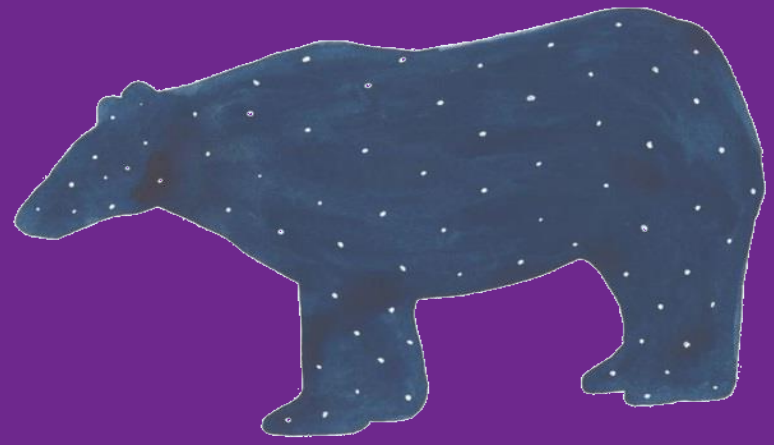

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