Laura Horton, Giniw'kwe, Mukwa dodem,
Dene/Anishinaabekwe, Mide'kwe

Building Resiliency- Yangwamizin.

Protective Factors
Family – Community - Teachings

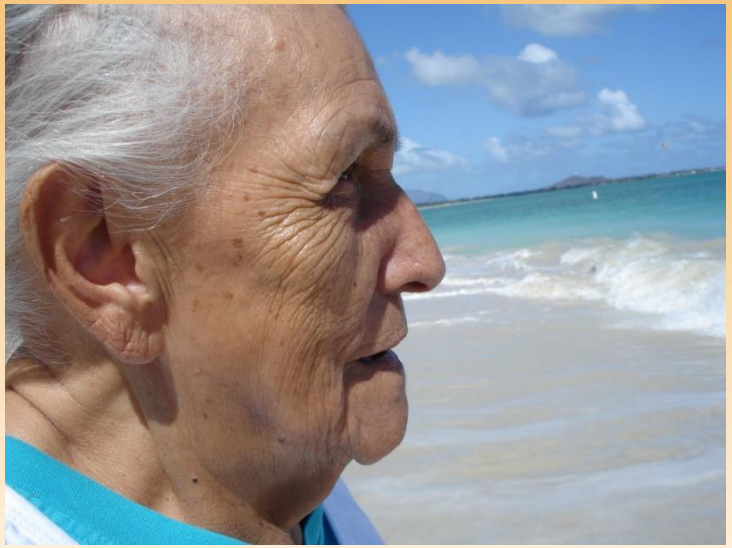
What is Resiliency?

- Inner strength to bounce back from stressful situations, ancestorial strength
- Process of adapting well in face of adversity, trauma, tragedies and threat

Reflect on Your Ancestors

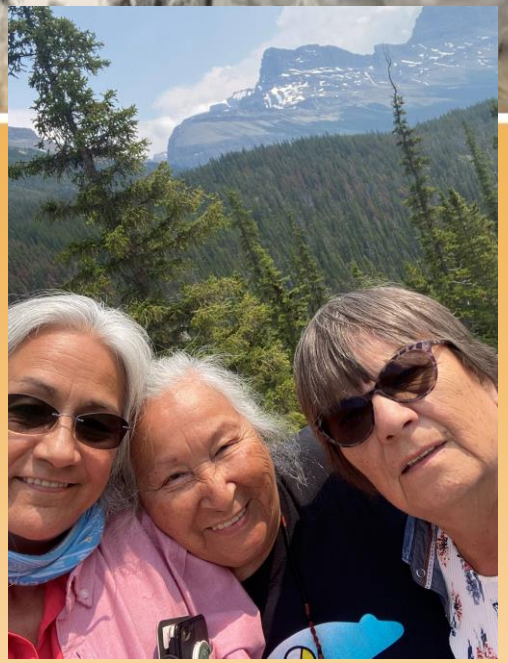
Niiganigaabo-iban

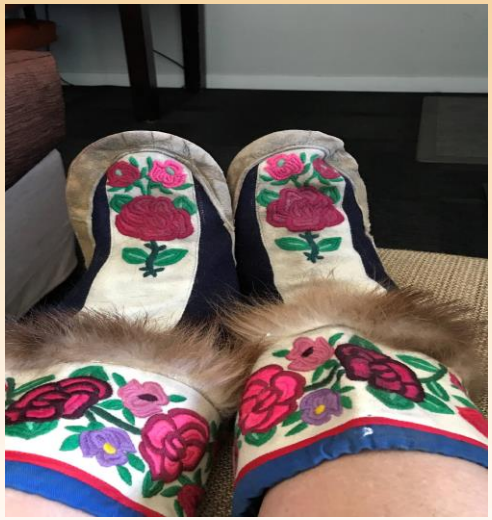
Bebomichiwebiik-iban



How did they make it through stressful times? What did they leave us?

Look, engage with Natural World a Teachings





Biskaabiyang - Return to Your Teachings, live your teachings

- Creation Stories
- Thanksgiving Address
- Seven Grandfather Teachings
- Mino Bimaadiziwin Principles
- Ceremony
- Lodges
- Songs
- Language

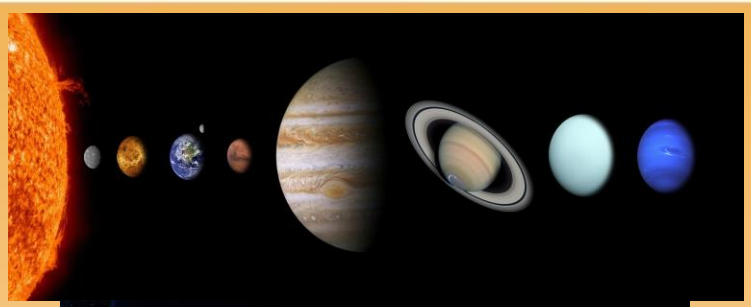
How can we "bounce back" from trauma, stress and adversity if we don't know where Back is?

Creation stories are far BACK

I understand that:

- All Creation Stories are True
- Creation Stories inform us of:
  - Where we come from
  - Where we are going to

  They also help us:
  - Make sense of the world
  - Understand our purpose
  - Believe in the collective



Creation Stories…

- *"Akinago debwenanan aadzokaanan."* All Creation Stories are true.
- *"Bezhigo etigo Gichi Manidoo".* There is but one Creator.
- Creation stories inform us of origin, identity, purpose, process, and so much more.
  - Since they are all true… we must listen to understand our own and others
  - Stories have patterns we can follow, even to build resiliency.

Creation Story Pattern- Builds Resiliency

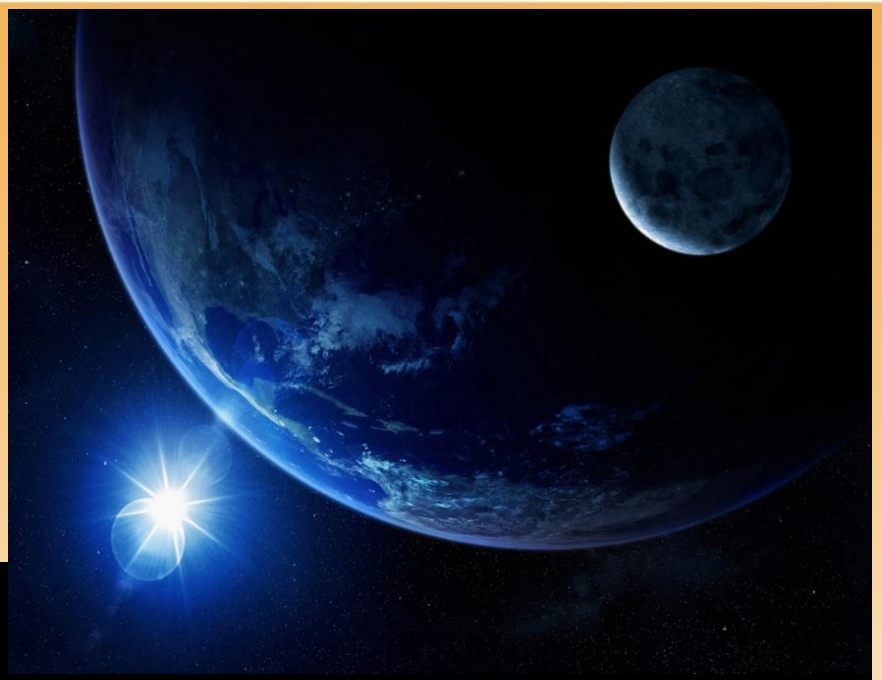
1. **Awareness**/Sound
2. Sun/Light/**Thought**
3. Moon/**Reflection**/ Duality
4. Planets/ **Motion**
5. Seeds/**Potential**/Edit
6. Water/Life/**Gender**
7. **Human** vessel to house Spirit.

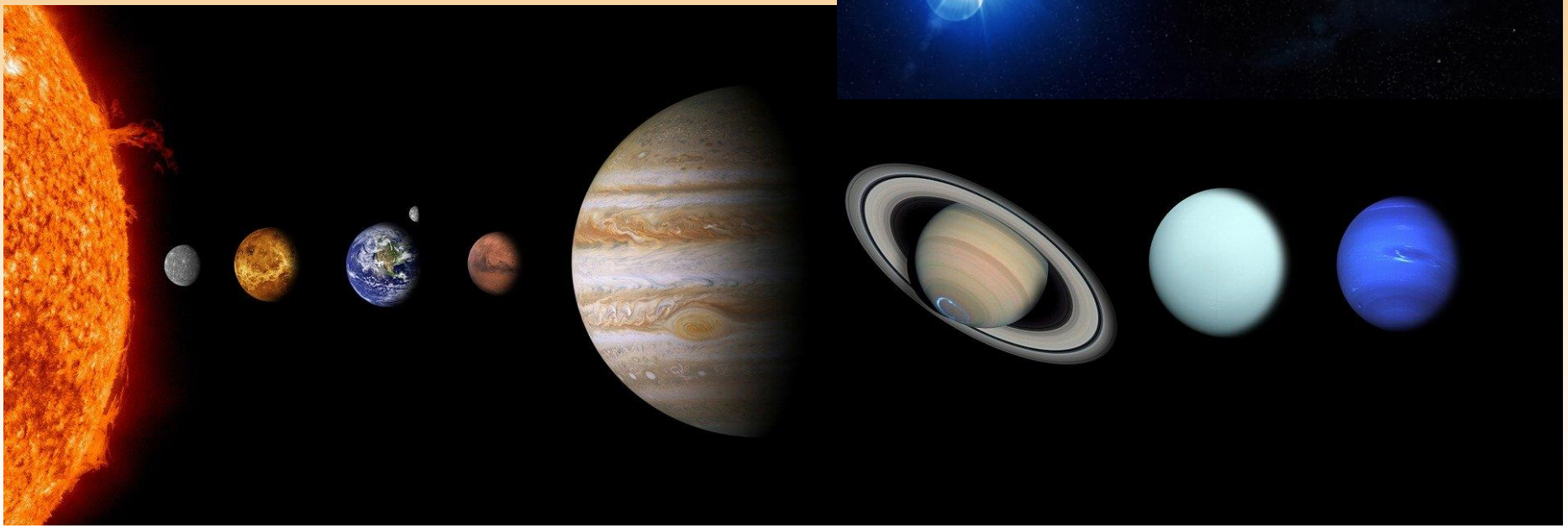
- Be(come) aware of the stressors
- Think deeply, what issue can you address
- With self or others, debate, reflect, generate possibilities
- From "buffet" set into motion new behaviours, let go what doesn't work
- Breath life into your choices
- Remember, you are spirit walking in this physical realm

This pattern, these steps, build Resiliency

We are but a part of Creation…

When all was done, spirit wanted to walk in this physical realm.



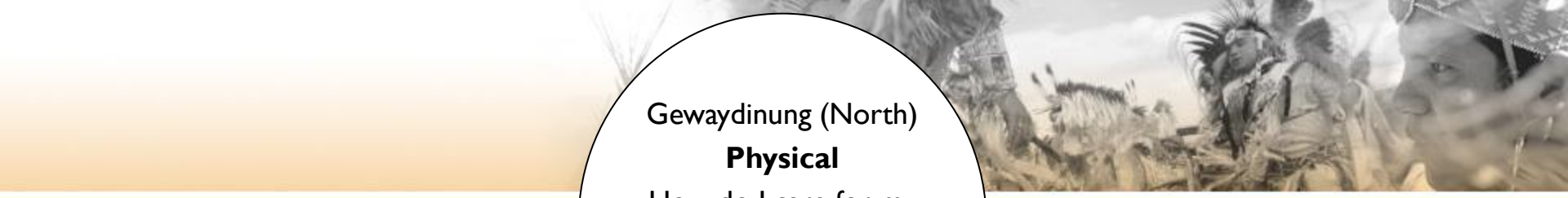


Resiliency is built within

Find, Build and Learn about

- Identity- name, clan, language and choice
- Purpose- seek within to understand your purpose, dreams, desires
- Relationships- with self, others in positive ways

Snipits of Me, Niizhogwanebiik



Gewaydinung (North)

Physical

How do I care for my health Exercise Rest Nutrition? What do I do to make my dreams a reality?

Ningahbianung (West)

Mind

Awareness of teachings , study, memory, knowledge , planning, decision making?

Who am I

Waubunung (East)

Spirit

What is my Purpose ?

My Vision?

My meaning?

Zhawonung (South)

Heart

How am I with Self , Others, How do I face challenges, successes, responsibilities?

Every Anishinaabe person deserves every bit of Anishinaabe knowledge. Putting things back together as they should be. Learn by experiencing, sharing, ceremonies.

Original Man was the first researcher. We have always done research, minds and language is filled with research. Recording and sharing of knowledge is now our work. Maintaining and strengthening Anishinaabe ways of knowing. We become primary source of knowledge as we flow knowledge.

Bimaadiziwin, mino bimaadiziwin
Bimaadiziwin, mino bimaadiziwin,
Booshke giin, waa izhichigeyan,
Minochigen, bimaadiziwin.

Life, good life. Life, good life.
It's up to you, what you will do.
Do good things, (with) life.

We ya, we ya he ya. We ya, we ya he ya.
We ya he ya, we ya he ya.
We ya he ya, we ya he ya.