

# SELF CARE FOR ALL DURING COVID-19

misiwâ nâkitiwâyimîsûkw misiwaa naakitiwaayimiisuukw

The term "self-care" refers to the various ways you care for yourself and stay connected to friends and family, to the land and to our communities, culture and values, to stay resilient in difficult times.

It is important to look after yourself. Self-care is part of staying balanced and healthy, emotionally, spiritually, mentally and physically. When you are strong and balanced, you provide strength to people around you, creating a supportive social environment so that together we can make a rapid recovery from the pandemic.

There are simple things you can do whether you are at home, in the community, or out in the bush. Simple self-care actions can include:

## STAY CONNECTED TO THE LAND AND BE PHYSICALLY ACTIVE

- S Enjoy nature and go snowshoeing or out for a walk.
- O Listen to the birds outside and breathe in the fresh air.

Staying physically active is good for the body and mind.





### STAY CONNECTED TO FAMILY AND FRIENDS AND TO THE COMMUNITY

- Spend time outdoors with a friend or family member you enjoy being with.
- Call, email or video chat with friends or family. Even if you can't see them in person, you can share photos or funny stories and laugh together. Humour is the best medicine.
- Check the calendar of events of your local Cultural and Social Development Office and join in.
- Take part in activities in your community such as putting up Christmas lights and Christmas trees and saying a prayer in memory of people who passed this year.
- Help other families who may not be doing so well; reach out to them and offer support.

## STAY CONNECTED TO CREE CULTURE AND CREE FAMILY VALUES

- Spend time in the Mitchuap. Watch the fire, smell the food, listen to stories. Listen to the Elders speak of the history and oral legends.
- Learn about traditional knowledge. Learn the medicines on the land, how to identify plants and roots, how to catch and smoke fish, etc.
- Promote wellness through Cree Family Values:
  - ightarrow Respect, Sharing and Kindness.
- Practice lateral kindness every day and be a role model for others.

## STAY CONNECTED TO YOURSELF AND RESTORE YOUR POSITIVE ENERGY

- Say a prayer every day. Every morning and evening, give thanks to the Creator.
- Take your mind off the pandemic and create a soothing environment at home. Turn off your phone, read a book, listen to music, reconnect with your positive energy. For example:



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Bring home a few spruce branches to make an inhalation and infuse your home with a calming scent or buy balsam fir natural oils. Put a few drops in warm water and soak your feet while listening to relaxing music.

Drink Labrador tea or a refreshing, energizing drink like mint water, lemon water or cucumber water. Make a healthy meal of fish or Meechum if available, or healthy store food. Get a good night's sleep.



For more information:





#### SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com



For more information:

I donate to my

local foodbank

**ACTION ZONE** 

I volunteer at

a local church

I volunteer to help the homeless

and vulnerable

I am empathetic with

myself and with others

**GROWTH ZONE** 

I thank and appreciate

I teach or read to

call/chat

children in an online

others

I keep a happy

spread hope

emotional state and

#### AHWIWASKIMAYITAKINUUCH - TO HAVE A CLEAR MIND PATH TO EEYOU MENTAL WELLNESS AND RESILIENCE I check in on my neighbors I write cards to the front-line workers I think of the others and see how to help them I donate blood I make my talents available to those who I support local I start to give up what I need them businesses can't control I stop compusively I live in the present consuming what hurts me, and focus on the future from food to news I grab food, toilet paper

and medications that I don't need I spread emotions related to fear and anger

WHO DO I FEAR ZONE WANT TO BE **DURING COVID-19** 

> frequently I forward all messages I receive

I complain

I get mad easily

I recognize that we are all trying to do our best

> I practice quietude, patience, relationships and creativity

I identify my

LEARNING ZONE

emotions

I become aware of the situation and think

how to act

I evaluate information

before spreading

something false

I take time to pray for those impacted

I look for a way to

adapt to new changes

