



WELCOME ALL!  
ANISHINAABE

## Mangaing Stress IN THIS TIME OF COVID-19

- There are many ways to manage stress.
- Change to chill has a great website filled with resources on mindfulness and managing stress for teens & parents
- The Change To Chill resources complements Traditional Health and Wellbeing practices.
- In this critical time of the COVID 19 pandemic we need to access and use different ways to empower mental health and wellbeing practices.
- The Change to Chill Resources along with indigenous traditional practices optimizes the health and wellbeing for the indigenous youth and their families

# What Is Change To Chill?

change  
to chill™  
by Allina Health

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FREE Web-Based Well-Being Platform For Teens &  
Adults

# What Is Your Biggest Stressor?

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- School , Work
- Family, Friends
- Politics, COVID-19
- Other

# What Is A Challenge In Life?



**CHALLENGES ARE WHAT  
MAKE LIFE INTERESTING;  
OVERCOMING THEM  
IS WHAT MAKES LIFE  
MEANINGFUL.**

- Joshua J. Marine.

- A Financial Emergency, A Health Crisis A Divorce, A Workplace/School Change .
- Life Is Full Of Tough Challenges! Many Of Them Unexpected
- Many Of Them Can Be Difficult To Overcome Without Inner Strength, Effective Coping Skills And Support.

- Impoverished and Unemployment
- Violence against Women and Children
- Inadequate Health Care
- Unable to Exercise Voting Rights
- Native Language is Becoming Extinct
- Limited Financial Institutions in the Native Communities
- Natural Resources Exploitation
- Generational Trauma
- Addiction

• Let's Dig DEEPER!

• What Are Some Challenges Native American's Face EVERYDAY?



# Let's Talk !

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- What Is A Life Challenge You Are Currently Facing Or Have Recently Faced?



# We Have The Power To Overcome ALL Challenges & HEAL Ourselves!

- With Support, Inner Guidance And Inner Strength
- Coping Skills & Healing Tools
- Boundaries and Self-Love
- Connection And Community Outreach



# We Can Overcome Challenges With

## Outside Support:

- Community Programs
- Youth Groups/Sports Groups
- Parenting Classes/Workshops
- Family Support Groups
- Trauma Informed Therapy/DBT&EMDR Therapy
- Church Groups

## Inner Guidance :

- Wisdom From Self/Intuition
- Wisdom From A Healer/Medicine Man
- Elder or Family Member
- Books/Stories
- Tribal Office
- Meditation



# We Can Overcome Challenges With

## Coping Skills :

- Deep breathing/Temperature Change (Regulation)
- Mindfulness/Grounding
- Art/Journaling
- Exercise/Movement/Dance
- Problem Solving
- Rest

## Healing Tools :

- Saging
- Pow Wow's
- Beading/Artwork
- Prayer & Meditation
- Spending Time In Nature
- Healing Ceremony



# What Are You Most Proud Of Yourself For?

**PROUD**  
*to be*  
**NATIVE**

I feel happy and fulfilled, and proud of myself.

Sonya Sample

# We Can Overcome Challenges With

## Boundaries:

- Positive Relationship With Self
- Name Your Limits
- Be Direct
- Practice Self-Awareness
- Make Self Care A Priority
- Consent
- Accountability
- Saying NO means saying YES to your wants and needs

## Self-Love:

- Positive Self-Talk
- Sobriety
- Gratitude Towards Self & Others
- Being Intentional
- Good Hygiene
- Eating Healthy
- Celebrating Yourself
- Tidy/Clean Space
- Showing Up As Your Authentic Self



# We Can Overcome Challenges With

## Community Outreach:

- Getting Involved
- Attending Child/ren Activities & School Functions
- Volunteering/ Giving Back
- Networking
- Community Centers/ Tribal Centers
- Role model/ Mentoring / Modeling Positive Behavior

## Connection:

- Being Present With your Child/ren & Family
- Nurturing
- Being A Good Listener
- Caring About Others/Animals/Mother Earth
- Smile From Your Heart
- LOVE
- Speak Life Into Others



# THANK YOU ALL FOR JOINING US!

- Jaslyn Nabors
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- ALWAYS REMEMBER YOU ARE NOT ALONE AND HAVE A GREAT EVEVING ! :)

