INDIGENOUS LIFE WAYS

MIND, BODY, HEART, AND SPIRIT
Poll #1

What is your Biggest Stressor

Please type your answer in Chat pod
Managing 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. [https://www.changetochill.org/](https://www.changetochill.org/)
• The Change To Chill resources complements Traditional Health and Wellbeing practices.
• In this critical time of the COVID 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.
Synchronization of Heart and values is vital for stress management
TRADITIONAL PRACTICES

- Positive Thinking
- Energy Awareness
- Learning traditional lifeways
- Dreams
- Visions
- Knowledge
- Empowering Values

- Daily Spiritual Practices
- Let your heart guide
  - Prayer
  - Meditating
- One thought, one prayer
- Spiritual Energy
- Intuition
- Knowing

- Heart Activation
- Positive Values
- Positive Intention
- Healthy Emotions
- Visiting
- Being Present

- Gathering Medicine
- Daily Purification
- Prayer Meals
- Prayer Ties and Flags
- Food Offering
- Pray with water
- Keeping hands busy
- Positive energy
- Making Relatives
- Ceremonies
INDIGENOUS ACTIVIES AND CEREMONY

- Walking
- Running
- Dancing
- Singing
- Traditional Healing Plants
- Prayer, Meditation, Visioning
Sweet Grass
Sage
Cedar
Bitter Root
Bear Root
Prayer Tobacco
Cedar
WICOZANI
(health and well-being)
NURTURE THE CHILDREN

- Children are the wellspring of the future
- Children are the recipients of tribal language, songs, history, religion, skills, customs, beliefs, and practices as imparted by elders
- Children are the repositories of tribal wisdom and heritage accrued over thousands of years
- Children ensure the survival of tribal culture through oral traditions
“Emotional regulation refers to the process by which individuals influence which emotions they have, when they have them, and how they experience and express their feelings. Emotional regulation can be automatic or controlled, conscious or unconscious, and may have effects at one or more points in the emotion producing process.”

(Gross et al. 1998).

The definition of emotional regulation encompasses both positive and negative feelings, along with how we can strengthen them, use them, and control them.
PLANTING SEEDS

LEFT HEMISPHERE
Functions: Responsible for control of the right side of the body, and is the more academic and logical side of the brain

LEFT BRAIN FUNCTIONS
- ANALYTIC THOUGHT
- LOGIC
- LANGUAGE
- REASONING
- SCIENCE AND MATH
- WRITING
- NUMBERS AND SKILLS
- RIGHT HAND CONTROL

NASULA SEED

RIGHT HEMISPHERE
Functions: Responsible for control of the left side of the body, and is the more artistic and creative side of the brain

RIGHT BRAIN FUNCTION
- ART AWARENESS
- CREATIVITY
- IMAGINATION
- INTUITION
- INSIGHT
- HOLISTIC THOUGHT
- MUSIC AWARENESS
- 3-D FORMS
- LEFT HAND CONTROL
RAISING YOUR VIBRATIONS

Poll #2

Do you anticipate any challenges in using ANY healing practices?

• Option A: No, I don’t anticipate challenges. Let’s go!
• Option B: I’m not sure, but I’m excited to try.
• Option C: Yes, I do expect challenges. (If Yes, please explain in the Chat pod)
Thank You

• Nancy Bordeaux
• Indigenous Cultural Consultant
• IndigenousHealing1@gmail.com