



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.

STAY CONNECTED TO THE LAND AND BE PHYSICALLY ACTIVE

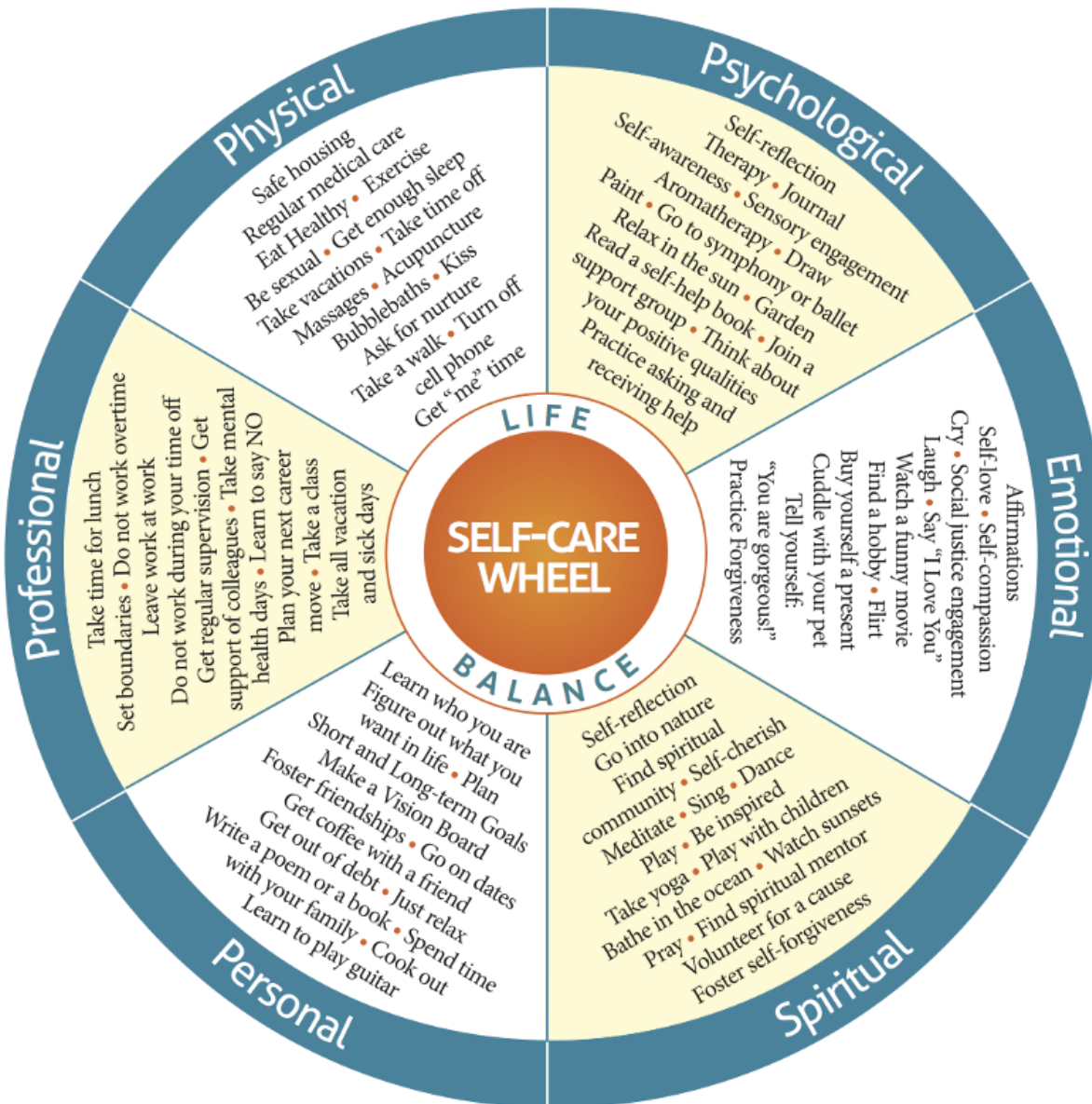
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- A circular inset image showing a snow-covered teepee in a winter forest. The teepee is covered in a thick layer of snow, and its wooden poles are visible at the top. It is surrounded by snow-laden evergreen trees. In the foreground, there is a small, snow-covered wooden bench. The entire scene is framed within a circular orange border.

- ✓ 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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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.

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AHWIWASKIMAYITAKINUUCH – TO HAVE A CLEAR MIND
PATH TO EYYOU MENTAL WELLNESS AND RESILIENCE

