

Nanaadawejgaazawak Wii-Mnomaadizwad

Mental Health is Health - they are being healed to live a good life, to think healthy, be physically well and have a good heart

GIIWEDINANG CEDAR, WHITE BEAR

You are spiritually protected in your
homelands
Mnikwen Giizhikaandawaaboo
(drink cedar tea)
Aak'dewin Bimaadziwining (courage in life)
G'ziigbiig-ninjiin (wash your hands)
Eat traditional foods
Express yourself (dancing and drum)
Zoongide'ewin (courage)
Land-based learning (hunt, fish, trap)
Sleep well, good dreams

Physical

NINGAABIWNANG SAGE, THUNDER BEINGS & WHITE BUFFALO

Mkwendan, Gzhaadigen
(remember, stay at home)
Your ancestors love you
Be gentle to yourself and those around you
Tell people how much they mean to you
Spiritually cleanse your home
Hang medicines where you live
Walk the land and pick medicines
We are all in this together

Emotional

WAABANANG TOBACCO, EAGLE

Kasehstenhsera (Power of the Creator)
Nam'aadaa (let's pray)
Share stories, teachings and songs
Pray for self, others and the world
Sema Ka-bgidnaa (put your tobacco down)
Connect with your dreams and visions
Use your spirit name to guide you
Zhaawendan Bimaadziwin
(love and respect life)

Spiritual

ZHAAWANANG SWEET GRASS, WOLF

Creator has infinite power, do not fear
You are loved and prayed for daily
Miigwech wendam (be thankful)
Kanaronkwa (I love you)
Pkwenezdaa (let's all smudge)
Skennen (peace)
Kanikonhri:yo (Good Mind)
Turn negative thoughts to positive
Learn your language

Mental