

Tan'si - April 23, 2020

Thank-you to everyone who has been in contact with me (your teachers or any of the other school staff), during the time we have been in this unprecedented reality, called COVID-19. If you have not been in contact with anyone, please do so in order for us to know that you are safe and ok....we would welcome the opportunity to touch base with you,

regardless of your plans, just let us know you are ok...



This week I thought it would be helpful to review information about the Medicine Wheel and see ways in which we can help and take care of ourselves, (traditional teachings of the medicine wheel are not fully captured in this email, rather its purpose is to simply serve as a temperature check; a reminder of the importance to take care of yourself at this time).

MEDICINE WHEEL

Strive for balance within your school/work/personal life and among family, relations, play and rest...it is good "Medicine". If an individual is struggling in one area, look at the other areas to determine if there is work to be done in order to return to balance and wellness.

North - Spiritual East - Mental
South - Emotional West - Physical



One idea is to create a "Self Care and Resilience Plan"...try any of these self-care practices and resilience building strategies. Identify what you need support with and find people and resources that can support you - such as Student Services.

Write in a journal **** Volunteer for a cause meaningful to you **** Make a gratitude list **** Take a fresh air break **** Meditate or listen to guided

visualization **** Cuddle with pets **** Treat yourself to a nice meal **** Take a nap **** Listen to music **** Practice yoga **** Lay in the grass **** Photography **** Read a good book **** Write a blog **** Spend time outdoors **** If possible, go for a drive **** Exercise **** Join an online (safe) social club **** Listen to enjoyable podcasts or videos **** Turn off electron devices **** Have a movie marathon **** Play a game **** Dance **** Wear something that makes you feel confident **** Join an online support group **** Have a virtual game night with friends **** Work in the garden **** Get creative; draw, paint, write a song, or cook a new mean **** Try a new hobby **** Have an adventure day **** Creative arts **** Spend time with children - read to them, listen to their laughter, play with them, etc. **** Create a poster with images of a positive vision **** Nutrition - increase healthy food choices.

Reference: Mental Health Commission of Canada

https://theworkingmind.ca/sites/default/files/twm_self-care-resilience-guide.pdf

COVID Health and Wellness:

Additional information can be found on the attachment below, from the "Assembly of First Nations".



**CANADA EMERGENCY STUDENT BENEFIT PROGRAM
- ANNOUNCED TODAY!!**

Can I apply for the benefit right now?

Trudeau said during his press conference that the federal government still needs to pass legislation in order to activate the CESB program. They are currently working on quickly bringing a bill forward to make the funds available as soon as possible.

We expect the Government of Canada to make more information available online in the days to come.

