

Life Skill Workshop
WELLNESS

**As we gather here today,
we acknowledge we are on
Treaty 6 Territory and the
Homeland of the Metis**

OUTLINE

- Discussion
- Learning
- Activity
- Take-away
 - Healthbook

There will be scheduled breaks throughout the workshop but if you need to get up to move your body, go to the washroom, grab a snack or some water please do.

“Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body. Central to wellness is belief in one’s connection to language, land, beings of creation, and ancestry, supported by a caring family and environment.”

-Elder Jim Dumont

What does
wellness mean
to you?

FASD & WELLNESS

- Sensory
 - Not feeling hungry or feeling hungry all the time
 - Sadness, anger
 - Feeling Rushed
 - Hearing some but not all of what was said
 - Sleep
 - Pain
 - Emotions
 - Structure/Routine
 - Transitions
 - Memory
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FASD

No two people are affected by FASD in
the same way!

**How do we take
care of our
body?**

CARING FOR OUR BODIES

- Check-ups with Doctor's or other health care providers
 - Sleeping
 - Eating
 - Drinking water
 - Paying attention to our bodies and recognizing when something feels different
 - Washing our hands
 - Noticing when we're sick
 - Dressing for the weather
 - STI and HIV Testing
 - Practicing safer sex (contraception, planning for pregnancy)
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**How do we take
care of our
mind?**

CARING FOR OUR MINDS

- Learning something new
 - Noticing our mental health around things like sadness, anger, depression, addiction and getting help when we need it
 - Talking to a counsellor or an elder or a trusted community member
 - Finding quiet spaces
 - Exploring the things that interest you
 - Taking medication if we have it
 - Eating a good meal
 - Drinking water
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**How do we take
care of our
spirit?**

CARING FOR OUR SPIRITS

- Finding our passion or that stuff that we're good at!
 - Connecting with culture through ceremony, tradition, and community
 - Spending time outside
 - Finding people to be around that affirm your gender, abilities, strengths and choices
 - Talking to a counsellor, friend, or an elder
 - Thinking about your future
 - Spending time with animals
 - LAUGHTER!!
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**How do we take
care of our
emotions?**

CARING FOR OUR EMOTIONS

- Having good friendships and someone you can talk to
 - Creativity!
 - Asking for help
 - Saying “NO” when something doesn’t feel right for you
 - Having a support person
 - Express your feelings, using our ‘voice’ however that looks and sounds.
 - Liking who we are
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BREAK

HEALTHCARE

Is it a good idea to go to the doctor for a check-up at least once a year, even if you are feeling okay?

FASD & HEALTH

FASD can mean that your body has health complication such as:

- Joints
 - Digestive system
 - Heart disease
 - Hearing
 - Autoimmune
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WHY GO TO A DOCTOR?

- Annual Check up
 - Preventative Care
 - When you are sick or have pain
 - Concerns about your mental health
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PREVENTIVE CARE

TESTICULAR

STROKE

MENTAL

PAP

BLOOD

BREAST

A BLOOD test is used by a doctor to test for diabetes.

A blood pressure test is important to see if you are at risk for heart attack, STROKE, and/or heart failure.

Ways to detect cancer is to get a PAP smear, BREAST exam or TESTICULAR exam.

If you are feeling sad, anxious, or angry for two weeks or more, you should speak to your doctor about your MENTAL health.

MAKE APPOINTMENTS EASIER

- Have a support person go with you
 - When you book an appointment, ask for a reminder and write down the appointment date and time
 - Go to a doctor that you know and trust
 - Be prepared for the appointment
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APPOINTMENT PREPARATION

- Make an appointment
 - Call your doctor
 - Go to a walk-in clinic
 - Visit the Health Bus
 - Things to bring with you:
 - Your ID, if you have it
 - Your Health card, if you have it
 - A copy of the Network's Healthbook
 - Someone you trust
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HOW TO HAVE A GOOD APPOINTMENT

- Advocate for yourself by speaking up about your needs
 - Ask questions if you do not understand
 - Take notes and review them before leaving
 - Discuss any concerns you have
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FAITH

ABILITY

STRENGTH

DETERMINATION

RECAP

- Wellness: Body, mind, spirit and emotions
 - Preventative care is thinking about our bodies in the future!
 - Try using the Network's Healthbook
 - Schedules and routines are very useful to help manage our lives
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Next Workshop: “My Rights”

August 20th, 2019

All people need to know their rights! Our rights are important to how we live our lives and areas such as housing, identities, belonging, the law, and more!

SUPPORT

- One-on-one education
 - Discuss your challenges and strengths
 - Create strategies you can use in your daily life
 - You can access for as long as needed
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