



Niijaansinaanik

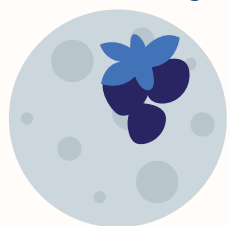
Child and Family Services

Alternative Care **Newsletter**



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Müni Güzis
Berry Moon



WHAT'S INSIDE

Cultural Connections.....	2
Teaching Videos.....	2
Self-Care.....	3
Congratulations.....	4
Contact Us.....	4



Cultural Connections

Self-Care & Balance

We all look to achieve balance at points in our life. We sometimes reflect on where we have come from, where we are, and where we would like to be to make things better for ourselves, family and community. All of this begins with oneself and making healthier choices, even they are hard. If you are not well, you are not in a good place to help others, including your family. Bringing balance back in your life is a journey of self-reflection and new positive decisions mentally, emotionally, physically and spiritually. There are many ways we find balance and "Self-care" is that journey. Finding ways to feed the fire of your spirit, mind and body as a part of your self-care, is how one can achieve this. Positive activities like walks, music, ceremonies, and others bring positive balance to your life. Negative activities like feeding addictions, self-harm, harming others, etc., will only bring more imbalance... it is your choice. How we find our balance is an individual self-care journey of self-exploration. No one can find it for you, however those who live a good life can share what they have experienced so it may help you.

Knowledge Keepers (Elders), Healthy Friends, and others can walk with you, but it is your path to walk. For Indigenous People "Ceremony" is a crucial way of helping on this journey. If you can begin to achieve grounding through your spiritual path then "mind" and "body" will not be far behind. It doesn't matter which spiritual path you walk as long as it brings positive things to you and others around you.

Using "Self-Care" to find "Balance" is a hard road, but brings much healing and self-discovery along the way. You are not on your path to fill the shoes of others... you are on your path to fill your own. Your path "Life" is a gift...it is up to you what you do with it.



All My Relations,
Perry McLeod Shabogesic

Cultural Teaching Videos

Check out teaching videos posted to the [website](#) and [social media](#)!



“

No act of kindness, no matter how small,
is ever wasted.

Aesop

”

7 SELF-CARE HABITS & GOOD PUBLIC HEALTH PRACTICES IN INDIGENOUS COMMUNITIES

Simple and Powerful



HEALTH LITERACY

Obtain, read, understand, and use healthcare information in order to make appropriate health decisions and follow instructions for treatment. Includes: the capacity of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions.



SELF AWARENESS OF PHYSICAL AND MENTAL CONDITIONS

Instead of perfection, make balance your goal. Take time to laugh. Don't be afraid to ask for help, or when you need a break. Includes: Knowing your body mass index (BMI), cholesterol level, blood pressure; engaging in health screening.



PHYSICAL ACTIVITY

Combine exercise with what brings you joy. Practicing moderate intensity physical activity such as walking, cycling, or participating in sports at a desirable frequency.



HEALTHY EATING

A good meal can replenish your physical and mental strength. Staying hydrated also helps. Includes: having a nutritious, balanced diet with appropriate levels of calorie intake.



RISK AVOIDANCE

Avoid food and drinks that make you feel sluggish, uncomfortable or unwell. Avoid situations that you feel have risks associated with them. Includes: quitting tobacco, limiting alcohol use, getting vaccinated, practicing safe relationships, using sunscreen.



GOOD HYGIENE

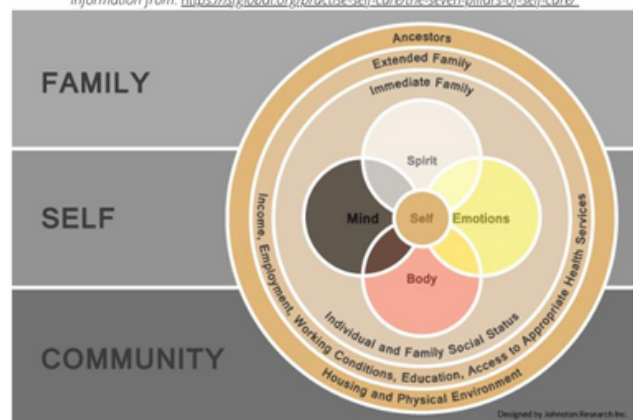
Practicing good body hygiene helps you stay well, and feel good about yourself, which is important for your mental health. Includes: washing hands regularly, brushing teeth, washing food.



RATIONAL USE OF PRODUCTS AND SERVICES

The rational and responsible use of health products and services as part of self-care involves individuals safely and effectively managing their health (and any everyday ailments or minor conditions), where appropriate with medicines, products or services. Self-care products and services are the 'tools' of self-care, supporting health awareness and healthy practices, diagnostics and medicines – includes: being aware of dangers, using responsibly when necessary.

Information from: <https://isfglobal.org/practise-self-care-the-seven-pillars-of-self-care/>



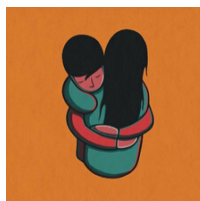
One must always be aware of the interrelationship between all beings to ensure *Mino-Bimaadiziwin*, the healthy way of life. This includes balancing one's relationships with the surrounding environment, surrounding beings, and the inner physical, emotional, intellectual and spiritual needs of the human condition. Ojibwe.org

Self-Care

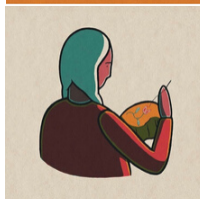
International "Self-Care Day" is on July 24, 2020. The day is a good reminder that taking care of spiritual, physical, psychological, and social needs, on a personal level, is extremely important. Parents and caretakers balance a lot of different tasks, duties, roles and responsibilities every day. Children also can benefit from self-care days as it relates to them navigating tough personal/family issues, alongside the pressures of being successful inside and outside of the classroom.

An empathetic and patient person, may feel guilt for taking time for themselves, or simply not have much time to gift to themselves. There are many different self-care strategies for parents, caretakers, students, and children. You can experiment and find one that works for you, doesn't feel like "work" and helps you feel your best. You can practice self-care on your own, or family self-care, by doing things together. Niijaansinaanik Child and Family Services staff are always here to help, with access to Cultural outlets, elders, relief and other supports. Don't hesitate to ask your worker on hints and tips for self-care (we do it too!) and let's work together to keep ourselves and each other healthy.

Click here for [Self-Care for Families](#) and [100+ Family Bonding Ideas](#)



Gikinjigwendiwag - They hug
Gikinjigwen - Hug



Mazinigwaaso -They bead, embroider



Miigwech to Joshua Mangeshig Pawis-Steckley for sharing his images with us.

Pawis-Steckley is an Ojibwe woodland artist from Barrie, ON. He is a member of Wasauksing First Nation.

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Good words are worth much, and cost little.

George Herbert

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CONGRATULATIONS



Congratulations to all the students who finished a one-of-a-kind school year! Congratulations to the graduates who will take a big step forward personally and professionally in the upcoming year. Your strength, devotion and commitment to your education is inspiring.

Miigwech to the Caretakers who encouraged and assisted the students along the way.

We hope you enjoyed your pizza and dream catcher kits!

Upcoming Training & Service Notes

Due to events and circumstances beyond our control, we have had to postpone some events we were hoping to have delivered. We will share information regarding dates for training, cultural events and more, as soon as they are available.

Miigwech for your patience.

You are able to connect with your worker through telephone or video conference. We have a limited amount of masks, sanitizer and gloves available for households. Some individual First Nations are offering programs related to:

- Student incentives
- Personal Protection Equipment (e.g. masks)
- Grocery/garden assistance and more.

Please feel free to inquire with us, and your First Nation on special services available.

Contact us

We love to hear from you.

Your role as caregiver is crucial in many aspects. Thank you for choosing your role and making a sincere difference in the lives of many. Thank you for believing in our Agency and helping keep Indigenous, Métis and Inuit children in our/your communities. Together we can provide positive and healthy experiences for children and youth, who can grow up with true and strong connections.



Miigwech!



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