

Positive Coping Strategies: Keep the spirit lifted, the mind curious, the heart at peace and the body intact.

To lift your spirit: Pray, sing, drum, take care of Mother Earth, smudge, sit by the fire, listen to nature, look out for eagles, give thanks, look at beautiful scenery around you, watch for northern lights, look at the stars, listen to some legends, learn your language by starting with one word a day, attend a ceremony, talk to an Elder, do a family tree and learn about your community history.

To keep your mind curious: Learn how or go hunting, fishing and/or trapping, learn the rivers or waterways traditional names, learn how to make bannock with your kokom or mosom, listen to the stories of your grandparents and elders, read a book, learn a new recipe and make a meal for your family, bake a cake, write stories, practice mindfulness – focusing on the present moment, learn to play an instrument, learn a new dance, learn a new song, practice positive thinking and daily affirmations.

To keep your heart at peace: Acknowledge your feelings, express your emotions through writing, journaling, drawing, painting, beading, art or crying. Use your imagination to go to your happy place, practice self-love on a daily basis, express your gratitude daily, watch a funny movie or funny videos, be helpful to someone else, listen to feel good music, have a cup of tea, smile, laugh, tell jokes, be kind, give a hug, make a vision board with goal setting. Forgive and move on.

To keep your health intact: 8 Hours of sleep, healthy foods, exercise, drink 8 glasses of water daily, get out in the sun, play outside, climb a tree, go biking, canoeing or boating, do some jigging or pow wow dancing, rest or nap as needed, practice muscle progressive muscle relaxation: squeeze your toes (3sec), then your legs and up to your head and squeeze all at once. Stretch and reach for the sky.

It is good practice to enjoy plenty of activities that will lift the mind, body, heart and spirit. If your emotions become too overwhelming please reach out to your parents or a trusted adult, call a crisis line or contact your local nursing station/hospital for professional support. It's a sign of strength to ask for help.