

# MEDICINE WHEEL for Self-Care



## NWAC ELDER SUPPORT IS AVAILABLE

Monday to Friday 9 to 11 a.m. EST.

**CALL 888-664-7808 TOLL FREE**

### MENTAL

- **BREATHE** out slowly. If you want, you can **hug your arms** around yourself, while you are breathing.
- Have a **warm bath** with **Epsom salts** and **essential oils**, such as cedar or lavender.
- If you're in a rush or don't have a tub, just **soak your feet!**
- Take a **deep, and slow breath**. Inhale until you can't breathe in anymore.
- Check out **FREE guided meditation videos** on YouTube or the Insight app.
- Start with one or two minutes a day, and work your way up with daily practice.

### EMOTIONAL

- **CALL** a trusted friend, teacher, or family member to check in, or catch up.
- Have a **good laugh!** They say **laughter is the best medicine** so put on some funny cat videos or listen to an Indigenous comedian!
- **Sing! Dance! Drum!** Anything that will help you move to **release emotions** from being held in the body.
- Learn the **skill of canning**, or preserving food. Or, make your favourite Traditional recipe!

### SPIRITUAL

- **CONNECT** with Elders, leaders, or trusted members of your **community** to learn protocols to participate in ceremony.
- Learn about the **four Traditional medicines**:
- **Cedar**: Make cedar tea; have a cedar bath.
- **Tobacco**: pray, make tobacco ties, learn the difference between commercial and traditional tobacco.
- **Sweetgrass**: Smudge, cleanse, and calm.
- **Sage**: smudge, pray, cleanse.

### PHYSICAL

- **CHECK** out the **Well for Culture** website. This is an **Indigenous wellness initiative** with workout videos, recipes, health-related blogs, and podcasts.
- Attend **Pow Wow Dance Workout virtual classes** to learn Pow Wow teachings, protocols, and learn step-by-step instructions for different dance movements.
- Grab a friend, or a pet, and head out for a **walk**. Listen to a **podcast**, your favourite **music**, or the **natural sounds** around you.
- Take a nap. **Rest is important too!**