

Living in Balance



Artist Statement Living in Balance

In this painting, I show many different people engaging in different activities to be well. There is a gentleman working hard in the garden enjoying the day. A teenage boy is sitting, reading a book. A couple is welcoming a new baby into their family. A mother is walking with her son by a lake of green-blue water. They are all enjoying their time with each other and by themselves, showing different yet important aspects of personal and community health.

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Section 1



Self-Care

GOALS

Participants will discuss self-care as an important part of patient care. Ways to support personal wellness will be shared.

OBJECTIVES

At the end of this section, each participant will be able to:

DISCUSS pathways for self-care

IDENTIFY ways to include daily, healthy activities to support wellness

Self-Care

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Self-Care

Check Your Understanding

	TRUE	FALSE
1. Stress is a natural part of life.		
2. You have choices about how you respond to stress.		
3. Self-care should be last on your list of things to do.		
4. As caregivers, wellness includes taking care of others balanced with taking care of oneself.		
5. Wellness choices include living in ways that support physical, emotional, mental, social, and spiritual wholeness.		

“Taking care of one’s health is like taking care of one’s family and community.”~ Colleen Echohawk

Self-care means looking after yourself in a healthy way.

Identify healthy activities that make you feel good and then do more of them.



Ask yourself: What healthy activities do I enjoy?
Write it down and tell a friend.

**Before you go to bed tonight, pat yourself on the back!
It is great to know that you have done something healthy for yourself.**

Self-Care

Check Your Understanding

*Yesterday is history,
tomorrow is a mystery and
today is a gift-
That’s why it’s called the present!
~unknown*

*Another day!
Another chance
to make a difference! ~
Lionel ‘Quail’
Orr Jr., CHR*



Celebrate Your Contribution to the World

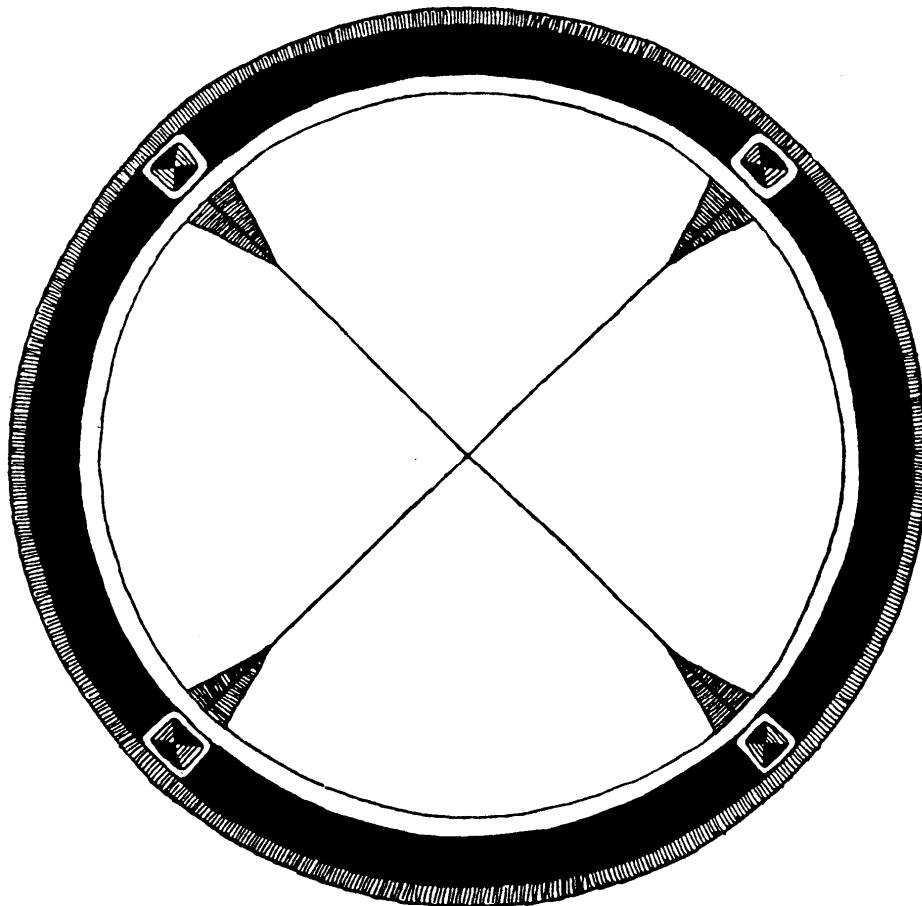
As a health care provider, it is helpful to make time for **your own** wellness, including your Native traditional ways to live in balance and harmony within the spiritual, the natural, and the human realms. What ways of being, thinking, feeling, and doing support your physical, mental, emotional, social, and spiritual wellness?

What renews your spirit and fuels your passion?

Create your own '**Medicine Wheel**' to promote balance and wellness. Write or draw what you do or can do to live well. What part of you needs renewed energy and care?

SPIRITUAL

SOCIAL



EMOTIONAL

PHYSICAL

Self-Care



Wellness choices include living in ways that support physical, emotional, mental, social, spiritual, and cultural wholeness. When our lives are in balance we have more energy to help meet the needs of our patients and ourselves.

What are traditional ways people live in harmony within the natural, spiritual, and human realms?

What have you learned from your Native traditional stories about health and wellness?

What are the traditional stories you tell the next generation about living well along their life journey?

There are common traditional values among American Indian and Alaska Native cultures as shared on the Alaska Native Knowledge Network website. Each adds depth to our understanding of what it means to be whole in the world. Native traditional values include:

- Showing respect to others, each person has a special gift.
- Seeing connections, all things are related.
- Honoring the elders, they show the way.
- Having patience, some things cannot be rushed.
- Praying for guidance, many things are not known.
- Living carefully, things will come back to you.
- Taking care of others, you cannot live without them.
- Sharing what you have, giving makes you richer.
- Knowing who you are, you are a reflection on your family.

Physical Wellness

- Have fun being active for 30 minutes everyday. Move your body.
- Maintain a healthy body weight.
- Enjoy eating traditional plants, berries, and greens. Fill half your plate with a variety of fruits and vegetables.
- Eat foods low in fat.
- Choose not to drink alcohol.
- Choose to be tobacco free and avoid secondhand smoke.
- Protect your skin from the sun's harmful rays by using sunscreen or wearing protective clothing.
- Protect yourself against sexually transmitted infections.
- Have recommended screening exams to prevent cancer or find and treat changes early that may be cancer.

Self-Care

Take time each day for self-care.

As caregivers, wellness includes taking care of others balanced with taking care of oneself.

Self-Care

Create a balance in your life: physically, emotionally, mentally, socially, and spiritually.

Become a happy healthier you.

Emotional and Mental Wellness

- Relax, meditate, pray, or find ways to take at least 15 minutes every day to clear your head.
- Laugh often.
- Have a positive view of life.
- Use constructive ways to express your feelings.
- View change as an opportunity.
- Learn something new every day.

Social Wellness

- Respect yourself and others.
- Enjoy being with family, friends, and elders. Stay connected. Share stories, laughter, and tears.
- Listen.
- Share the gift of dance, music, and song.
- Become involved in making your community a better place to live.
- Develop a support system.

Spiritual Wellness

- Experience nature.
- Take time for prayer and meditation.
- Talk with people who can provide spiritual guidance.
- Every day make time for solitude and quiet.
- Be thankful — Gratitude can help us maintain a balance when life feels overwhelming.
- Celebrate life's journey.

Check Your Understanding answers: 1)T, 2)T, 3)F, 4)T, 5)T