

My Wellbeing Plan

Understanding my Spirit connection to all life helps me to be well

Signs I am doing well:

These could include behaviors and thoughts about miiyaashin pimatishihk (living a good life)

Professionals who can help me:

Fill in with contacts you feel most comfortable with.

Call emergency contact:

Call Crisis Line:

Call Emergency Services:

Signs I am struggling

People in my village:

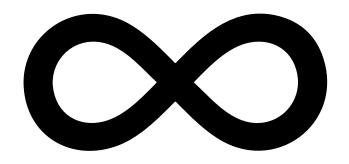
What are warning signs that you are struggling? What are obstacles to letting other's know you are struggling?

Fill in with contacts who may be able to offer in person helping hands.

Call family contact:

Call friend:

Call neighbour:

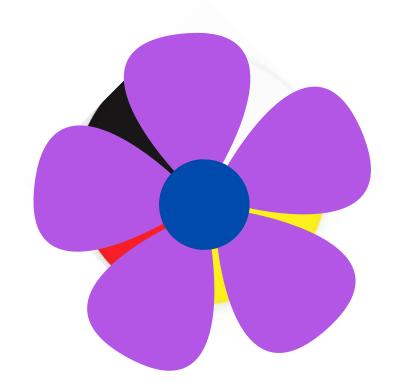


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Kaa Wiichitoyaahk - we take care of each other



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Steps I can take to make my environment safer:

Please List

1

2

3

If you need some help to ground yourself, here are some Michif words:

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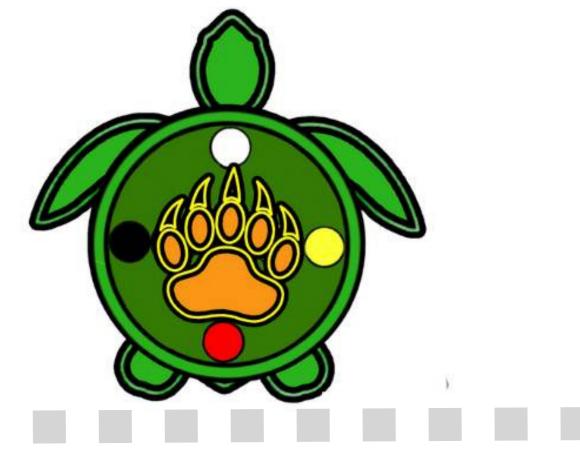
- La tayr- land
- Pakoshayimoohk hope
- Pamihikashow- care
- Miyoopimatishihkwellbeing
- Shoohki Pakitatamoodeep breath
- Shakamohta- connect

How my culture keeps me

safe:

Describe activities and people who support your cultural wellbeing. Examples could be Elders, sweat lodge and more.

Thank you for your courage to speak your truth





Schedule date for next wellbeing check in. Will review this plan on _____

Created by Ninoshenh Counseling - പറ്പിപ്പും പ്രപ്പും