



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 mino - bimaadiziwin (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

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

People in my village:

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

Call family contact:

Call friend:

Call neighbour:



Ganawenindiwag - they take care of each other

Thank you for your courage to speak your truth





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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 Anishinabemowin words:

- **Aki** - land
- **Bagosendan** - hope
- **Zaagi'** - love
- **Zhawenim** - compassion
- **Bagidanaamo** - breathe
- **Mashkawizii** - inner strength

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 _____

