

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 milo-pimâtisîwin (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?

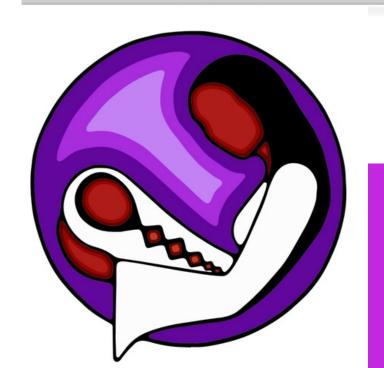
People in my village:

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

Call family contact:

Call friend:

Call neighbour:



Thank you for your courage to speak your truth



Mâmawikâpawiwak - they stand together



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Steps I can take to make my environment safer:

Please List

1

2

3

How my culture keeps me safe:

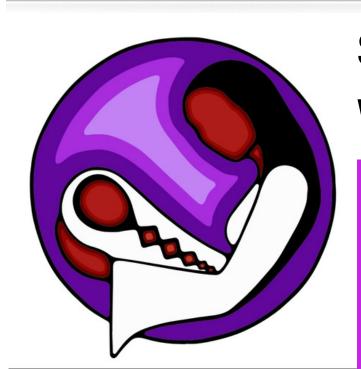
Describe activities and people who support your cultural wellbeing. Examples could be Elders, sweat lodge and more.

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

- Askiy- land
- Kitimâkelihcikewin compassion
- Papâmelimew- care for
- Milo-ayâwin- wellness
- Iskotâmow- breath out
- Kîyotamawew- to visit

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