

Early Years and the Holistic Vision of Wellness *"Connections to our Practice"*





FRASER SALISH REGION
First Nations Health Authority

Introducing our First Nation Health Authority Workshop Presenters



VANCOUVER COASTAL REGION
First Nations Health Authority

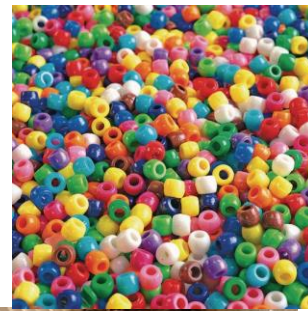




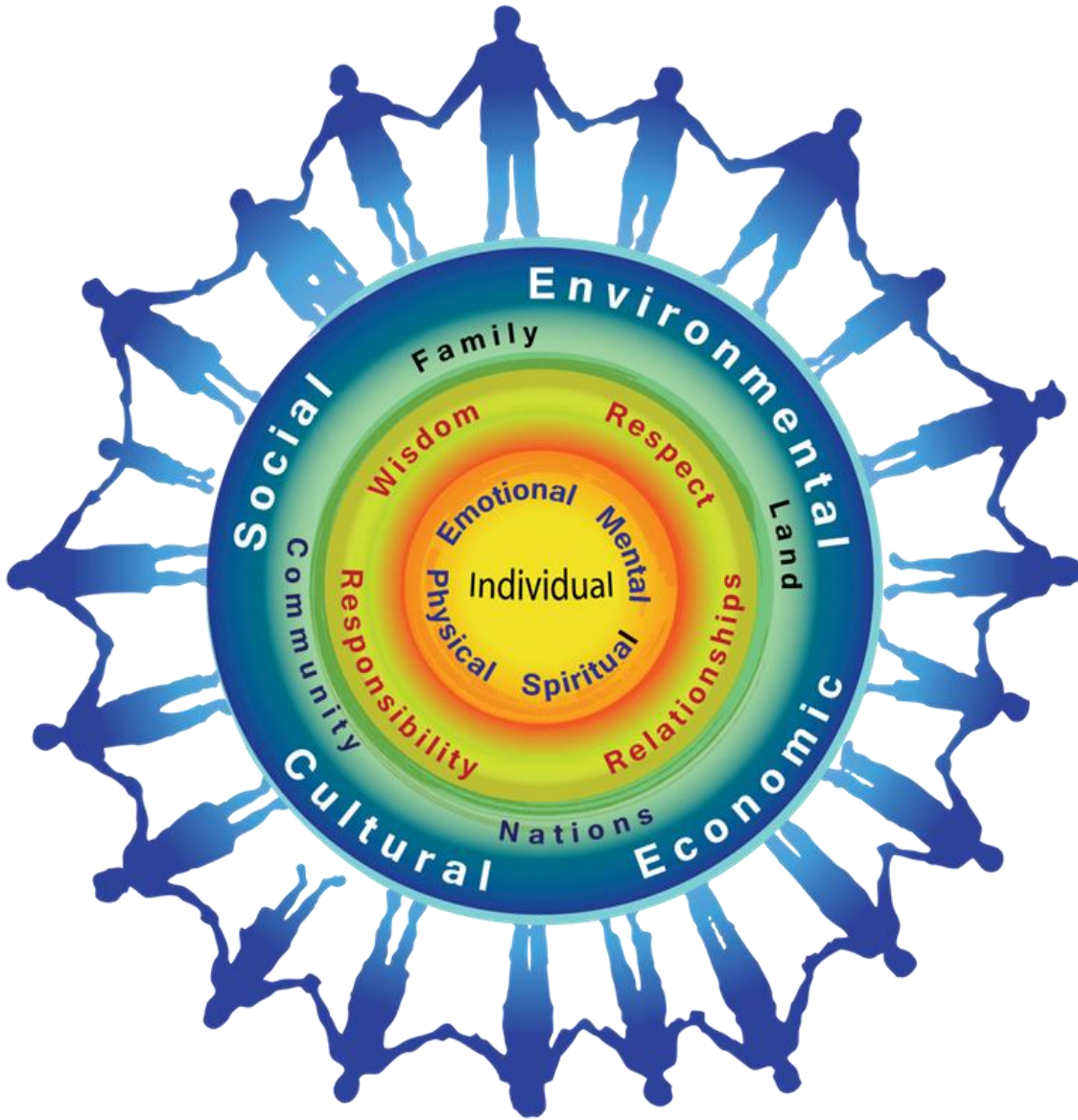
First Nations Perspective on Health and Wellness

Cultural safety includes an understanding of what health and wellness means to First Nations. The First Nations Perspective on Health and Wellness articulates a holistic vision of wellness. First Nations recognize that good health and wellness starts with every human being and extends outward to include broader social, economic, cultural and environmental determinants of health and wellness.





Holistic Vision of Wellness



Self Assessment Where Am I?

Use the guiding questions below to fill in your wellness wheel. While examples are provided, this is your journey, feel free to interpret each quadrant as you see fit.

Physical

PHYSICAL HEALTH

Do you have any health conditions that currently are affecting you? If you have no health concerns you would shade in 100% of the slice.

FUN/RECREATION

Are you satisfied with the amount of time you have for your hobbies and sports?

Spiritual

CULTURE/TRADITION

Are you satisfied with the amount of participation you engage in your culture or your traditions?

NURTURING YOUR SPIRIT

Are you taking care of your spirit? (ceremonies, religion, meditating, creative expressions etc).

Emotional

SIGNIFICANT OTHER

Are you satisfied with the intimate relationship you are in?

FAMILY & FRIENDS

Are you satisfied with the relationships you have in your life?

Mental

CAREER

How satisfied are you in your job/career? Are you achieving an ideal work/life balance?

STRESS MANAGEMENT

Are you managing your stress? (yoga, deep breathing, physical activity, being on the land, etc).

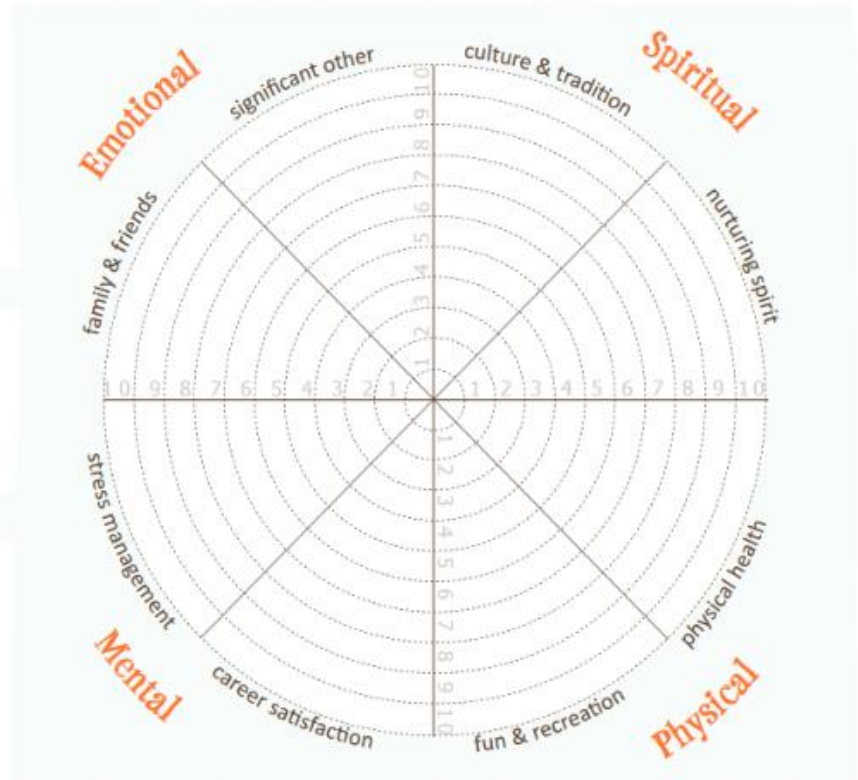
How balanced is your Wellness Wheel?

What does your wheel reveal how you spend your time? Do you find that you are focused only on your strengths? What aspects do you need to focus on to achieve balance?

Walking Your Inner Circle YOUR Wellness Wheel

Wellness is a balance of many factors. Using the circle below, shade your level of satisfaction in each area of your life. Use the considerations on the next page to determine your satisfaction in your physical, spiritual, emotional and mental health and wellness.

For example, if you are 60% satisfied in your career, shade the first six levels of the career slice. Do the same for each area, starting from the center point radiating outward.



Health and Wellness Resources

First Nation Health Authority-*For First Nations Individuals*

COVID-19: What You Need to Know | Prevention & Protection
Symptoms & Testing | Health Benefits & Medical Support |
Mental Health & Wellness | Substance Use & Harm Reduction



<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>

Mental Health Benefits

About this Benefit | What My Plan Covers | How Do I Access Coverage? | What My Plan Does Not Cover Appeals | About FNHA Mental Health Programs Resources

<https://www.fnha.ca/benefits/mental-health>

Toll free phone number: 1-855-550-5454 | Email: HealthBenefits@fnha.ca

- Vancouver Coastal Region- Jenny Smith | Phone: 604-693-6588 | Email:
- Fraser Salish Region- HealthBenefits@fnha.ca or Toll free phone number: 1-855-550-5454

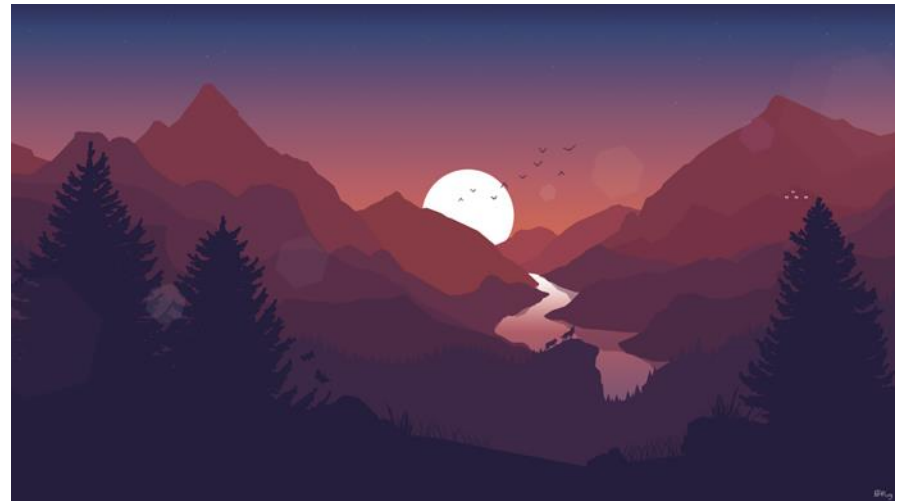
Other Mental Health and Wellness Supports

Tsow-Tun Le Lum Society

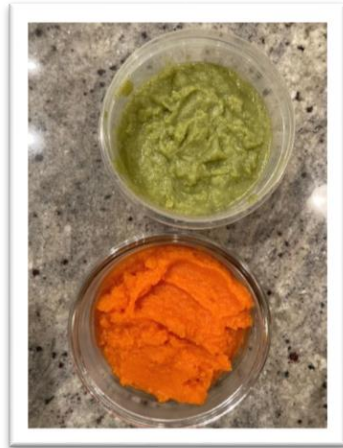
<https://www.tsowtunlelum.org/resources/rhsw/>

Building from our Roots

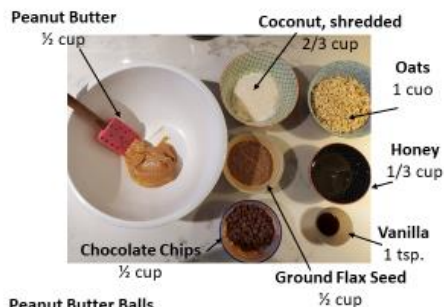
- Teaching land-based ideas from the beginning
- First foods are whole & nourishing
- Provide children with appreciation, understand & opportunity



Start at the Beginning



Peanut Butter Balls



Peanut Butter Balls

- ❖ Mix all of the ingredients together in a large bowl
- ❖ Shape into small balls
- ❖ Store in the fridge for 2 weeks or in the freezer for up to 6 months!

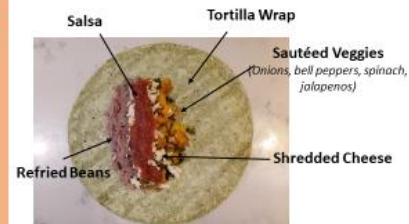
Chia Seed Pudding



Chia Seed Pudding

- ❖ Whisk together in a bowl: Coconut milk, chia seeds, vanilla, and maple syrup

Veggie Breakfast Burritos



Veggie Breakfast Wrap

- ❖ Start by spreading the refried beans on a tortilla
- ❖ Add the shredded cheese, sautéed vegetables, & salsa
- ❖ Roll tightly together & store in fridge for 3 days or in the freezer (wrapped in aluminum foil) for 3 months

Benefits!

Using beans instead of ground meat is not only budget friendly, but it is high in protein & fibre & low in cholesterol & saturated fat.

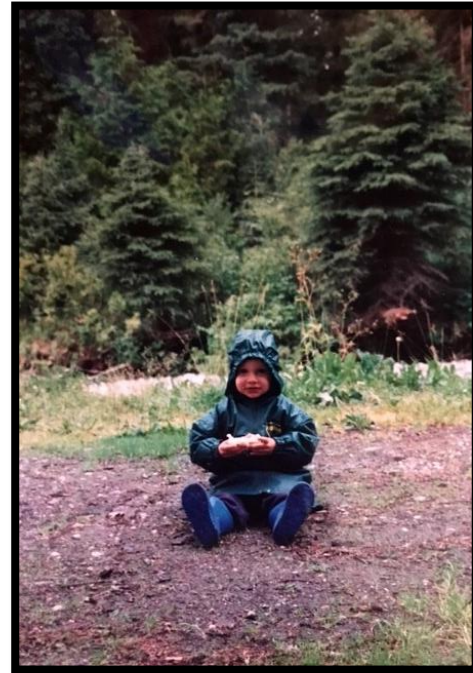
For an added kick, add hot sauce to the salsa!
Adding sautéed veggies is a great way to include more veggies in your diet!

Building Healthy Meal Times

- Sitting together
- Facing each other (table)
- No phones or TV
- Talking to each other

Activities:

Question of the Day
Happy Sad Game
The Dinner Guest Game
Attitude of Gratitude



Hands Back, Hands Forward Connections within



Strong Body, Strong Mind and Strong Spirit

Adrenocorticotrophic hormone (ACTH): This reduces immune system response. The body needs energy for survival, so it shuts down the immune system and re-routes the energy to survival functions. Over the long term, this has a huge impact on the body's ability to fight disease and can result in immune deficiency diseases. Be mindful of what is happening in children's lives, their families and the community. If there has been a lot of stress or trauma, there is an increased risk of illness.



Credits to: Monique Gray Smith
Ripple Effect of Resiliency: Strategies for Fostering Resiliency with Indigenous Children <https://www.moniquegraysmith.com/>

Survival mode- has been shared as an adaptive response of the human body to help us survive danger and stress. You may have heard of the Fight, Flight or Freeze responses. In a dangerous or stressful situation It leads you to attack or retreat rather than communicate on what is occurring.

Functional freeze- has been shared as a way of functioning to allow people to push and push, and keep going, and working, and pleasing, and doing, without realizing how overworked and stressed out they truly are.



Being Active and Cultivating Connections

Dr Gabor Mate -When the Body says No
<https://drgabormate.com/>



Our Most Precious Gift, Our Children



We Believe in Healthy, Self-Determining and Vibrant BC First Nation Children, Families and Communities.

The Journey starts within!

Explore what resources and/our supports are available to not only yourself but to others whom you may be serving.

Trauma and Children

“Experiencing trauma in childhood can have a severe and long-lasting effect. Children who have been traumatized may see the world as a frightening and dangerous place. When childhood trauma is not resolved, this fundamental sense of fear and helplessness carries over into adulthood, setting the stage for further trauma.”

Burnout and Compassion Fatigue

“Supporting children and families is challenging work and when trauma is involved the challenges increase. If we do not take care of ourselves and actively take steps to foster our wellness, we put ourselves at risk of burnout and compassion fatigue.”

Workplace Wellness

“The wellness of your workplace is equally critical to the learning and care environment you provide for the children. As many of you will have witnessed or experienced, when there are unresolved challenges, lateral violence, communications or discussions that are being avoided, the ripple of these will be felt by the children, often resulting in disruptive behaviours, emotional outbursts and challenging days for you as a staff team.”

Self Reflections

- What fills you up? What are your strategies to support others and yourself?
- How are you taking care of yourself? Examples: Watching a funny movie, taking a walk on the land, drinking warm traditional tea

Credits to: Monique Gray Smith -Ripple Effect of Resiliency: Strategies for Fostering Resiliency with Indigenous Children <https://www.moniquegraysmith.com/>



Ujjayi Pranayama Breathing-
deep ocean breathing.

Lets use Lateral Kindness to “lift each other up”

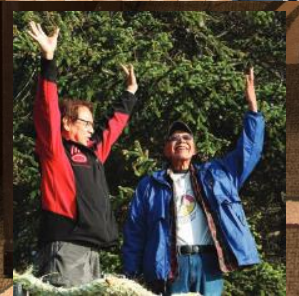
Lateral kindness is an approach to address lateral violence based on Indigenous values, which promote social harmony and healthy relationships.



- Hold each other up
- Speak your truth
- Be Compassionate
- Be Present
- Demonstrate Empathy
- Offer Acceptance
- Be an Active Listener
- Share Generosity
- Respect and Trust
- Share Cultural Values
- Acknowledge lateral kindness
- Set Limits

- Draw upon Cultural Protocols
- Traditional Teachings
- Create Safety and healthy boundaries
- Consider Talking Circles and/or Roundtables
- Share and practice your communities lateral safety approach
- Invite Elders, Knowledge Holders to support you

<https://www.fnha.ca/about/news-and-events/news/practise-lateral-kindness-to-help-reduce-stigma-and-fear-of-covid-19>





6 Key Components

- Culture and Language
- Nutrition
- Social Support
- Parent & Family Involvement
- Education



Culture and Language

- ❖ Cultural camps
- ❖ Traditional child rearing workshops
- ❖ Traditional ceremonies
- ❖ Tanning hides, teepee making, drum making
- ❖ Language nest
- ❖ Elder Involvement
- ❖ Grandparent days
- ❖ Prayer and smudging
- ❖ Creating own language curriculum
- ❖ Use of traditional language daily in program
- ❖ Honoring our Elders Wall
- ❖ Traditional spirituality, teachings and practices
- ❖ Picking, gathering and preparing of traditional foods
- ❖ Storytelling
- ❖ Talking circles
- ❖ Promotion of traditional language
- ❖ Community celebrations, potlatches
- ❖ Cultural performances
- ❖ Traditional healing
- ❖ Mini children's pow wow
- ❖ Singing, drumming, dancing
- ❖ Creation of cultural books, including recipes
- ❖ Sharing/teaching protocol (Staff, children and families)



First Nation Health Authority Head Start on-Reserve Resources

Mental Health & Wellness

[Keeping Kids Active During the Pandemic](#)

[Early Learning & Childhood Development: Activities](#)

[Early Learning & Childhood Development: Family Connections](#)

Key themes include:

- Guiding Children and Problem Solving Strategies
- Model, Support and Guide children through Daily Routines
- Social-Emotional Wellbeing
- Teachable Moments

Exploring Your Program Series

[Part 1: Connections to Land-based Learning](#)

[Part 2: Connections with our Plants, Foods and Medicines](#)

[Part 3: Fostering Education](#)

Key Themes include:

- Develop and Implement a Program
- Building land-based curriculum
- Explore various Knowledge Pathways or Transformations
- Lessons from the Land and Working with Plant Medicines
- Parent and Family Wellness
- Process of Exchanging knowledge

Head Start Website: <https://www.fnha.ca/what-we-do/maternal-child-and-family-health>





“We Believe in Healthy, Self-Determining and Vibrant BC First Nation Children, Families and Communities”

FRASER SALISH
REGION
E-NEWSLETTER
PANDEMIC EDITION



- Regional e-Newsletters
- FNHA Website <https://www.fnha.ca/>

VANCOUVER COASTAL
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E-NEWSLETTER





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[Click here to download the most recent Fraser Salish Staff Contact List \(PDF, 15 pages\).](#)