



Smith's Landing First Nation

Family Wellness Program

March 2022

Family Wellness Program Update

Last December we awarded 10 laptops to SLFN students in need. Congratulations! I am also working on mailing out the last of our wellness kits to out of town members. These kits include a sage bundle with shell, an essential oil, a scented candle, bath salt, a small feather, and a pack of matches along with a card from SLFN and my contact card. The local members received a \$100.00 gift card for Northern or Kaesers. Out of town members will receive \$100.00 per household. Some of these were already distributed. I also have art kits for members ages 5-16. The younger ones can get an animal hand puppet or puzzle. I have already distributed some art kits locally with the wellness kit distribution, but those with a toddler/baby can stop in to get a hand puppet or puzzle. We also have back packs available. I did a call out for interest in swim passes and they are in the process of being purchased. Recently a proposal was submitted for the purchase of snowshoes so that we can start a snowshoe lending program for members.

For those who still need to fill out an application for the Federal Indian Day School Claim, you may call the Federal Indian Day School Community Support Program at 1-877-515-7525 and they can help you with one over the phone or virtually. The deadline for these applications is July 13, 2022.

Mental Wellness

Lately, we've been bogged with some heavy energy. Here are some tips to help us through these difficult times:

- **Indigenous Medicines:** The 4 sacred medicines are Sage, Sweetgrass, Tobacco, and Cedar. Smudging with these medicines cleanses our energy field and it also disinfects the air. When smudging, make sure you smudge your eyes, ears, mouth and heart. This is so that you can see, hear, and speak the truth from your heart. For the ladies on your moon time, it is not necessary to smudge as you are already in a powerful state. Moon time is sacred as it gives the gift of life.

- **Breathing Techniques:** Focusing on your breathing is super important and is often looked over and dismissed. An easy breathing technique is the four square method. It deals with counts of 4 when breathing in, then holding for 4 counts, then exhaling for 4 counts, and holding for 4 counts before breathing in again. This helps bring oxygen to your brain which helps with better decision making skills. Breathing is important because your spirit rides on your breath. We often forget about it when going through stress and some may even hold their breath. Take deep breaths so that you are 'belly breathing'.
- **Creativity:** Find ways of being creative by doing a project that you enjoy. This can be drawing, painting, coloring, beading, sewing, etc. You can even create your own music, songs, and dance or even decorate a cake. There's many ways of expressing yourself. The act of being creative helps bring your soul out so that you can become more empowered. Do something that is fun. Try new things to see what you might like!
- **Healthy Foods:** Choose to eat more vegetables and fruits. Choose foods that are grown in the earth and foods that are organic. Healthy foods can help improve gut health which decreases the chance of disease and illness. If you aren't used to eating healthy foods, try incorporating them one at a time. Try new salads and smoothies!
- **Exercise:** Get your body moving to get your blood flowing. Exercise is great for your body, mind, and spirit. Start an exercise routine or even start small if that's what's best for you. Start by walking a lap around the house or by marching on the spot for 3 minutes. You can even dance while doing the dishes!
- **Affirmations:** Find the affirmations that work for you, write it down and put it up somewhere you can see it on a daily basis. Use them, not only when in need, but daily so that you can keep that energy and attract more into your life. You can make affirmations for love, confidence, health, success and for help getting through difficult times and even when things are going great in your life. Some examples are:
 - I am loved by my Creator and the entire universe.
 - There is no energy that is stronger than me.
 - All of creation is supporting me in manifesting sacred love.
 - I allow this pain to process through me as this too shall pass.
 - My Creator lines up limitless possibilities for wealth in my life.
 - I am filled with energy and vitality.
 - The universe provides all the resources I need for this to be blessed.
 - I am blessed beyond belief.
- **Visualization:** Think of what you want in your life and imagine how it would be when you have it. Visualize your life as if it were already in your life. Visualization also helps you accomplish things and gain skill. Guided

visualizations are sacred ways of healing through past traumas. If you are interested in one, contact the Wellness Support Coordinator, Crystal Benwell.

- **Gratitude:** Always thank Creator for your blessings! Find opportunities for gratitude every day so you can attract more things to be grateful for! Gratitude affirmations you can use is:
 - I am grateful to my miraculous body for all that it does for me.
 - Thank you, my infinite Creator, for the blessings that are present in my life.
 - I am eternally grateful for the miraculous unfolding in my life.
- **Grounding Technique:** Grounding is a way to help calm ourselves if feeling some anxiety or fear. This combines breathing and visualization. The first one I started with was the tree visualization. First focus on your breathing to slow deep breaths. Then visualize that you are a tree with roots that grow out into the ground from your feet. These are big strong roots that keeps you grounded. Keep the vision and breathing until you feel safe and secure and ready to go on with your life. Another easy thing to do is to go out and walk on the ground with your bare feet.
- **Nature:** Go outside and be in nature. Going out on the land is a natural way of healing. Be aware of the surroundings and environment. Go in the sunlight. Go in the moonlight. Appreciate the intricacies of mother nature. Listen to the wind, the rain, the sound of the water lapping against the shore. This is also a form of mindfulness.
- **Mindfulness:** Being present and aware of being in the moment. You are present. You are a spiritual being that is living a human experience. You are not overly emotional as you are not worrying about other things. Take time to appreciate and 'smell the flowers'. Enjoy the experience of now.
- **Meditation:** Start practicing to 'empty' your thoughts and clear your mind. Sit in silence or have nature/healing music. It might be easier to find a guided meditation to listen to to begin with. It is best to sit and have your feet flat on the floor to keep grounded.

If you are having suicidal thoughts, you must seek help. Find someone to talk to. You don't need to feel as if you are in this alone. Please note that these thoughts can also be a sign that you are going through a spiritual awakening. This is also referred to as 'The Dark Night of the Soul'. You are changing energy grids from the 3D to the 5D. This is the part where you become unplugged before plugging into the new. It can cause feelings of confusion and darkness. Depression is a stage of transformation. You are changing spiritually and energetically. The next issue will contain more information of the stages of a spiritual awakening. You got this!! You are a spiritual being having a human experience.