



First Nations Health Authority
Health through wellness

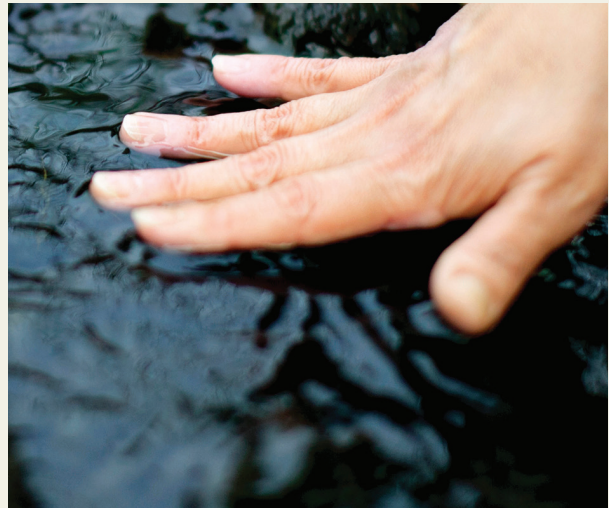
CRISIS AND TRAUMA

Connection with Culture and the Land

CONNECTION WITH CULTURE

Connecting to our identity and culture is a powerful tool for healing. With many of us isolating because of the COVID-19 pandemic, now would be a good time to connect with Elders and relatives who can share teachings about ceremony, language, traditional songs and dances.

When we are active in learning from our Elders, our minds go to a good place – a place of remembering our ancestors, feeling the land under us, touching cedar, collecting medicines and more. While sitting and learning, we are absorbing the goodness that Indigenous culture has to offer and we are in a place of calmness, contemplation, meditation, and happiness.



If this is something that resonates with you, try some the following activities:

- Participate in ceremonies. Be sure to practise physical distancing, wear a facemask and follow other relevant COVID-19 safety protocols.
- Take language lessons or spend time with a fluent speaker.
- Learn traditional dances and songs. In quiet and sacred moments, dances and songs can be gifted to you or inspired by the Creator.
- Do some drumming.
- Gather traditional medicines and foodstuffs from your territories or the territories where you are currently living.
- Visit with Elders.
- Smudge or brush with cedar.

CONNECTION WITH THE LAND

Connection with land and nature supports many people on their healing journeys. If this is something that works for you, here are a few ideas:

- Go berry picking
- Go for a swim
- Visit a place in nature that is important for you
- Sit outside and listen to nature
- Eat food outside
- Go for a walk in the woods
- Visit the beach



INDIGENOUS RESOURCES

- Ideas for supporting land-based healing and wellness during the pandemic:
<https://www.fnha.ca/about/news-and-events/news/good-medicine-ideas-for-supporting-land-based-healing-and-wellness-during-the-pandemic>
- FNHA Traditional Wellness Guide:
<https://www.fnha.ca/wellness/wellness-for-first-nations/traditional-wellness>
- FNHA Wellness and Healthy Living:
<https://www.fnha.ca/wellness/wellness-for-first-nations/wellness-and-healthy-living>
- FNHA Wellness for Women, Men, Children and Families:
<https://www.fnha.ca/wellness/wellness-for-first-nations/women-men-children-and-families>
- FNHA Mental Wellness and Substance Use Tools:
<https://www.fnha.ca/wellness/wellness-for-first-nations/mental-wellness-and-substance-use>