

WELCOME TO OUR

Newsletter

we're so glad you're here!

LET'S TALK AWARENESS ?

Mental Health

Mental health refers to an individual's overall emotional, psychological, and social well-being, encompassing how they think, feel, and behave.

It's a crucial component of overall health, influencing how individuals cope with stress, establish relationships, make choices, and engage in daily activities. Mental health is not the same as mental illness, but poor mental health can contribute to the development of mental and physical illnesses. Mental health is a state of well being in which the person realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.



Mental Health Illness

ALSO KNOWN AS MENTAL HEALTH DISORDER

A Psychiatrist or a qualified psychologist can diagnose mental illness. Mental illness is experienced by 1 in 3 Canadians during their lifetime. Many Canadians are affected by it either directly or indirectly through family, friends or colleagues. Mental illness is defined as a health condition that affects a person's thinking, feeling, behavior or mood. Such conditions may affect someone's ability to relate to others and function each day.



10 positive habits that will help you deal with challenging event's

WE ABSOLUTELY LOVED WORKING WITH THIS CLIENT!

Talking - By talking about your thoughts and feelings, people will be able to help you problem solve and provide the best support for you.

Connecting - Connecting with friends and family regularly can help boost mood and reduce stress.

Values - Staying connected to your values and things that are important to you will help provide you with a sense of meaning.

Thinking Errors - Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thoughts.

Relaxation - Scheduling time for yourself where you can relax is important for your overall mental health.

Light Exercise - Engaging in regular exercise can help you feel better and less stressed.

Mindfulness - Mindfulness activities can calm your mind and body to help you stay focused on the present moment.

Strengths - identifying and working towards your strengths daily will provide you with an extra sense of confidence.

Problem Solve - Can help you reduce worry and provide you with a practical solutions to any problems you are facing.

Challenging Thoughts - Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic, and more helpful thoughts.

Mental Health

IS...

a state of emotional, psychological and social well-being that enables people to manage life's stresses, realize their abilities, learn and work well and contribute to their community. It is not merely the absence of illness but a positive continuum of functioning and flourishing.

Mental Health

IS NOT...

a weakness, a character flaw, or something that affects only a select few. It is more than simply the absence of mental illness or feeling happy all the time – it encompasses your overall well-being and influences how you think, feel, and act.

Strategies to Fight Burnout

Self-Comfort: Make time for activities that bring you joy, such as reading, listening to music, spending time in nature, or pursuing new hobbies.

Mindfulness And Stress Reduction: Practice techniques like deep breathing, meditation, or yoga to manage stress and promote relaxation.

Set Boundaries: Clearly define your work hours and avoid taking on more responsibilities than you can comfortably manage.

Communication: Communicate your needs and concerns to your boss, colleagues, and family. Seeking support from trusted individuals can be invaluable.

Seek Support: Talk to a counselor if you are struggling to manage burnout.

Re-frame Your Perspective: Focus on the positive aspects of your job and the value you bring to your work. Changing your attitude can help you regain a sense of purpose and control.

Take breaks: Regular breaks throughout the day can help you stay focused and prevent burnout.

Prioritize Sleep: Aim for 7-9 hours of sleep per night to allow your body and mind to rest and recharge.

Exercise Regularly: Physical activity can help reduce stress and improve overall well-being.

UNDERSTANDING THE SYMPTOMS & STIGMA

- Symptoms of mental health issues take on the form of isolation, high anxiety, and depression.
- You may find **extreme differences** in either your eating or sleeping habits.
- Mood changes can become more **frequent**, including prolonged anger or euphoria.
- Your ability to detect changes in your feelings, thoughts, or personality may be reduced.
- Mental illness is complex and can come from **anywhere**.
- Those with mental health issues are **not** naturally violent or unpredictable.
- You can be a brilliant student and **still** have mental health issues.
- There is **no shame** in using counseling as a primary support system.

What affects our Mental Health

Life Experiences

Trauma: Exposure to traumatic events like abuse, neglect, or violence can have lasting effects on mental health.

Stress: Chronic stress, whether from work, finances, or relationships, can significantly impact mental well-being.

Early Childhood: Experiences during early childhood, such as poverty, family conflict, or neglect, can increase the risk of later mental health problem.

Social Isolation: Lack of social connections and community involvement can contribute to feelings of loneliness and isolation.

Lifestyle Choices

Substance Use: Drug and alcohol abuse can worsen existing mental health conditions and even trigger them.

Diet & Nutrition: Poor diet and lack of essential nutrients can negatively impact brain function and mental well-being.

Sleep: Insufficient or poor sleep quality can disrupt mental processes and increase the risk of developing mental health problems.

Physical Activity: Regular exercise has been shown to have positive effects on mood and mental health.

Environmental Factors

Socioeconomic Status: Poverty, lack of access to education and healthcare, and economic hardship can negatively impact your mental health.

Housing: Poor or unsafe housing can contribute to stress and increase the risk of mental health problems.

Discrimination: living with racial, ethnic, gender, or spiritual discrimination can have detrimental effects on your mental health.

Relationships: The quality of relationships with family, friends, and community members can significantly impact mental well-being.

Work Environment: Work conditions, or lack of control over job duties, and poor relationships with colleagues can contribute to mental health issues.

ACKNOWLEDGMENT

Kanawayimik LAC Members

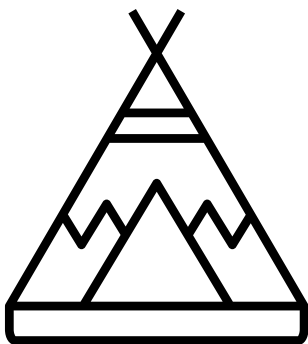
Edward Osecap.....Moosomin - Elder
Theresa Bird.....Moosomin
Willard Swiftwolfe.....Moosomin
Evelyn Swiftwolfe.....Moosomin
Gloria Mooswa.....Moosomin
Ursula Swiftwolfe.....Moosomin

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Krista Albert.....Sweetgrass
Sylvia Pooyak.....Sweetgrass
Diane Pooyak.....Sweetgrass
Benjamin Weenie.....Sweetgrass
Vanessa Fineday.....Sweetgrass

Jenny Spyglass.....Mosquito - Elder
Miranda Moosomin.....Mosquito
Anita Moosomin.....Mosquito
Three Vacant.....Mosquito

YOUTH LAC MEMBERS



Harmony Pahsahnunk.....Mosquito
Hellaina Rose Starr.....Saulteaux
Alexander Favel.....Sweetgrass
Vacant.....Moosomin

Kanaweyimik Events

Roundance & Feast Date: April 10, 2026 | Host: Mosquito Grizzly Bear's Head Lean Man First Nations

**MMIWG+ Brave Conversations Conference Date: May 5 & 6, 2026
Location: Western Development Museum**

Youth Cultural Camp Date: June 3 & 4 2026 | Host: John Paul II

Kanaweyimik Tipi's go up Date: June 4 & 5, 2026 | Western Development Museum

Annual Pow-wow Partnership Date: June 18, 2026 | Location Western Development Museum

**150 Years of Signatory of Signing Treaty 6 | Date: June 20, 2026
Location: Fort Battleford**

Please check our website to stay up to date on future events and programs.

www.kanaweyimik.com