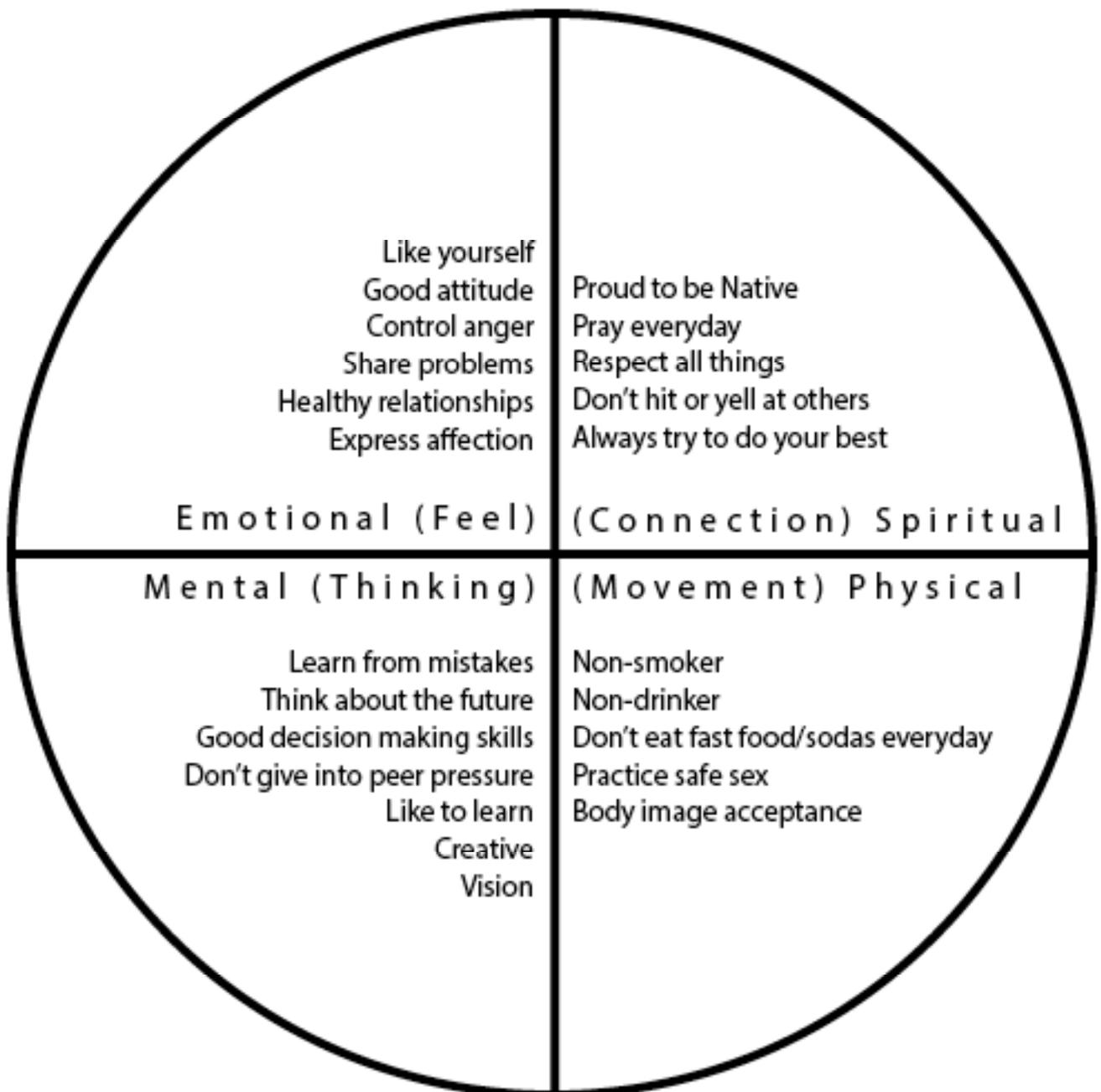




Native Wellness . . .

- ◆ Is a cultural and traditional model of lifestyle.
- ◆ Is a holistic approach to living one's life in a good way.
- ◆ Has 4 "Directions." These directions are interdependent.
- ◆ Is about making good choices and having pride in your culture.





How Well Am I?

In each direction, write the things you do well in the inner circle and the things that need improvement in the outer circle.

Emotional Spiritual

Mental Physical



Power Of Positive Thinking

Living by the Warrior Spirit means being positive, productive, and proactive.

Positive thinking means to reaffirm your belief system and your strengths. It is thinking about what can be done, instead of what cannot. Positive thinking is different than being optimistic. Thinking positive allows you to be open to more positive life experiences and filters out the negative.

TRAITS OF A POSITIVE THINKER

- Enjoys life
- Doesn't see barriers, but challenges
- Plans for the future
- Accepts responsibility
- Earns respect
- Filters out the negative
- Appreciates others
- Acknowledges their strengths
- Attracts strong people
- Is successful
- Create opportunities

TRAITS OF A NEGATIVE THINKER

- Is generally unhappy
- Gives up easily
- Predicts the future
- Blames others
- Expects respect without earning it
- Does not accept positive messages
- Puts down others
- Concentrates on their weaknesses
- Attracts like-minded people
- Fears failure
- Misses opportunities

Positive thinking is good medicine. Medicine is anything that you use or do to help move you toward wellness.

Medicine can be plants or herbs. It can be food or drink. It can be laughing or crying. It can be dancing or singing. It can be praying or sharing, anything that helps to move you along on your wellness journey. Using medicine daily was a positive, productive, proactive way of life for our ancestors!

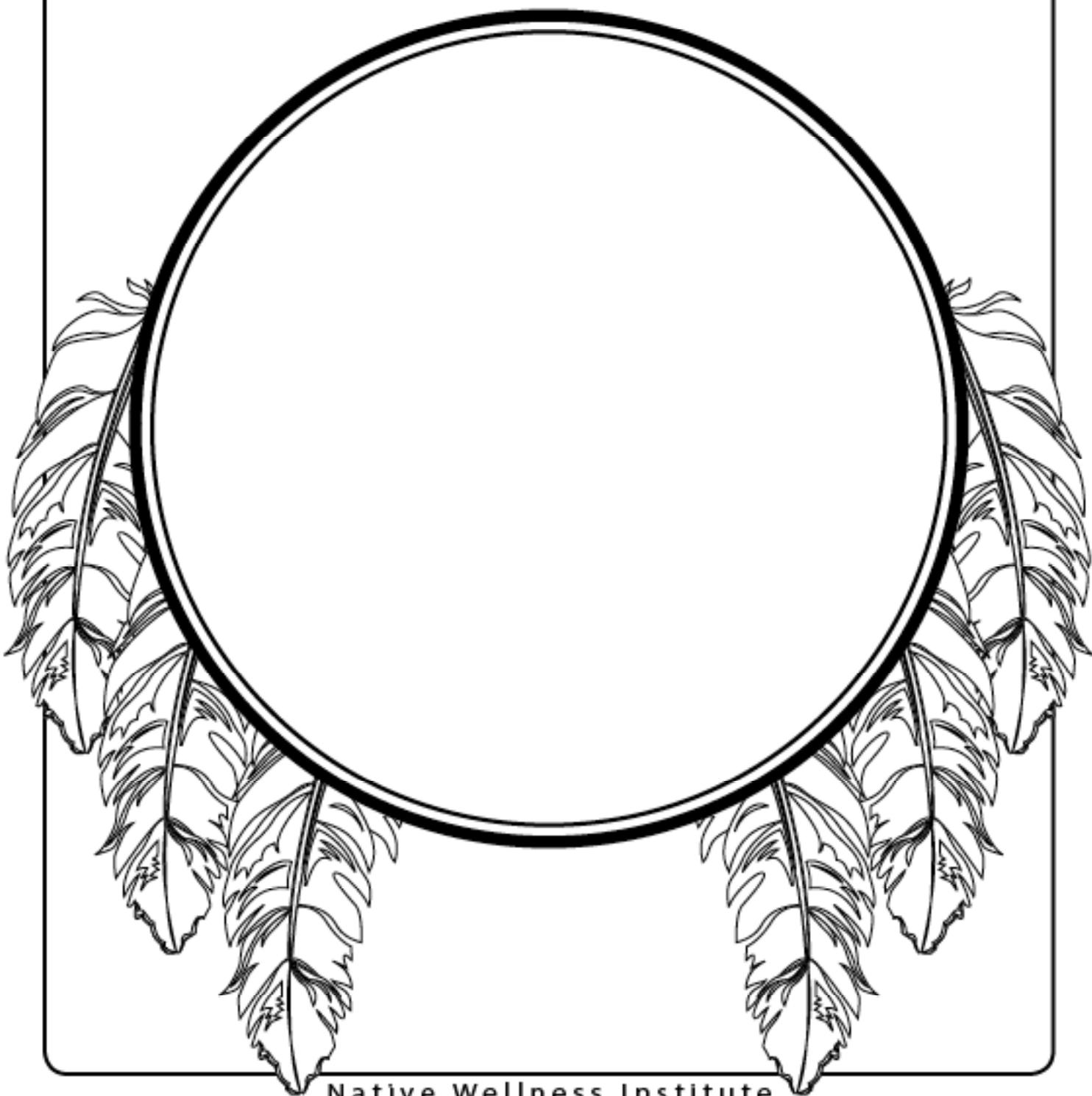
In today's society, medicine is viewed as having a different effect. Medicine is seen as something that you use to get rid of an illness. If we have a symptom, we are told to take some medicine and it will go away. Because of this, a person who uses medicine on a daily basis today is seen as a weak and unhealthy person.

A person who uses medicine on a daily basis is known to be a strong and healthy person. Are you positive, productive and proactive like your ancestors?



Warrior Shield

Warrior shields are decorated with images, or medicine, to give a warrior strength and power. In pictures only, draw your medicine on the shield. What best describes you? What are your sources of strength? What protects you?





Indian Policy Timeline

The Indian Experience

FEDERAL POLICIES TOWARD INDIANS

Pre-1800's	Extermination, Manipulation and Colonization of Indians
Early 1800's	The Civilization Act Appropriate money to "civilize" and "educate" Indians in white schools with white teachers who were usually missionaries.
1830	Removal Act Authorized President Jackson to remove Indians from the east to west of the Mississippi River.
1870-1890	Indian Wars Wounded Knee 1890 – famous Sioux massacre.
1870	Religious Persecution Attempt to get rid of plains Indian societies by destroying their "savage" religions.
1887	The Dawes Allotment Act Divided up Indian land and gave plots of land to the "head of household." Much of original land allotted to Indians was later taken because they were unable to pay taxes. Government determined tribal roles and membership.
1924	The Snyder Act Until this time Indians were not considered citizens of the United States.
1934	Wheeler-Howard Indian Reorganization Act The "Indian New Deal" allowed tribes to establish elected tribal governments. Traditional chiefs, headmen and medicine men are not recognized by the government.
1953	Termination Policy Attempted to abolish federal supervision of Indian tribes. Effect was disastrous on those tribes that were terminated, most notably the Klamath Tribe in Oregon and Menominee Tribe in Wisconsin.
1968	Indian Civil Rights Act Imposed regulations on tribes in order to guarantee individual Indians similar rights in tribal matters as the Bill of Rights gives others.
1970	Self-Determination Policy Richard Nixon condemned the Termination Policy and extended more control of Indian affairs to Indians themselves.
1978	Indian Child Welfare Act Assures the preservation of the Indian family by protecting the proper placement of Indian children into Indian adoptive and foster homes.

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Being Trauma-informed

Over the last several years there has been increased attention to the impacts of trauma on behavior. The term “trauma-informed” was coined as a way to help service providers (education, social services, health and medical, law enforcement, etc) and their agencies or departments better serve the people by better understanding their behavior.

Several key areas are involved to being trauma-informed:

1. A person has a profound understanding of the impacts of trauma on behavior
2. A person has a profound understanding of the impacts of trauma on behavior and understands the difference between:
3. “What’s wrong with you” vs. “What happened to you”
4. A person has a profound understanding of the impacts of trauma on behavior and seeks NOT to re-traumatize a person or group of people. (individual behavior, workplace policies, etc)
5. A person has a profound understanding of the impacts of trauma on behavior and has done their own personal healing work.

Having a “profound understanding” means that you have studied historical and intergenerational trauma (read books, attended training, been mentored by experts), you have experience working with people and communities impacted by trauma, you have an understanding of the brain and how it responds to trauma and you have done your own healing work in response to your trauma.

“Where there has been trauma, healing is the answer.”



Trauma Web

The column on the left lists various types of trauma that can affect our lives. The column on the right lists characteristics of trauma. Any of these may have affected you, your parents, grandparents or other people who have had a significant impact on your life. For each of the traumas and characteristics that have affected you, your family or significant others draw a line connecting the trauma or characteristic to "you" in the center of the page.

Death of a loved one

Gambling addiction

Emotional abuse

Drug addiction

Physical abuse

Verbal abuse

Cultural loss

Alcoholism

Neglect

Racism

Divorce

Poverty

Violence

Disability

Relocation

Foster care

Adoption

Oppression

Sexual abuse

Loss of a job

Boarding school

War experiences

Loss of spirituality

Discrimination of any kind

Frequent periods of depression

Difficulty hearing positives

Fear of conflict and anger

Continuing sense of guilt

Need to be in control

Fear of dependency

Overly responsible

Very irresponsible

Overachievement

Poor self-images

Need to be right

Fear of trusting

Perfectionist

Chaos junkies

Fear of feeling

Fear of intimacy

Underachievement

Denial of problems

Fear of incompetence

Compulsive behavior

Heavily depends on others

Repetitive relationship behavior

Unable to relax, let go, and have fun

Hypersensitive to the needs of others

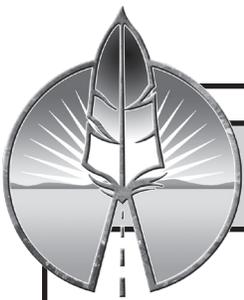
YOU



21 Characteristics

In 1979, Jane Middleton-Moz and Lorie Dwinell identified the following 21 characteristics that adult children of alcoholics may exhibit. These characteristics may also be exhibited by anyone that has lived life and suffered any pain. Because of our unique experiences growing up, we will all react differently to different traumatic events in our lives. In fact, what one person finds to be extremely traumatic, another person may not find traumatic at all. Without healing intervention of some kind, as traumatic experiences happen in our lives our behavior may be affected and we may begin to exhibit some of these characteristics.

1. **Fear of trusting.** Some of us grow up believing that people are unpredictable - that others cannot be trusted because when we trust them, we are let down and hurt. These people may have great difficulty in trusting any responsibility to others or trusting that their feelings or needs will be taken care of.
2. **Continuing sense of guilt.** Some survivors of trauma believe that they have caused the trauma in their lives - that they are responsible for the behavior and actions of others, rather than being a victim of that behavior. They generally won't do anything to "rock the boat" for fear that they will be blamed for any failure, but this also means that they won't take an opportunity to create positive change.
3. **Hyper-responsibility or chronic irresponsibility.** Some of us learn that we must become extremely responsible at an early age - the "20 year old, eight year old". We believe that we must take responsibility for getting everything accomplished or it won't get done. Conversely, some of us have learned not to accept any responsibility for anything. That way, if anything goes wrong "It wasn't my fault. You can't blame me for anything."
4. **Perfectionist.** Depending upon the trauma, some of us grow up believing that we must do everything perfectly. We develop a fear of making mistakes or doing something wrong because when we made a mistake there were severe consequences. We may spend way too much time on inconsequential details, drawing attention away from other important issues.
5. **Counter-dependence or fear of dependency.** We may learn through our experiences that "I don't need to depend on you, I can do it myself." Some may learn to fear depending on others and will not share responsibilities or emotions as a result.
6. **Need to be in control.** Because of feelings of not having any control of life in younger years, some of us may overcompensate in later years by wanting to control everything around us. This can lead to micro managing, overbearing parenting, etc.
7. **Difficulty hearing positives.** Because of poor self-images, some of us have difficulty accepting positive feedback from others. We may ask ourselves, "What do they really want?" or feel pain or loss upon hearing others speak positively about us.
8. **Overachievement or underachievement.** Some of us may try to improve our self-esteem and sense of not being loved by seeking praise for our accomplishments. This could be getting good grades in school, joining every club and excelling in sports; or spending extra time at work and volunteering for every committee. Conversely, some of us may attempt to do very little so we can't fail and can't be blamed for anything.
9. **Poor self-images.** If we internalize the abuse, neglect or emotional distance that others direct at us, we may form a self-image that we "just aren't good enough". This could greatly impact our motivation to accomplish positive things.



21 Characteristics continued...

10. Compulsive behaviors. Some of us may become alcoholics or workaholics, compulsive gamblers, over-eaters, over-spenders, or behave in other compulsive and unhealthy ways. We may use these behaviors to avoid feeling grief and pain from the past traumas of our lives.
11. Need to be right. Sometimes we may replace the need to feel loved with the need to be right. We may fear being wrong or inappropriate because of baggage from the past. We may even place being right as more important than relating well with others.
12. Denial. Through denial we try to protect ourselves by ignoring the pain of reality. We may choose denial over issues with those around us, rather than dealing with the issues because that may lead to an end of the relationship and feelings of abandonment and failure.
13. Fear of conflict and anger. Because of fears of the consequences of conflict and anger, or fear of their own unexpressed rage, some people will develop behaviors that avoid conflict. This could include isolating from others or always accepting blame, but ultimately losing their own identity in the process.
14. Chaos junkies. If chaos was the norm growing up, we may find ourselves more comfortable with chaos and conflict than with peace and cooperation. Or we may use chaos to hide from other feelings. Some of us will choose professions that are always dealing with chaos.
15. Fear of feeling. Some of us were not safe to express or allow feelings, being hurt or abandoned as a result. We learned to withhold feelings, or even lost the ability to feel or express emotions. Without intervention we may continue to act very coldly or emotionless today.
16. Frequent periods of depression. Depression has been described as when our expectations are not being met and we begin to believe that they never will be. Eventually our feelings of anger or disappointment are turned inward against ourselves and may show as symptoms of depression.
17. Fear of intimacy. We may have learned that intimacy leads to being emotionally or physically hurt. We may become unwilling to feel close to anyone and find ourselves pushing others away.
18. Fear of incompetence. This may also be called the "impostor syndrome" - when we begin to believe that if people really knew us they wouldn't like us. We may act in ways that we feel aren't our true nature, putting on a false face hoping to be more acceptable to others.
19. Hypersensitivity to the needs of others. Some of us learned that life was much safer by being extremely aware of the changing moods of those around us. Today, we may still be scrutinizing the behaviors of others in our attempt to predict how they will behave next. This affects our ability to focus on other issues.
20. Repetitive relationship patterns. This may be an attempt to recreate the painful experiences of childhood - returning to what was normal. This could also be a reflection of our feelings of low self-esteem. We may look to find or create unhealthy relationships over and over.
21. Inability to relax let go and has fun. When others were playing and having fun, some of us were learning to survive in difficult situations. Not only did we not learn how to relax and play, we may have a fear of doing so.



Healing

Healing comes from the word HAELEW, meaning to be or become whole. Healing can also be described as removing unbalance from self. It is bringing wholeness to body, mind, heart and spirit.

Healing is a “personal cleansing” of...

- ◇ Mistrust
- ◇ Unresolved grief
- ◇ Loss and hurt
- ◇ Anger / hatred
- ◇ Historical trauma
- ◇ Shame / guilt
- ◇ Fear
- ◇ Negativity
- ◇ What else?

We heal by...

- ◇ Forgiveness – self and others
- ◇ Looking within – introspection
- ◇ Feasting
- ◇ Praying
- ◇ Sharing ourselves
- ◇ Therapy
- ◇ Being generous
- ◇ Taking healthy risks
- ◇ Changing unhealthy behavior
- ◇ Practicing spirituality
- ◇ Loving ourselves and others
- ◇ What else?



Healing Plan

MY PERSONAL HEALING JOURNEY!

You wouldn't go on a trip to a new destination without a map, would you? Well, a Healing Plan is your map to your Healing Journey. What are you going to do this month on the path to your own Wellness?

	Spiritual	Emotional	Mental	Physical
Example	Pray for my healing and my families healing every morning before I go to work.	Go to weekly talking circles and share what I am feeling about my healing.	Make a digital story about my healing journey.	Walk 3 miles every day after work to allow my body to stay healthy.
Week 1				
Week 2				
Week 3				
Week 4				

Remember: Healing is a journey, not a destination! Happy Travels!