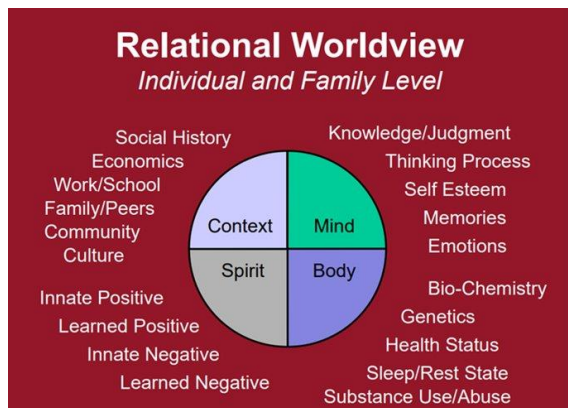




## Integrated Healthcare Through an Indigenous Approach

### The 6 Types of Self-Care

1. **Spiritual:** Smudge, pray, sing, practice forgiveness, do yoga/stretch, practice gratitude, dancing, burn sweet grass/sage.
2. **Psychological:** Get creative, meditate, keep a journal, recite positive breathing, 5 senses technique, spend time in nature.
3. **Emotional:** Explore a hobby, cry, laugh, spending time with positive family/ peers/ community. Be aware of what you are feeling, spend time with your pet, horses, sheep.
4. **Personal:** Learn new skills, read, cook favorite food, set goals, learn how to ride horses, learn how to weave, sew, bead, quillwork, research and learn about your culture.
5. **Physical:** Exercise, eat healthy, get a massage, stretch, learn about stress stretching, running, walking, hiking, swimming, dancing, etc. Drink water or herbal tea, try a traditional tea.
6. **Professional:** Set boundaries, learn to say no, take a vacation, take time off, take your work breaks.



### Promising Practices

- **Listen:** Listen to the community implement what they deem as their needs into your practices.
- **Share:** Share ideas. We do not always have to reinvent the wheel. Share with your community, share with other urban organizations.
- **Collaborate:** How can we grow and learn from each other. What has worked, what hasn't? What are big lessons learned?
- **Build Trust:** Trust takes time, keep showing up and being there for the community you serve.
- **Embrace Cultural Activities:**
  - <https://www.dihfs.org/swp.html>
  - <https://youtu.be/p4bWbJlUjs?si=WU0qyTMDclYJpYtX>

