



Emotional
Mental

My wellness, it's up to me,
even when working
from home

Physical
Spiritual



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

ENTERTAINING YOURSELF

Emotional

Take time to laugh

The context of the pandemic may lead you to experience an unusual range of emotions.



Each person experiences anxiety in varying degrees of intensity. The way a person perceives an event greatly affects their level of anxiety. Let's try to add a little laugh to this difficult context to change our minds and reduce our level of discomfort.

There's nothing like a good laugh! In these times of uncertainty and disruption, let's have a laugh! Why not share funny videos with your colleagues during breaks.

<http://www.wapikoni.ca/films/innu-papu-les-innus-qui-rient>
<https://zonevideo.telequebec.tv/media/48801/appele-conference/like-moi>

Physical

Workout at home

As fitness and sports facilities are closed for a few weeks, several digital platforms and sports centres offer free access to a host of activities:

- Yoga (Free online classes offered by Lululemon at <https://www.youtube.com/user/lululemon> or Alo Yoga at <https://www.youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A>)
- Physical activity and general fitness training (French only): <https://www.facebook.com/loisirsvalcartier/posts/3044558908900469>
- Online training program offered by the PEPS (French only): <https://peps.ulaval.ca/entraitements-en-ligne/>

This will help you maintain your good fitness habits. Since those programs require hardly any equipment, you can do everything at home! Physical activity helps relieve stress and tension in these uncertain times and is also a great way of taking care of your mental health.

Cooking with your family

Take the opportunity to try new recipes. Why not try the famous Portuguese tarts?
<https://www.ricardocuisine.com/en/recipes/6204-portuguese-tarts-pastel-de-nata>

New habits to improve your wellness page 21 of My Positive Journal

Use My Positive Journal to document your lifestyle habits. This tool allows you to assess your lifestyle habits using different colours (green, yellow, red) to help you identify your strengths and set goals for improvement.



Mental

Enjoy the small joys of everyday life

Take time to enjoy your favourite coffee, take a hot bath or enjoy the spring days ahead. Simple little things help clear the mind and see things in a positive light.

Discover new hobbies

Listening to podcasts, doing crafts, knitting, meditating, listening to a TED conference, writing, reading, repairing an old piece of furniture, etc. Here's your chance to do what you never have time for!

Stay in touch with family and friends

Even remotely, you can keep having good times with your loved ones by setting up a virtual get together, sharing your favourite at-home activities or new TV shows.



Spiritual

Learn about your culture and that of others

One of the best ways to reconnect with your spiritual wellness is to learn a few words in a First Nations language. In addition, this gives you the opportunity to learn a few words in other Indigenous languages.

- Wendat** : <https://languewendat.com/> (EN-FR) - **Mi'gmaq** : <http://www.learn.migmaq.org/> (EN)
Innu : <https://www.innu-aimun.ca/francais/> (EN-FR) - **Malécite** : <https://pportal.org/> (EN)
Mohawk : <http://www.kanehsatakevoices.com/lessons/lesson-1/> (EN - FR)
Atikamekw : <https://apps.apple.com/ca/app/conversation-en-atikamekw/id952851050?l=fr> (iPad and iPhone only)
Anishnabe : <http://kzadmin.com/Learningalgonquin.aspx>
Abenaki : <https://dictionnaireabenakis.com/> (FR) - **Cri** : <https://lessons.eastcree.org/dialects> (FR-EN)
Inuit : <https://tusaalanga.ca/> (FR-EN) <https://soundcloud.com/user-623280927> (EN)

In these days of uncertainty, take time to learn where you come from. Talk to your elders, spiritual guides and knowledge keepers (remotely, of course!) to learn more about your customs and traditions.

This website presents the story of creation of four different nations in Canada. It is a great opportunity for you to learn more about other nations, including the similarities that unite us. <http://www.fourdirectionsteachings.com/> (EN-FR subtitles)

Another way to reconnect with your roots is to go out on the land to do things like harvest medicines, if possible.



What about my children?

Keeping your kids busy while working from home can be a difficult task. Try to work out a schedule with them. You can use [this model](#) developed by the FNEC. Their website also provides suggestions for [family activities](#). In times of stress and crisis, it is common for children to seek more parental affection and attention. Discuss COVID-19 with them in a straightforward and age-appropriate manner. Here is a [poster](#) explaining the coronavirus to children. You can also use [colouring books](#) available for free to keep your kids entertained while you work.

Useful links on telework

[Relaxing activities to do at home during COVID-19 quarantine](#)
[Free meditation app](#)
[Videos by First Nations youth](#)

[Applications and websites to educate and entertain children](#)
[How to keep your kids busy and learning while schools are closed](#)