



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

CHANGING YOUR HABITS AND ADAPTING TO CHANGE

Emotional

Explore new strategies for dealing with your emotions

Adapting to change is not always easy.

As days go by, the current situation can induce various emotions ranging from one extreme to another (helplessness, joy, fear, grief, fear of change, discomfort, etc.).

You may want to develop new habits to learn how to deal with your emotions using new strategies.

Discovering mediation, mindfulness, yoga, dancing or keeping a personal diary are useful strategies to help you deal with your emotions in a healthy manner.

To regain or keep your calm, there's nothing like a 5-minute cardiac coherence session in the forest or to the sound of waves. <https://www.youtube.com/watch?v=KWLRL24bAsU>
<https://www.youtube.com/watch?v=WGss6BM1V2k>

What about discovering a new activity to help you cope with change. Dance lessons at home? why not take this new habit and become a salsa pro: <https://www.youtube.com/watch?v=n7qylAYDES4?>

Physical

Developing a new habit

Being home for long hours at a time can be a perfect opportunity for you to develop new habits.

Here are a few articles that will give you tips and tricks on developing new habits or skills (in French only):

<https://www.penserchanger.com/prendre-une-nouvelle-habitude-en-8-etapes-simples>

<https://www.sciencepresse.qc.ca/actualite/detecteur-rumeurs/2017/01/25/21-jours-pour-changer-habitude-faux>

To adopt new lifestyle habits more easily, try habit-stacking: <https://www.strengthscope.com/habit-stacking-what-is-habit-stacking-and-how-to-do-it/>

This technique consists in adding new behaviours to habits you already have, hence the term "stacking."

Entrac has published a guide on how to set up your workstation at home. Take a look to improve your workspace.

(Telework and COVID-19: beware of musculoskeletal disorders) https://ici.radio-canada.ca/nouvelle/1688700/teletravail-covid-19-ergonomie-troubles-muscles-squelettes?fbclid=IwAR3b5fwKyf14qFflmfNJD BLh4xcB_A4q8Ae25j1t3KVp7B-j7YtGhRGbCZs (French only)

Reminder: Join the Ushket Challenge if you would like to incorporate running into your daily routine!



Mental

Ask yourself about the changes you're going through

Take time to ask yourself what has changed in your habits over the last few weeks. What is positive? What changes could be made for the long term?

Use coping strategies that served you well in the past

Your ability to adapt has probably been tested in the past. Think about what you did at the time to help you through that. In these times of uncertainty, it's time to use strategies that have proven effective.

Set yourself realistic goals for the short term

This will be a first step toward changing your habits and incorporating new ones into your daily life. It may be helpful to adopt a structured approach by breaking down the new habit into steps. There are challenges available online to help you achieve your goal. Why not try the Health Challenge, for example: <https://www.defisante.ca/passer-a-laction/dossiers/objectif-fruits-et-legumes> (French only)?



Spiritual

Adapting your practices to the current context

Maintaining a connection with the community is among the most important things for First Nations. In these uncertain times, it is important to adapt and develop new ways of staying in touch with your loved ones. For instance, the «Social Distance Powwow» is a movement that brings people together online to share their powwow dancing and singing skills. As our ancestors did, we need to adapt to new realities while keeping in touch with our culture and spirituality!

Keeping in touch with our Elders

Our elders are our keepers of knowledge, and now more than ever, we must take time to listen to them. Give them a call! Through their wisdom, you will gain access to various tools to help you improve as a person. Together we are stronger, even apart.

Perform traditional activities

In many of our nations, making bark baskets has been an essential survival skill. Today, what better way to reconnect with our ancestors and our spirituality than by learning this art. To practice, use materials you find around the house! To learn more about the traditional method, watch the short documentary entitled "My Father's Tools / Les outils de mon père" available online for free: <http://www.wapikoni.ca/films/my-fathers-tools-les-outils-de-mon-pere>.

As always, remember to take time to reconnect with the land! It's the most valuable habit you can have.

What about my children?

With Easter just behind us, you can find easy recipes to use chocolate leftovers:

<https://www.troisfoisparjour.com/en/recipes/desserts/cookies-scones/chocolate-chip-mug-cookie/>

<https://www.ricardocuisine.com/en/recipes/5769-moist-chocolate-cake-in-a-cup>

Looking for activities to do with your kids? Here's a list of 50 activities to keep them entertained: <https://www.teteamodeler.com/jeux/jeux-pour-les-enfants/50-activites-a-faire-avec-les-enfants>



Useful links

[COVID-19: Staying sane in five steps](#)

[Adopting a structured approach to deal with problems](#)