



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

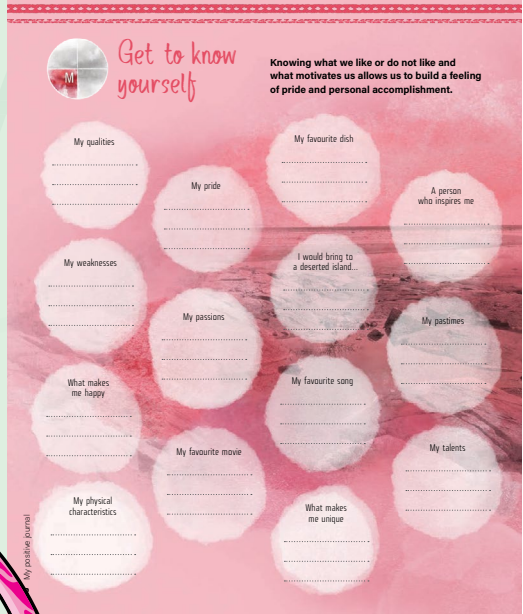
CREATIVITY

Emotional

Be creative to experience positive emotions

Creativity is something you're born with. Each person has one or several talents unique to them at birth. Those can be nurtured later in life or completely left aside, depending on the environment you grow up in.

What are your talents? Nurturing your talents makes you active, focused and happy. Getting to know yourself is essential if you are to identify your talents! Have fun! See example on [page 8 of My Positive Journal](#).



Physical



Try something new in your diet

Here is a list of vegetables that "magically" grow back from scraps: <https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scrap>. This will allow you to start your garden with what you already have.

Despite social distancing measures, you ended up with a big Easter basket delivered at your door? Here are some healthy(ish) recipes other than fondue for your chocolate leftovers (French only): <https://vifamagazine.ca/manger/recettes-sante/8-recettes-un-peu-sante-a-faire-avec-le-chocolat-de-paques/>

Find new ways to be active

If you're going to be creative, why not try new workouts? Here is a list of exercises that encourage you to work differently with little or no equipment: <https://www.active.com/fitness/articles/11-creative-compound-exercises-to-try/slide-3>

Not so excited about conventional workouts? Want to combine cardio and tradition? Why not try Powwow fitness videos: <https://www.youtube.com/watch?v=ZhfqlbhKCo0ist=PL6bNa81aVS4S3dl7Iii2QSK0BShDRUS8P>



Shushan Bacon

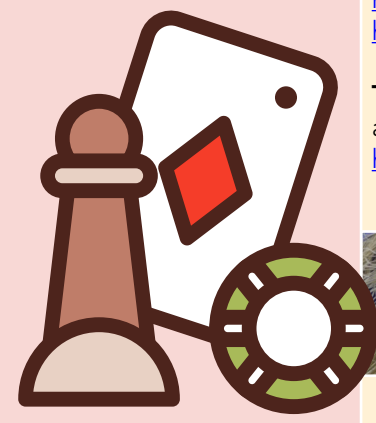
Mental

Find ways to live up your virtual meetings

Many people are choosing to meet their loved ones through different discussion platforms. Why not integrate activities in your evening video chats? The House Party application allows you to talk with several people at the same time and play a few games with your group: <https://houseparty.com/>
You can also use play good old games like charades or Battleship. The possibilities are endless.

Renew your stock of board games

You may have already been through all your board games at home. Several games are available in a free, printable format: <https://aujeumag.asmodee-canada.com/imprimez-et-jouez.html>.



Spirituel

Adapt your cultural practices to the current context

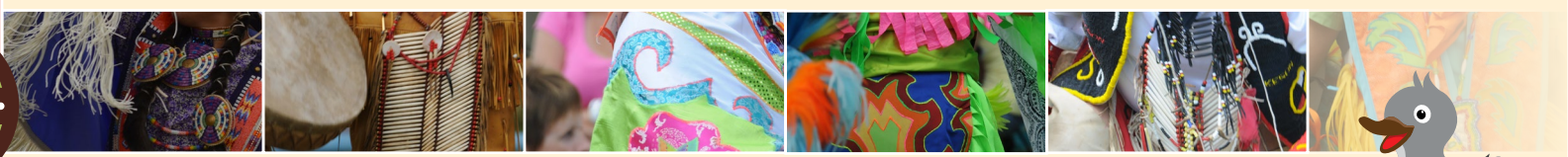
Here are a few examples of "challenges" that are currently taking place on social networks. Take the time to share your cultural activities, it's time to be #RemotelyTogether!

Transformation: "Switch up" to traditional regalia/outfits from different nations around the world:

<https://www.facebook.com/paninnguaq.jensen/videos/10221699743903457/>
<https://www.facebook.com/christina.looker.3/videos/2905366096165578/UzpfSTeWMDAwMzk0NDI3MDE0ODoxNjY5ODU1NzI2NDg5MjIw/>
<https://www.facebook.com/msprimeaux/videos/10217379559068710/UzpfSTeWMDAwMzk0NDI3MDE0ODoxNjY0MjY1ODIwMzgxNTQ0/>

The Social Distance Powwow is an online gathering that showcases and supports various Powwow dancers, singers, musicians, artists and craftspeople. A wide variety of different styles and nations brought together to promote spiritual wellness:

<https://www.facebook.com/groups/832568190487520/>



What about my children?

Organize theme days; for example, how about a beach day? The Olympics at home? A photo safari in the backyard? You can decorate the house, wear clothes, play a movie, cook a recipe in relation to your theme and do a host of activities that require little preparation.

