



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

## TRANSITIONING TO SUMMER

### Emotional

#### Prepare your garden

A garden is not created in a single day... or even a week! It requires patience and attention. We are incredibly used to living in a fast-paced world where everything is expected in real time. Gardening offers us a different way of looking at things and reminds us of the virtues of patience..

#### Easy Container Vegetables for Balcony & Rooftop Garden | Container Vegetable Gardening:

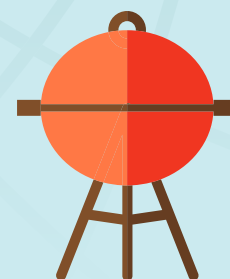
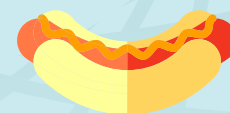
<https://balconygardenweb.com/easy-container-vegetables-container-vegetable-gardening/>.

#### Week 1 of June - How to create your first vegetable garden:

<https://www.youtube.com/watch?v=8lwTTWtnkd0>. (in French only)

#### Crop calendar - Seeding and planting calendar for vegetables

<https://espacepurlavie.ca/en/seeding-and-planting-calendar-vegetables>



### Physical

#### Practice outdoor activities

Now that the weather is getting warmer, it's time to switch from indoor to outdoor running. Here's a guide to help you do it right:

<https://blogue.physioextra.ca/fr/passer-du-tapis-roulant-la-course-exterieur>. (in French only)

It's finally time to bring out the BBQ! Take advantage of the warm weather to try new recipes on the grill

<https://www.foodnetwork.ca/bbq/recipes/>.

### Mental

#### Make projects

The current context has probably changed your vacation plans for the summer. This situation can make a lot of people nervous in the coming months. Now is the time to make plans to keep yourself busy and look forward to the warmer days ahead. Take some time to do outdoor work or get back into shape, for example. Visualize what you would like to do in the next few months that would make you happy.



### Spiritual

#### Be aware of your connection with the land

The connection with the land and the living world is an essential aspect of First Nations spirituality. Even if we feel overwhelmed, we must take the time to find ways to reconnect with Mother Earth. Nature's healing process and return to normal is one of the most beautiful things happening right now. Around the world, air and water quality is improving and animals are returning to their habitats. We are now taking the time to get out and reconnect with the land. With the arrival of spring, it is important to remember that this connection is within all of us, and we should all take advantage of it.

## What about my children?

Télé-Québec has created an online platform to help children maintain their skills and knowledge during the confinement period:

*Friandises pour matière grise* : <https://enclasse.telequebec.tv/>. (in French only)

You can also get your children involved in your gardening projects:

<https://www.planetnatural.com/gardening-kids/>.

## Useful links

[Keeping your balance in turbulent times](#) (in French only)

[Visit the First Nations Garden at the Botanical Garden- First Nations Garden](#)

[Gardening tips – Growing vegetables in pots](#) (in French only)

[Vertical Fruit And Veggie Pallet Garden](#)

[Inspiring Woman Growing a Huge Amount of Food in a Tiny Backyard in the City!](#)

[Suggested reading on gardening:](#) (in French only)

[Favourite books for Canadian gardeners](#)

