



# Resiliency

Healthy Living Youth Zone

X

Wakenagun Youth Healing Lodge

X

Pelican High Peak Youth Healing Lodge



# Agenda



1. We Shall Remain (10 Minutes)
2. Sharing Circle (5 Minutes)
3. What is Resiliency? (10 Minutes)
4. Hands-on Resilience Exercise (10 Minutes)
5. Indigenous Resiliency (10 Minutes)
6. Six Core Strengths (5 Minutes)
7. Connection and Indigenous Culture (5 Minutes)
8. Taking Action and Indigenous Resilience in Music (5 Minutes)

# We Shall Remain



# Sharing Circle



Share one word, a phrase, or a statement that comes to mind when you hear the word *Resilience*.



# What is Resiliency?



**Resilience is the ability to cope when things go wrong.**

Resilience can also be described as:

- *Bouncing back after difficult times*
- *Dealing with challenges and still holding your head up*
- *Giving things a go or trying your best*
- *Being strong on the inside*
- *Being able to cope with what life throws at you and shrug it off*
- *Standing up for yourself*
- *Getting back into shape after you have been bent or stretched*

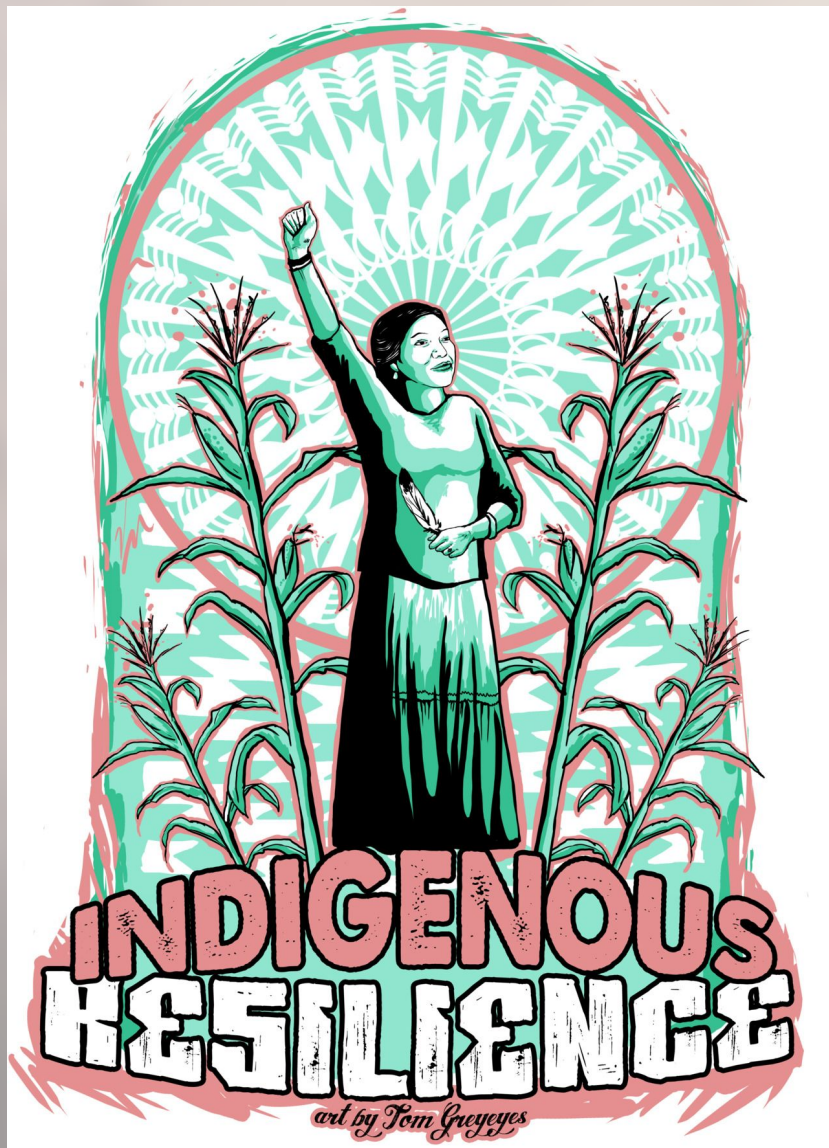
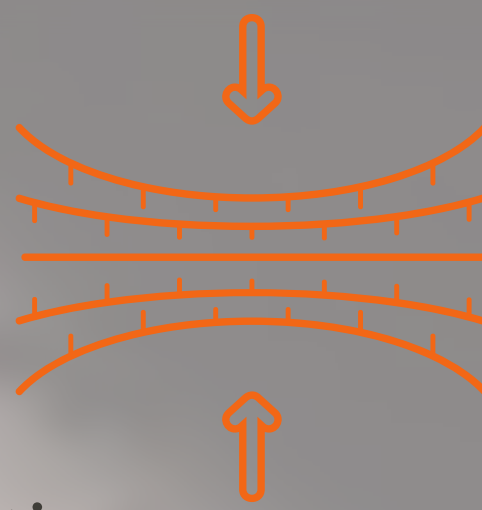


# Hands-on Resilience Exercise



# Indigenous Resiliency

Indigenous Peoples in Canada have diverse notions of resilience grounded in culturally distinctive concepts of the person that connect people to community and the environment, the importance of collective history, the richness of Indigenous languages and traditions, as well as individual and collective agency and activism.



# Six Core Strengths



- 1. Connection**
- 2. Self-Awareness**
- 3. Belonging**
- 4. Intuition**
- 5. Acceptance**
- 6. Respect**





# Connection and Indigenous Culture



Rod Jeffries explains that connection is one foundation of indigenous culture. Connection means the connection to self, others, and all Creation with a strong spiritual base.

- Courage
- Openhearted
- Nurture
- Non-Judgement
- Empathy
- Compassion
- Truth
- Identity
- Open-minded
- Nature



This acronym for CONNECTION are qualities we must have when building connections with others.

# Final Thoughts



Give yourself time during the week and think of three things you can do to increase your connection to others in your community OR take some free time to look at how resilience is being woven in Indigenous music through the linked Facebook page!

