



*Li taan paasii. Li taan ki vyayn.  
From our past. For our future*

Child Youth & Family

Fall Online Education & Awareness Series

2024

# Metis Self-Care Wheel -Agenda

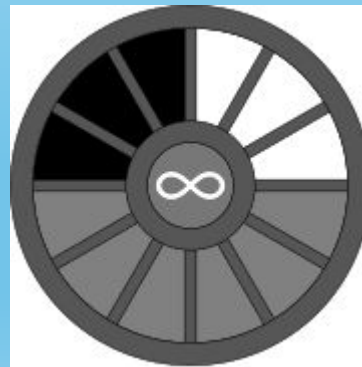
October 17<sup>th</sup>, 2:00pm–3:30pm

- Introductions
- Metis Self-Care Wheel
- What Is Self-Care?
- Steps To Self-Care
- What Does Wellness Mean to Me?
- Four Aspects of Self: Physical, Emotional, Mental and Spiritual
- How to use this daily and how to create your own Metis Self Care Wheel (Self Care Wheel)

# Metis Self-Care Wheel:

The Metis Self-Care Wheel represents the circle of life; the four dimensions represent our growth and development in the spiritual, emotional, physical and intellectual realms of our lives. When we develop ourselves fully in each quadrant we live a balanced life.

When we are “strong in all directions” the circle is full; when one or more of the dimensions is weak, the circle is compromised. We’re going to fail miserably from time to time, but the Metis Self-Care Wheel can be used to get us back on track.



# What is Self-Care?

- Self-care means taking care of the whole self – physically, emotionally, mentally, and spiritually. It is the foundation on which we build our care and love for the world.
- Self-care is key for taking care of ourselves and achieving our life's purpose. When we are connected to others and mentally, physically, emotionally, and spiritually balanced, we are able to make good decisions and move through the world with our goals in mind.
- When we are not balanced, anxiety, self-doubt, and other negative thoughts can zap our energy and leave little room for thinking about or achieving our deeper goals.

# Steps to Self-Care:

Pay attention to your body's signals.

- Part of self-care is noticing what you need in the moment to help you come back into balance. For example, are you noticing that your heart rate is speeding up and your mind is racing? Ask yourself, “what do I need right now?” Practicing self-care might mean pausing to take a hike, listen to calming music, or call a good friend.

Quiet your inner critic.

- Everyone has thoughts that run through their minds throughout the day. For many of us, this inner voice is critical, telling us that we are not good enough. Many of us believe these statements about ourselves that are simply not true. The kinder and gentler you can talk to yourself, the easier it is to face the ups and downs of life. Practice listening to your inner dialogue and try replacing the critical thoughts with positive affirmations. When we practice talking to ourselves like we would a good friend, we are doing self-care and developing our inner strength and mental resilience.

# Steps to Self-Care:

Do things that nourish your soul and help others.

- Making our community stronger and strengthening our connections to others is self-care. Activities that are positive for your soul and for the community can be anything from participating in planting a community garden, tutoring, or doing volunteer work. It doesn't have to be big. It doesn't have to be expensive. It just has to make you feel good about yourself and help others.

Detach from social media.

- Whether it is for an hour or a day, remove yourself from the constant exposure to negative images and commentary. Remember, social media allows a person to post what they want the world to see, which usually just includes the good, not the bad or the ugly. Try giving yourself time to regularly separate from the virtual world, rebalance, and connect with nature, people you care about, and your inner thoughts and wisdom.

# What Does Wellness Mean to Me?

- Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.
- To understand the significance of wellness, it's important to understand how it's linked to health.

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## Metis Self-Care Wheel





# Metis Self-Care Wheel: Aspects

- The Self-Care Wheel is a wellness model that represents eight aspects of wellness: spiritual, emotional, intellectual, physical, social, environmental, financial, and occupational.
- We will only look at the four aspects of the Metis Self-Care Wheel- Physical, Emotional, Mental/Intellectual & Spiritual

## Metis Self-Care Wheel: Aspects

- Emotional health – managing stress, sufficient sleep, staying on top of work, seeking therapy
- Intellectual health – staying curious, learning new things, reading, joining clubs, enhancing intellectual interests
- Physical health – sufficient exercise, balanced nutrition, preventative medical care
- Social health – robust social network offering guidance and reducing stress

## Metis Self-Care Wheel: Aspects

- Environmental health – caring for surroundings, avoiding clutter, recycling and volunteering for environmental initiatives
- Financial health – living within financial means, creating a budget
- Spiritual health – understanding the beliefs and values that shape who you are and

# Metis Self-Care Wheel: Physical

- Exercise
- Diet
- Dancing
- Walking in Nature
- Swimming
- Getting Enough Sleep
- Taking your medicines
- Vitamins
- Going to a Dr and other health appointments

# Metis Self-Care Wheel: Mental/Intellectual

- Reading a book
- Setting goals
- Listening to a Book on Audio
- Podcasts
- Taking a class or course (Libraries often offer free classes on things and so do non profit community organizations)
- Painting
- Journaling
- Beading, leather work, crafts, drums, writing

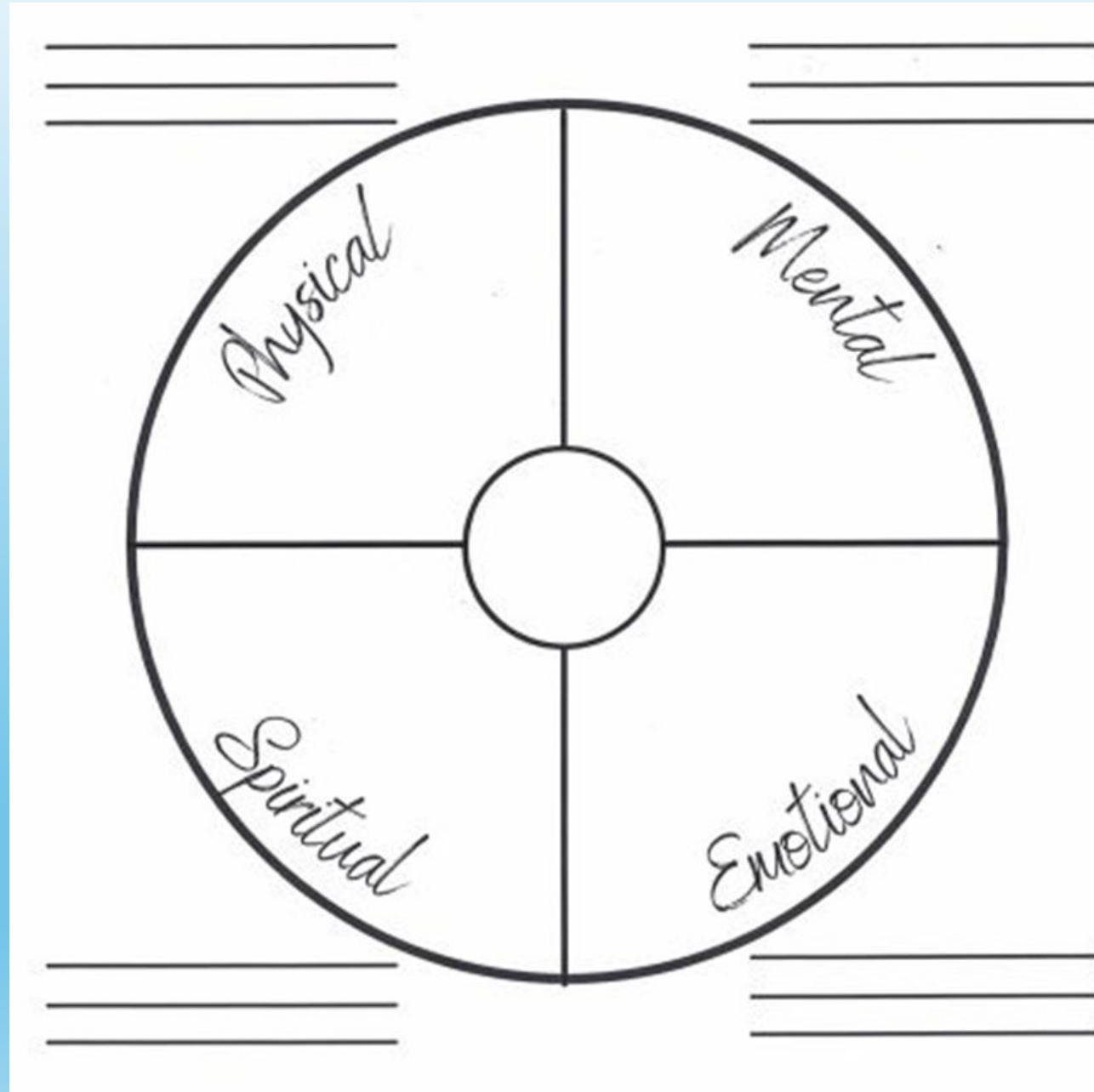
# Metis Self-Care Wheel: Emotion

- Talk about your feelings
- Identifying Your Feelings
- Expressing Your Feelings
- Adjusting to and Coping with Stressors
- Spending time with family, friends, and neighbors to develop deeper emotional connections

# Metis Self-Care Wheel: Spiritual

- Practicing Meditation
- Smudging with Intention (Water, Sage, Sweetgrass)
- Prayer
- Spirituality
- Religion
- Whatever grounds you
- Smudging involves the burning of sacred herbs, typically sage, sweetgrass, cedar, or tobacco, and the ritualistic use of the smoke for cleansing, purifying, and connecting with the spiritual realm.

# Metis Self-Care Wheel





# Self- Care:

- Physical- Sleep, diet, exercise
- Mental- try to journal, read, paint, draw
- Emotional-talk about what you are feeling to someone that is a healthy support
- Spiritual- this can be anything that grounds you –creates peace and relaxation

# Smudging:

- Smudging is a sacred ceremony of many Metis peoples and depending on the geographic location, sweetgrass, sage and/or cedar can be burned to purify the body, mind, heart and spirit of all persons who enter the ceremonial area
- When we smudge, we first cleanse our hands with the smoke as if we were washing our hands. We then draw the smoke over our heads, eyes, ears, mouths, and our bodies. These actions remind us to think good thoughts, see good actions, hear good sounds, speak good words, and show the good of who we are.

# Medicines for Smudging:

- Sweetgrass is one of our sacred medicines, symbolizing healing and peace. A grass with long soft leaves, it grows from 1 to 3 feet tall -Once gathered and dried, leaves are braided together for smudging at home, at work and in our ceremonies.
- Sage is used when smudging to cleanse the spirit of negative thoughts of a person or place. It also has other medicinal uses. Sage is used to make one's prayers and to signal to creation of one's need for help.
- Cedar is burned to smudge away bad energies; we cleanse our body, mind, and souls in the smoke and with it send our prayers to Creator. Metis have also used cedar in ceremonies combines with tobacco, sage and sweetgrass.

# Smudge Pot- Abalone Shell



# Eagle Feather:



# Sweetgrass Braid:



# Sweetgrass Braid – Abalone Shell



# Buffalo Sage Stick:





# Buffalo Sage Stick Abalone Shell:



# Buffalo Sage -Abalone Shell:



# Loose Drum Brand Tobacco -Abalone Shell:



## Resources:

- Community – Sweat lodges
- Indigenous Friendship Centres in your community
- Metis Service Provider in your area – may have contacts for ceremonies or sharing and healing circles
- Classes on picking ceremonial medicines
- Online: Google Searches for Sweetgrass, Sage, Tobacco and Cedar

# Final Thoughts:

Thank you on behalf of the Child, Youth and Family Department for the BC Metis Federation

For a copy of this presentation please email the Director of Child, Youth and Family:

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