

## Community Activities that Promote Mental Health

Here are a few ideas for community activities that promote mental wellness. NRBHSS Agents are always available to help develop and fund a project related to mental health, any time during the year.

### Community Feast and Discussion

*Objectives:* get together, connect, share, support each other, and have fun!

*Facilitation:*

1. Organize a community feast with country food, potluck or however you like!
2. Present ITK's visual representation of the determinants of Inuit Health (see next page). You can printout copies, project it, or create a giant poster.
3. Lead a discussion on this theme. Here are a few questions you can ask:
  - What can we do to create a healthy community?
  - What are the strengths of my community?
  - What helps my community overcome new challenges?
  - How can I help ensure mutual support in my community?

*Optional:*

- People can write their ideas on a post-it and put them up on the wall
  - If it is difficult to get people talking, try creating a collective artwork inspired by one of these questions, such as a mural.
4. Based on the comments provided by the group, summarize the actions we can take to support community wellbeing.

If the theme of Inuit Determinants of Health doesn't connect for you, you could also use Maslow's hierarchy of needs as a starting point for the discussion:

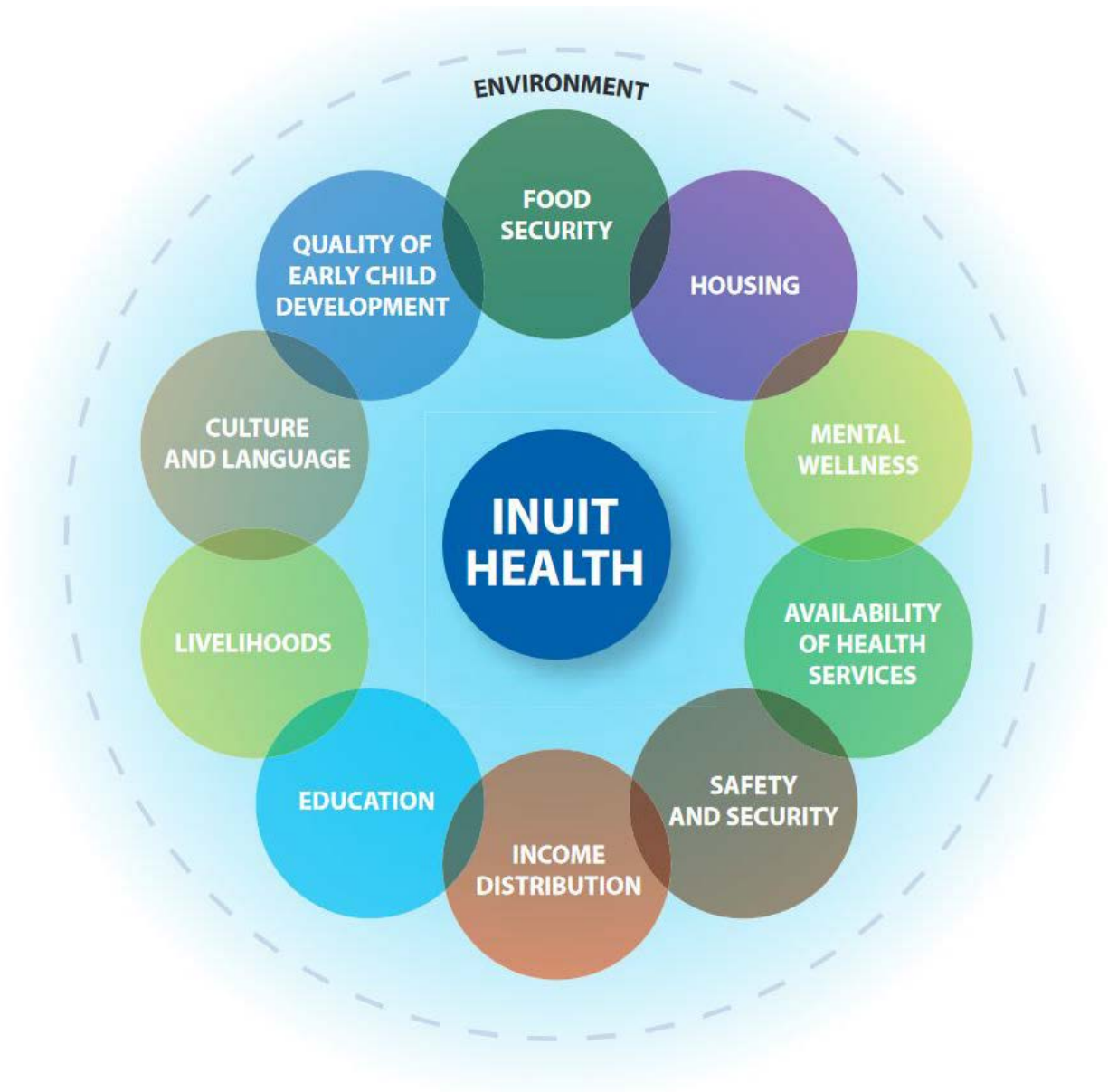
<https://journal.thriveglobal.com/maslows-hierarchy-of-needs-5b021e203e34>



Or you could also discuss healthy and balance life skills/habits:

<http://www.iusmm.ca/documents/pdf/Institut/Santé%20mentale/hyg-vie-en-2014.pdf>

## Social Determinants of Inuit Health in Canada



## Land-Based Activities

Activities like **camping, hunting, fishing, gathering ice, and berry-picking** have important benefits for mental health. These outings often involve doing physical activity, eating country food, and spending time with loved ones. Furthermore, being on the land can bring a sense of peace, self-sufficiency, cultural connection, and belonging.

The NRBHSS offers funding for land-based activities. We encourage you to involve community members who would not otherwise be able to access the land because they are lacking the equipment and financial resources, or because they are isolated.

Here are some suggested activities:

- Community fishing day.
- Community walk to a significant location, followed by a meal.
- Healing journey (a walk over 1 or more days).



### *Did you know?*

Exercising for 30 minutes, three times per week, has the same effect as taking an anti-depressant!