ᓄᓇᓕᒻᒥᐅᓂᑦ ᓱᖃᑦᓯᒍᑏᑦ ᐃᓗᓯᖁᓯᐊᖁᓂᒥᑦ ᓄᐃᑕᑎᑦᓯᔪᑦ

ᐅᑯᐊ ᐃᓚᖏᑦ ᐃᓱᒪᑖᖁᕐᓴᑦᓯᐊᑦ ᓄᓇᓕᒻᒥ ᓱᖃᑦᓯᒍᑎᐅᒍᓐᓇᑐᓂᑦ ᐃᓗᓯᖁᓯᐊᖁᓂᒧᓕᖕᒐᔪᓂᑦ ᓄᐃᑕᑎᑦᓯᔪᑦ. ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᖁᒧᑦ ᑲᑎᒪᔨᑦ ᐱᓇᓱᑦᑎᖏᑦ ᐊᑐᐃᓐᓇᐅᖏᓐᓇᓕᒫᖁᑯᑦ ᐃᑲᔪᖁᓯᒍᓐᓇᓱᑎᑦ ᐊᑐᐃᓐᓇᑭᖁᑎᓂᖁᒧᑦ ᑮᓇᐅᔭᖃᖁᑎᓯᒍᓐᓇᓱᑎᑦ ᐱᓇᓱᐊᖁᑕᐅᔪᓂᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖏᓯᐊᓇᐊᖃᖁᓂᒧᓕᖕᒐᔪᓂᑦ, ᖃᖕᒐᑐᐃᓐᓇᓕᒫᖅ ᐊᖁᒍᑉ ᐃᓗᐊᓂ.

ᓄᓇᓕᒻᒥ ᓂᓇᒻᒪᑎᑦᓯᓂᖅ ᐅᖁᖃᑎᒌᑦᑎᓯᓂᖁᓗ

ᑐᖁᒪᖏᑦ: ᑲᑎᒪᖃᑎᒌᓐᓂᖅ, ᐃᓅᖃᑎᒌᑦᑎᓯᓂᖅ, ᐊᕕᖃᑎᖃᖁᓂᖅ, ᐃᑲᔪᖃᑎᒌᓐᓂᖅ, ᐊᓕᐊᓱᓪᓗᑎᑦ!

ᐃᑲᔪᖁᓯᔪᑦ:

1. ᓄᓇᓕᒻᒥᐅᓂᑦ ᓂᓇᒻᒪᑎᑦᓯᓂᖅ ᓂᖁᑐᐃᓐᓇᓂᑦ, ᐃᒪᔭᕕᓂᖁᒥᓂᑦ ᐊᑦᔭᓯᓗᑎᑦ ᓂᓇᖃᑎᒌᑦᑐᑦ ᐅᑉᐸᓗᓐᓃᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐊᑑᑎᒍᒪᔭᑎᓐᓂᑦ!
2. ᓄᐃᑕᑎᓗᒋᑦ ᐃᓄᐃᑦ ᑕᐱᓈᑦ ᑲᓇᑕᒥ ᐊᑭᓐᓇᒥᐅᑕᓕᐊᕕᓂᖏᑦ ᓱᖁᒍᓐᓇᑐᓂᑦ ᐃᓄᐃᑦ ᐃᓗᓯᖁᓯᐊᓇᐊᖃᖁᓂᖏᓐᓂᑦ (ᑕᑯᓗᒍ ᒪᑉᐱᕋᒥ ᐅᖕᒪᓪᓕᖕᒐᓃᑦᑐᖅ). ᐊᒥᓲᓕᖁᑎᒍᓐᓇᑕᑎᑦ, ᓄᐃᑕᑎᓗᒍ, ᐊᑭᓐᓇᒥᐅᑕᖁᓛᓗᓕᐅᖁᓗᑎᓗᓐᓃᑦ.
3. ᐅᖁᖃᑎᒌᑦᑎᓯᓗᑎᑦ ᓱᓇᑐᐃᓐᓇᒧᓕᖕᒐᔪᒥᒃ. ᐅᑯᐊ ᐃᓚᖏᑦ ᐊᐱᖁᑎᒋᒍᓐᓇᑕᑎᑦ:
   - ᖃᓄᐃᓗᑭᓐᓇᖁᑕ ᖃᓄᐃᖕᖏᓯᐊᖁᑐᒥᒃ ᓄᓇᓕᓕᐅᖁᓗᑕ?
   - ᓱᓇᐅᕙᑦ ᓲᖕᒍᔫᒍᑎᖏᑦ ᓄᓇᓕᒻᒪ?
   - ᓱᓇᐅᕙᑦ ᐃᑲᔪᖁᓯᓲᑦ ᓄᓇᓕᒐᓂ ᓄᑖᓂᑦ ᐅᖁᒥᑦᑐᑰᑭᑎᖃᓕᖁᑦᑕ?
   - ᖃᓄᖅ ᐃᑲᔪᖁᒍᓐᓇᖁᖕᒐ ᐃᑲᔪᖁᖃᑎᒌᓂᐊᖁᒪᑕ ᓄᓇᓕᒻᒥᐅᑦ?

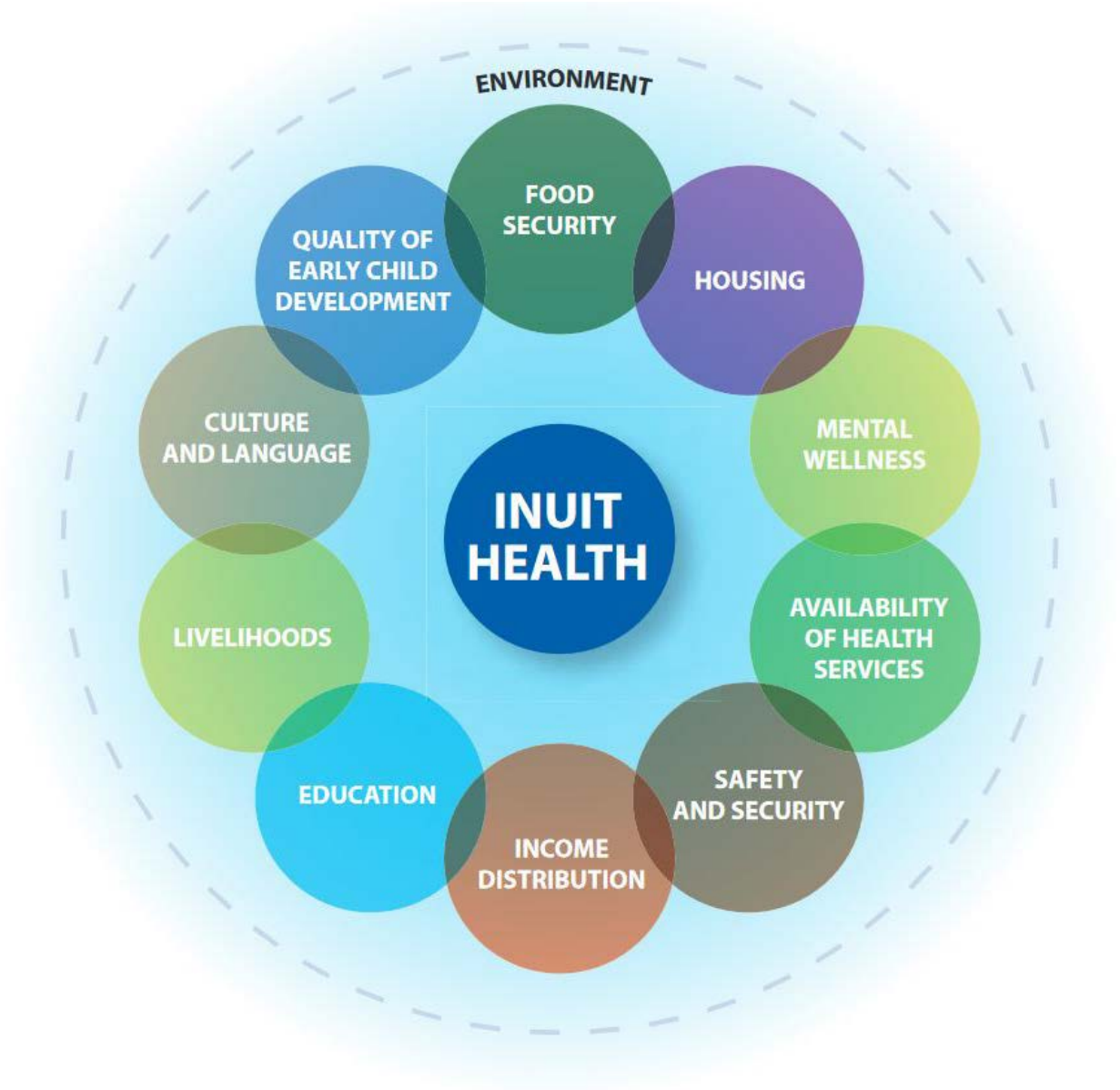
   ᐃᓱᒪᒥᒍᑎᒋᓗᒋᑦ:
   - ᐃᓄᐃᑦ ᐊᓪᓚᒍᓐᓇᑐᑦ ᐃᓱᒪᒋᔭᒥᓂᑦ ᐊᓪᓚᕕᑦᓵᐱᒻᒥ ᐊᑭᓐᓇᒍᖁᓗᒋᓗ
   - ᐃᓄᐃᑦ ᐅᖁᓯᑐᐃᓐᓇᖁᔭᖅᖏᐸᑕ, ᐃᓅᓐᓇᑎᑦ ᐱᐅᔪᓕᐅᖁᑎᓗᒋᑦ ᐊᐱᖁᑎᐅᑭᓐᓇᑐᒥᒃ ᑐᖕᖕᒐᕕᖁᖁᓗᑎᑦ, ᐅᑦᑑᑎᒋᓗᒍ ᐊᑭᓐᓇᒥᐅᑕᓕᐅᖁᓗᑎᑦ.
4. ᑐᖕᖕᒐᕕᖁᖁᓗᑎᑦ ᐅᖃᐅᓯᓇᔭᐅᖃᑦᑕᑭᓐᓇᑐᓂᑦ ᐊᒥᓱᐃᖕᒍᔪᓄᑦ, ᓄᓪᓕᑎᖁᒪᑎᓗᒋᑦ ᐊᓪᓚᑭᑦ ᖃᓄᐃᓅᑭᑎᑦᓴᓕᐊᕕᓃᑦ ᓄᓇᓕᒻᒥ ᐃᑲᔪᖁᒍᓐᓇᑐᑦ ᖃᓄᐃᖕᖏᓯᐊᖁᓂᒧᓕᖕᒐᔪᓂᑦ.

ᐱᓇᓱᐊᖁᑕᐅᓂᖕᒐ ᐃᓄᐃᑦ ᓱᖁᑕᐅᒍᑎᖕᖏᑦ ᐃᓗᓯᖁᓯᐊᖁᓂᖏᓐᓂᑦ ᐊᑐᑭᒪᖕᖕᖏᑯᕕᐅᒃ, ᐱᓇᓱᐊᑭᓐᓇᓇᐳᑎᑦ Maslow's hierarchy-ᒥᒃ ᑭᖕᖕᒎᒪᒋᔭᐅᔪᓂᑦ ᐱᒋᐊᑭᑎᒋᓗᒍ ᐅᖁᖃᑎᒌᓐᓂᓂᑦ:

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

ᐅᖁᒍᑎᖃᖁᓗᓯᓗᓐᓃᑦ ᐃᓗᓯᖁᓯᐊᖁᓂᒥᒃ ᐊᒻᒪᓗ ᐃᓅᓯᖁᒥ ᐱᒍᓐᓇᓇᐊᓕᖕᒋᓐᓂᑦ/ᐊᑑᑎᔭᐅᓲᓂᑦ:
http://www.iusmm.ca/documents/pdf/Institut/Santé%20mentale/hyg-vie-en-2014.pdf

ᐃᓄᖅᑲᑎᒌᓂᑦ ᓱᕐᖤᔪᑦ ᐃᓄᐃᑦ ᐃᓗᓯᖏᓐᓂᑦ ᑲᓇᑕᒥ



ᐃᓄᐃᑦ ᑕᐱᓈᑦ ᑲᓇᑕᒥ: https://itk.ca/wp-content/uploads/2016/07/ITK_Social_Determinants_Report.pdf

ᓄᓇᒥᓐᓂᑎᒍᑦ ᓱᖃᑦᓯᒍᑏᑦ

ᓱᖃᑦᓯᒍᑏᑦ ᐅᑯᐊ **ᒪᕐᓐᓂᖅ, ᐃᖃᓪᓕᐊᓂᖅ, ᓂᓚᑦᑕᓇᐊᕐᓂᖅ, ᓄᓂᕝᓐᓂᓗ** ᐃᑲᔪᕐᓯᒪᓇᒃᑯᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖕᒋᓯᐊᓇᐊᖃᕐᓂᒥᒃ. ᐊᓂᕐᓃᑦ ᑎᒥᒥᒃ ᓂᒪᕐᑎᓯᓲᖕᒍᒻᒪᑕ, ᓂᕿᑐᐃᓐᓇᑐᕐᓯᑎᑦ, ᓇᓪᓕᒋᔭᒥᓂᑦ ᐊᓃᖃᑎᖃᕐᓯᑎᓗ. ᐅᓇᒋᐊᓪᓚᓗ, ᓄᓇᒦᓐᓂᖅ ᓴᒪᓂᕐᑖᑎᑦᓯᒍᓐᓇᕐᑯᖅ, ᓇᒻᒥᓂᖅ ᖃᓄᐃᒋᖕᖕᒋᓂᕐᒥᒃ, ᐃᓗᕐᕈᓯᒥᓄᑦ ᐱᑐᑦᓯᒪᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐃᓚᐅᓂᕐᒥᒃ.

ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᑮᓇᐅᔭᖃᕐᑎᓯᒍᓐᓇᕐᑯᑦ ᓄᓇᒦᑦᑎᓯᓂᕐᓄᑦ ᓱᖃᑦᓯᓂᕐᓄᓕᖓᔪᓂᑦ. ᐃᓚᐅᕐᑯᔨᕗᒍᑦ ᓄᓇᓕᒻᒥᐅᓂᑦ ᒪᕐᒍᓐᓇᖕᒋᑦᑐᓂᑦ ᐱᐅᒃᒍᑎᖃᖕᖕᒋᓂᑯᒥᓄᑦ ᐊᒻᒪᓗ ᑮᓇᐅᔭᖃᖕᖕᒋᓂᑯᒥᓄᑦ, ᐃᓄᑑᓂᑯᒥᓄᓗᓐᓃᑦ.

ᐅᑯᐊ ᐅᓐᓂᑑᑎᒋᔭᐅᔪᑦ ᓱᖃᑦᓯᒍᑎᐅᒍᓐᓇᑐᑦ:

- ᓄᓇᓕᒻᒥᐅᑦ ᐊᐅᓚᓴᓇᐊᕐᑎᓗᒋᑦ.
- ᓄᓇᓕᒻᒥᐅᑦ ᐱᓱᖃᑎᒦᓪᓗᑎᑦ ᐃᓂᒍᑦ ᐱᒻᒪᓇᕐᑯᑎᒋᔭᐅᔪᒍᑦ, ᓂᓇᓯᓗᑎᑦ ᑭᖑᓂᐊᒍᑦ.
- ᒪᒥᓴᕐᓂᖅ (ᐱᓱᓪᓗᑎᑦ ᐅᓪᓗᒥ ᐊᑕᐅᓯᕐᒥᒃ ᐅᖓᑖᓄᓐᓃᑦ).

ᖃᐅᔨᒪᓐᓂᕐᑮᑦ?

ᐃᕐᓕᓴᕐᓂᖅ 30ᓂᑦ ᑕᕐᓵᐱᓐᓂᑦ, ᐱᖓᓱᕕᓪᓗᓂ ᐱᓇᓱᐊᕈᓯᑕᒫᑦ, ᐊᑦᔨᒋᕝᕕᒃ ᐃᕐᖃᓂᕐᒥᒃ ᑭᑦᓴᓈᒃᑯᑎᓂᑦ!