

THIS IS YOUR LIFE... MAKE IT BEAUTIFUL

رَه م γ تبر...∨ ۲ بلاه بالار

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INTRODUCTION DPYC450YDD

This booklet is dedicated to the youth of Nunavik. There are so many young people who have a lot of potential and who just need a little guidance to fulfill their dreams. So, in hope of giving a light to that special person, YOU, we are pleased to tell you that we believe in you. We know that you can do so much for your community; you are here for a reason.

Thanks to Waa Zah Zaa, Mickey De Carlo and Sajeda Win, whose resources were adapted in this booklet.

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Sarah Ittukallak

TELL US MORE ABOUT YOURSELF...

Favourite person / △ ٺ ٦ h ∩ ٿٺ ٢:

Do you smoke cigarettes / ¬' Ь ¬ ¬ ¬' J \\cdot \cdot :

What makes you happy /
رام المرافع ال

What is the thing you like the most in your community / $\ell = 4 \Gamma \sigma^{\dagger} \dot{\zeta}^{c} = 2 \Gamma \sigma^{\dagger} \dot{\zeta}^{c}$

What is your favourite food / $d = -\sigma^{\varsigma} P^{\circ} \dot{\omega}^{\varsigma}$:

Would you be friends with yourself / ム こっさいしょうらい ムートロート

Where is the place you really want to see / a + b + C + C + c:

How much sleep do you need to enjoy your day / 'b 'b' - 4 - 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 6 + 7 + 6 + 7 + 6 + 7 + 6 + 7 + 8 + 9

If you were told to find one job, what would it be / りもりのもりはない へんさいてんりもとしてくるしたいでしょうでしょうできません。

What is your goal in life / イェト コウルトトハ ムゴイトト:

Do you like yourself / Δ ሬ Γ ፦ ላ ር ላ ቦ ኑ ኄ ነለና:

Who is the person you really want to help / $P = \Delta b + J L \sigma^{5} \dot{\zeta}^{c}$:



acknowledge that I am going to take responsibility for my own life. This means that if I start to feel uncomfortable, have questions, or feel emotional I will at any point in time I will reach out and talk to someone.

- → I will learn to recognize the positive aspects of life.
- → I will start to appreciate these good things and write them down in my journal.
- → I will do something once a day that makes ME happy.
- → I promise to take care of myself and keep myself safe, because I am important, worthy and unique.
- → I will show the world what I have.
- → Lam here for a reason.
- → I will make the rest of my life, the best of my life.

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- → /2'441' C4600'/2"U3"U 14"2=55".
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- → ΔၨὀϯϚ ὧδοσϲἰδυσ, ϤϲϤͼ϶ϭ<ΝΠΓϤϯϧϚ.

Realize that time is limited and live your life to the fullest todo		yourself to live ed	ıch day to the fullest. What is a way you can
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			Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present.
			Δ ⁽ (\δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ Δ
			ρ΄ω ⁵⁶ . ΡΛ°αμσ ρ΄ωΓ υγ ⁶ .



SUCCESS JOURNAL

SUCCESS JUURNAL

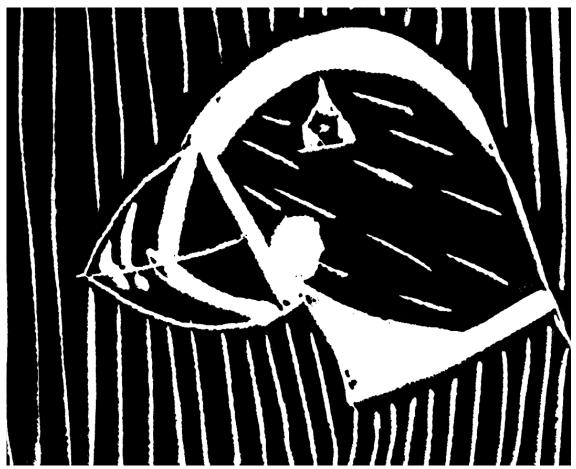
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MONDAY / イ ゚c	
Something I did well today \(\alpha \delta \de	
Today I had fun when d ー d 9 ~ でも もし ムコ ららと もし	
I felt proud when Δ′∧σ⟨१°ω′δ°b ▷∧√√°σΓ° Δヿン゚′√°b	
TUESDAY / ▽ベヘン c	
Today I accomplished へりくてゃ へっさくりゃっぱゃし 9トロン、くぐっ、 △TSTト 4つ~~~し〇	
I had a positive experience with (a person, place or thing) אפלרי אבילפ"ב"לפ"נ (ווווים בי,לליס, בי,ל") אוני לפיליט (וווווים בי,לליס, בי,ל") אוני לפיליט (וווווים בי,לליס, בי,ל") אוני לפיליט (ווווווים בי,לליס, בי,ל") אוני לפיליט (ווווווים בי,לליס, בי,ל") אוני לפיליט (וווווווים בי,לליס, בי,ל") אוני לפיליט (ווווווווים בי,לליס, בי,ל") אוני לפיליט (וווווווווווווווווווווווווווווווווווו	
Something I did for someone ハJ c P 9 でしる しん くくて やし ムコ さらく やし	
WEDNESDAY / へ ^ゃ し ^く イン ^く	
I felt good about myself when イーイター ಎ いっしん トレート トレー・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・	
I was proud of someone else when > אאר אין אין אין אייני אין אין אין אין אין אין אין אין אין אי	
Today was interesting because d ー d e うっしんしゅっしょう。 ムコット ししょうしんしんしゅう	

THURSDAY / ۲CLГЭС	
I felt proud when Δ′Λ σ ∢ ۹ ° ω ′ は ° し	
A positive thing I saw ∧ P く Γ b C d ~ a 9 ~ a 'd ~ b し Δ ¬ ' ⊃ Γ b	
Today I accomplished ヘケ	
FRIDAY / σˤP ʿ ' ' Ͻ ʿ	
Something I did well today \times	
I had a positive experience with (a person, place or thing) אפלרי אביל אף ביל ילי (ווווי) אינו אינו אינו אינו אינו אינו אינו אינו	
I was proud of someone when ▷ ハノィ۹~~ は~し △ └ イ ~ し △ △ └	
SATURDAY / イ ゚ー゚゚ にっしょう ゚	
I felt good about myself when ל- אף ביל אינ ביר ביר ביר אונים ביר ארביר ביר ביר ביר ביר ביר ביר ביר ביר ביר	
I was proud of someone else when > אולף ביל לי ביל לי ביל רי ביל ביל ביל ביל ביל ביל ביל ביל ביל בי	
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SUNDAY / d ° c) ° A positive thing I saw... Λ ▷ ປ Γ ▷ (ປ ° a 9 ° a ′ d ° b \ Δ ገ ′) Γ ▷ ... Today was interesting because... d c d a ′) ° J d J 9 ° a) ° ▷ Δ Γ ± 9 ° a b b ... I felt proud when... Δ ′ Λ σ 4 9 ° a ′ d ° b ▷ ▷ Δ Λ ± ° σ Γ ▷ Δ Λ ± ΄ γ ° b b ...

source: www.therapistaid.com



Malaiya Ittukallak

Remind yourself that you are beautiful exactly the way y $\triangle^{\varsigma} \vdash b \triangle \cap \vdash b \vdash c \vdash c \vdash b \cap \vdash c \vdash c \vdash b \vdash c \vdash c \vdash c \vdash c \vdash c \vdash c \vdash c$	/ou are.
	_
	Life is beautiful You are worthy of it.
	ΑΕΛΛΙΘΈ ΑΛΑΓΟς. 99
	ACV8113 &1 V O . 77
	-



POEM ABOUT ME

alfor Papolor DorbDrchl

Name	4 N S
3 words that describe you	لحه کو په ۱۷ م حاص در ۱۹ م به ۱۹ کر در ۱۹ م در
Lover of	 در در ۱۹ ه
Who is able to	اد Γ∆ اف Γ∆
Who feels	$\Delta \exists^{\circ} \exists \Gamma^{\flat} \Delta^{\circ} \land \sigma \triangleleft^{\circ} \exists^{\flat}$
Who wonders	Δ/LDl/i ^b LDΓ ^b l
Who fears	۱۸۲۶- ۵٦٬۵۲ _۴
Who would like to	۲۲۹۶ و ۲۵ ا
Who dreams	V4Γ۶-, ∇J _c) L _p

Do something unexpected and out of characted 0 and 0 are also as 0 and 0 and 0 are also as 0 and 0 and 0 are also as 0 and 0 are also and 0 are also as 0 and 0 are	ter today. Free yourself. LL
	Each morning, we are born again. What we do today is what matters most
	ρ ⁻ ἐᢗἰ ^ϲ , Δϫς Ϳͺ ἀς - ἐͿς). Γ΄ Ασίσς ἐς ἐς Ις.
	ペニ 。 ♪タ゚゚。 タッ - Buddha

TRY EVERYTHING BY SHAKIRA

I messed up tonight
I lost another fight
I still mess up but I just start again
I keep falling down
I keep on hitting the ground
I always get up now to see what's next
Birds don't just fly
They fall down and get up
Nobody learns without getting it wrong

***I won't give up, no I won't give in
Till I reach the end
And then I'll start again
Though I'm on the lead
I wanna try everything
I wanna try even though I could fail
I won't give up, no I won't give in
Till I reach the end
And then I'll start again
No I won't leave
I wanna try everything
I wanna try even though I could fail

Oh oh try everything

Look how far you've come
You filled your heart with love
Baby you've done enough that cut your breath
Don't beat yourself up
Don't need to run so fast
Sometimes we come last but we did our best

***Chorus

I'll keep on making those new mistakes
I'll keep on making them every day
Those new mistakes

Oh oh try everything

ه م د ۸ م کار ت ف ف

*** D ∩ G C & b

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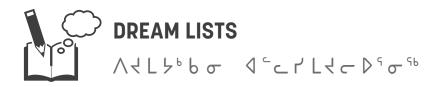
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GROWING UP POEM

12, < - 14, De, PDL, 20, PL

I wish	Δ1°Ͻ°b°५~ϳ [%]
I dream	ΔJcJL° V4Γ%βΓ
I used to be	Δ ٦ ° Ċ [°] C [°] L $^{\infty}$ C ι Γ Δ
But now I am	CUCL− ∆7°5−5°8'%L
I seem to be	Δ Ι ' Ċ Ͻ Κ Δ
But really am	Pr40- De-chD3%L



Creating a dream list can benefit you in several ways; it can help you keep in touch with your values and what is most important to you, it helps you remember your goals, allows you to enjoy life more, and especially, keep track of some of your life's best experiences.

Λ4L♭N°σ° 4°c/L4cP°σ° Δb4 [°] r'J°α>°° αἐρ'r'ϤbΔ'r'σ P'ΛrΡ'σδ° Λ'c~PNC'σδ') Δၨσ' [°] r 4c4°σhΡcJ°αr'N', Λο4 [°])Γ°ο, Δ Δၨσ' [°] r.	۱۹۵ م د ۱۹۵۲ د ۱۹۵۲ م د ۱۹۵۲ د ۱۹
	You will never do anything in this world without the courage. It is the greatest quality of the mind next to honor.
	- - - - - - - - - - - - -
	- Aristotle

When you do your best and live out your dreams, you inspire others to do the same.

If you're feeling fearful or uninspired about your dreams, spend time with friend who is motivated and draw inspiration.

Here are a few of the dreams of Puvirnituq's Youth, aged 12 to 17 years old, in 2016-2017:

- → Daycare educator

 V ~ C Y & L T V ~ C Y > b
- → Help the poor
- → Pilot
- → Live in France C ~ D < 4 P 4 σ T D P J L 4 b D Δ J Δ < 4 d σ</p>
- → Travelling
- → Live in Montreal
 'ه م م ال ح ۲۵۱۲۲۰
 ۱۳۵۲۷ ۲

- → Teache
- → Play baseball

 4 ← ▷ ~ ← ∩ ㆍ L ← ~ ~ J J L ປ ♭
- → Play hockey

 'b P' ∩ L ~ " "JJ L + "
- → Police officer
- → I want to see Andy Biersack
- → **Doctor**√° √ / ▷ ∩ L L D J L Z %

- → Helping my family

 △ ⊂ ୮ σ ♭ △ Ь ປ ʔ L ປ ʰ ♭
- → Actress

 ۲ーゼ%%J∢∩▷JLゼ%

- → Finish high school △こったノレマト
- → To be alive



- Antoine de Saint-Exupéry

Why Set Goals?

Top-level athletes, successful business-people and achievers in all fields all set goals. Setting goals gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the very most of your life.

21° 256-25-86€

 Λ° U Λ° U Λ° L Λ° C' Λ°

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals, and you'll see forward progress in what might previously have seemed a long pointless grind. You will also raise your self-confidence, as you recognize your own ability and competence in achieving the goals that you've set.

 $\dot{\phi}^{\dagger}\dot{\phi}$

	When setting goals, think SMART!	ا ۱۹۲۵ م ک ۱۹ ک کا ک
S	Specific	(°°°),
М	Measurable	ϰ)5U°5%
А	Attainable	N P D N → DJ° ← D %
R	Relevant	¿L C C C A O SP
Т	Time-bound	Λ৮ ¹ 6°Γ▷ΠΠ ¹ 7∪σσ ⁶



It always seems impossible, until it is done

ἀυ L°°υς Λυλυς Νυλυς Νυλος Ο Νος Ε Γσ. **??**

- Nelson Mandela

•	א know if you achieved the goal? What is the "finish line"? Leٌוֹהְ בְּיֹנִהְ בִּינִהְ בִּינִהְ בִּינִהְ בִּינִהְ בִּינִהְ בִּינִהְ בִּינִהְ בִּינְהְ בְּינְהְ בִּינְהְ בְּינְהְ בִּינְהְ בִּינְהְ בְּינְהְ בִּינְהְ בְּינְהְ בִּינְהְ בְּינְהְ בִּינְהְ בְּינְהְ בִּינְהְ בְּינְהְ בְּינְהְ בְּינְהְיִבְּיִים בּוֹיִים בּינְהְיִים בּינְהְיִים בּינְהְיִים בּינְהְיִים בּינְהְיִים בְּינִים בְּינְהְיִים בְּינְהְיוֹים בְּינְהְיִים בְּינְהְיִים בְּינְהְיִים בְּינְהְיִים בְּינְהְיִים בְּינְהְיִים בְּינְהְיִים בְּינְיְים בְּינְהְיִים בְּינְים בְּינְהְיִים בְּינְים בְּיִים בְּינִים בְּינְים בְּיבְיבְים בְּינְים בְּינִים בְּינְים בְּינְים בְּינְים בְּינְים בְינְים בְּינְים בְּינְים בְּינְיְים בְּינְים בְּיבְּים בְּיבְיבְים בְּיבְיבְיבְים בְּיבְיבְיבְיבְיבְיבְיבְים בְּיבְיבְיבְיבְיבְיבְיבְּיבְיבְיבְיבְּיבְּ	
	an you take to achieve your goal? ఒల్ 4్ఎఁ4२౧ౕ७२° ఒగ్ గ్రీక్గిగ్గిరెడ్డిఎల్ ఎస్ట్లిగిలెపీగ్?	
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Relevant: Why is this goo こっている つ いっと こっと こっと こっと こっと こっと こっと こっと こっと こっと こ	ul important to you? ב אלוב אל ה'ב ה אל בר"בי?	

What is your biggest dream? Speak it out loud and tell yourself that it is right in front of you as long as you believe in it and believe in yourself.

' ⟨ L c



66 Walk by faith, not by sight

∧イパ ▷ベハ σ ⁰ d °, C d σ ⁰ d ° N ° D ° 99- 2 Corinthians 5:7



66	No	one	has	the	right to	call	me	names

And I don't have the right to call anyone else names.

I will accept others the way they are

and try to appreciate people who are different from me.

If I don't like someone, I will give them space to be who they are,

And I will defend my right to be who I am.

Signature:

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Words have the power to both destroy and heal. When words are both true and kind, they can change our world.

- Buddha



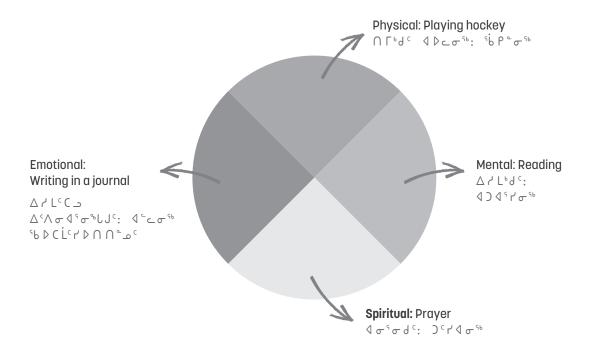


Minnie-Mita Ittukallak



As human beings, we are governed by our mental, emotional, physical and spiritual selves. In order to live fulfilling lives, we need to ensure that we are participating in activities that contribute to all these aspects. Take a look at the examples below, and think about the kinds of activities you do that fall under these categories. Then, record them, and reflect on which kinds of activities you do the most of, and which kinds of activities that you could participate in more.

Examples / Þ ' Þ ' Þ · C - C ':





YOUR WELLNESS ACTIVITIES

	Physical ∩ Γ b d c:	
Emotional: Δ ' L ' C ⊃ Δ ' Λ σ ⟨ ' σ % L J ':		Mental △ ۲ L b d c:
	Spiritual d of od o:	



YOUR MENTAL HEALTH

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Mental health is essential to physical health, personal well-being, and positive family and interpersonal relationships. The World Health Organization describes mental health as a state of well-being in which the individual realizes his or her own abilities, copes with the normal stresses of life, works productively and contributes to his or her community. Good mental health is much more than the absence of mental illness: it enables people to have a meaningful life, and to be creative and productive.

 $\Delta \wedge L^{bd}$ b Δ^{b} b C d c b c c b c c b c c



WHAT IS DEPRESSION?

LaDe PChoss?

Depression is a form of mental illness that affects people from all walks of life. Depression is more than just feeling "down." Anyone suffering from depression will tell you, it's not imaginary or "all in your head." It is a serious illness caused by changes in brain chemistry.

P^C\σ⁶ Δ'L⁶d^C d²σdσP^LC aDDΔ²addC² PaDLad²C d²no²bd¹d'do. P^C\of⁶ "bC⁶LoDΔ²aDb⁶C^LC".
PaDΔ²ad⁶ Λ²noCo⁶ P^C\of⁶C¹Col⁶

Some of the signs and symptoms of depression are:

- → Emotions: sad, worried, hopeless, worthless, irritable, angry, rejected, lonely, empty.
- → Thoughts: "I'm a failure", "no one loves me", "I am so alone", "things will always be bad", "it's all my fault".
- → Behaviours: crying, withdrawal from others, loss of interest in activities, difficulty making decisions.
- → Physical: no energy, sleeping too much or too little, eating too much or too little, gaining weight or losing weight, aches and pains.

Δ= P(5-1) Δ10) in:

- → ∧▷ለፈĴቈርኈዮና: 'ዮ◁♂ჼ, ◁ለ୮ጵሀႨጐσჼ, ለቴናላሀႨጐσჼ, ጋዮĊレለላናቴላናለውჼ.
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It is normal to feel sad sometimes, but someone who feels this way most of the time may have depression. Help and treatment are available for people who have depression. It can take a while to resolve depression, but a doctor or a counsellor can help. It can also help to exercise, get sunlight, and avoid alcohol and drugs. Listening and being there for a friend who is depressed can help too.

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WHAT IS ANXIETY DISORDER?

It is normal to feel worried, stressed, or shy sometimes. However, if a person feels very anxious a lot of the time, even when they are in a safe situation, this may be a sign of an anxiety disorder. People who have anxiety disorders feel excessive fear or worry that interferes with their day to day activities like going to school, having friends, or sleeping at night. Anxiety disorders can affect anyone at any age. They are the most common mental disorders in children and youth.

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Some of the signs and symptoms of anxiety disorders are:

- → Emotions: worry, fear, danger, detachment, irritable, restless.
- → Thoughts: speeding thoughts or slowing thoughts, easily distracted, mind goes blank.
- → Behaviours: can't concentrate, perfectionist, needing a lot of reassurance, avoiding social situations.
- → Physical: fast heart rate, headache, stomach ache, tense muscles, dry mouth, sweating, trouble sleeping.

- → Λογαθες: Λεγαίς σε Δίλιλο αθίθλως , αίθη είναι βλίθος σε Κορίος Αναιλος Αν
- → NFD' 4Dcore: ÞLNrlC 6'4C'orbl 4b')*, o43'rblor*, ¿brolor*, oprolor* 4'47')', borblo ho4bl'do, 4Drborbl'doo, dofbrit4bsoo.

Doctors and counsellors can help people who have anxiety disorders by prescribing medication or teaching techniques to control anxiety. Other things that help are: regular exercise, limiting caffeine, daily relaxation, slow relaxed breathing, getting enough sleep, and talking about it.



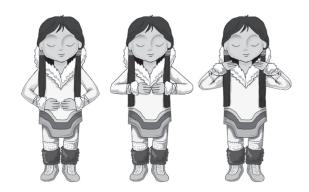
Malaiya Ittukallak



DYNAMIC MINDFULNESS

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This activity combines relaxed breathing, physical movements and mental focus. It can help overcome feelings of anxiety and depression, and help you stay physically and mentally healthy. Give these movements a try.



ARE YOU REALLY BREATHING?

- → Make your spine long and straight
- → Relax your face and jaw, with your mouth closed.
- → Feel the air fill your belly, rib cage and chest
- → Exhale completely

$\sqrt{G^{5}}$

- → 'PF'5A' LPCN'Y45J Y'5%LN'Y45J5
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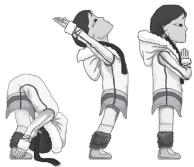
If you can maintain relaxed breathing when you are angry or tense, you can break a chain reaction. Your body and mind will feel less of the negative effects of stress.

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HALF SUN SALUTE

Take full deep breaths while you slowly move into each position.



۲۶۹۵ مرک

σραθίτος σης τηθορί Τρούρος Ες.



CHILD'S POSE

This position is relaxing and can even help if you have trouble sleeping. Take 5-10 deep breaths in this position.



ه المناسكة المناسكة





COPING IN HARD TIMES

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Examples: Þ ◌̈̀ Ò ◌̀ ·

- → Go for a walk outside / ∧ とららっ ハ ィ としょ
- → Write in a journal / もり C L マイト ハ き ふ い く ししょう ハ い
- → Make something / イュンム° a イイ Г b ち a b b J ላ っ ∩ c
- → Pray/ordano
- → Play sports / ∧ % % J ላ ⊃ ∩ °
- → Listen to music / ¬ ∧ ʿ \ ♭ ୮ ⊃ أ ʿ ⊃ ላ ¬ ∩ ʿ
- > Watch a movie / ۹ کرنځ کی ۱۲ ۵
- \rightarrow Go to the gym / \triangle 'b \triangle \subset \(\) \(\Lambda \) \(\) \(\)
- → Have a nap / ۲ σ 9 ° a ⊃ ∩ °
- → Think positive thoughts / ∧ り せ σ Δ ረ L ▷ じっ つ °

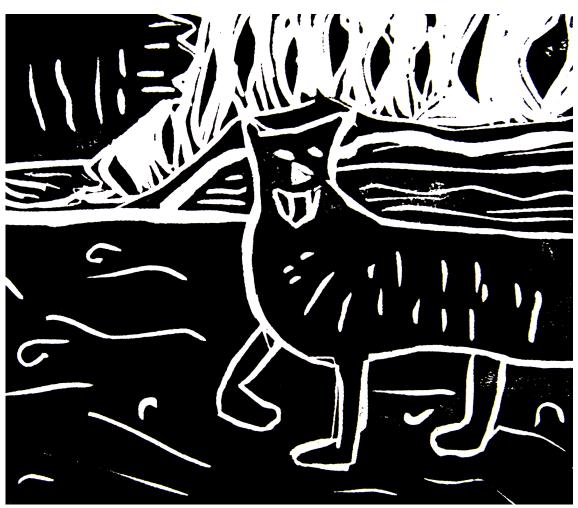
Examples: Þ°⊃ ∩°

- → A friend / کے شود
- → My brother, sister or cousin / くっしょ ゙、 ュナしュ ゙ ئ خ °ف ما ۱۱ لو وی ا
- > My mom or dad / ﴿ عُمَالُهُ ٩ كُلُولُهُ الْمُعَالِمُ اللَّهِ اللَّهِ عَلَيْهِ اللَّهِ اللَّهِ عَلَيْهِ اللَّ
- → My grandma or grandpa / くっこっく シュー ۲۰ خـ ٔ مـ ۲۷ ۲۷ ک ک
- → A teacher / △ ነ ት レ 🌣 🤄

Who can I talk to? Pal Dib2 a>% l?

Examples: Þ°⊃ ∩°

- → Visit an elder / △ ▷ L L L L L C > ¿ L A J ° a) ∩ °
- → My favourite rock by the water / ♪ ヶちゃくくしょ おって



Minnie-Mita Ittukallak

J

I AM UNWRITTEN BY NATASHA BEDINGFIELD

I am unwritten, can't read my mind, I'm undefined I'm just beginning, the pen's in my hand, ending unplanned

***Staring at the blank page before you
Open up the dirty window
Let the sun illuminate the words that you could not
find

***Reaching for something in the distance
So close you can almost taste it
Release your inhibitions
Feel the rain on your skin
No one else can feel it for you
Only you can let it in
No one else, no one else
Can speak the words on your lips
Drench yourself in words unspoken
Live your life with arms wide open
Today is where your book begins
The rest is still unwritten

Oh, oh, oh

I break tradition Sometimes my tries are outside the lines We've been conditioned to not make mistakes But I can't live that way

***Chorus

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IF YOU OR SOMEONE YOU KNOW NEEDS HELP, YOU CAN CALL A CONFIDENTIAL HELP LINE:

 $\Delta P4_{c}CD1\Gamma345V_{c}$ $PPFPV_{c}PL3V_{c}$ $PPFPV_{c}$ $PPFV_{c}$ $PPFV_{c}$

Social services / \triangle \bigcirc \subset \sim \nearrow $^{ b}$ d $^{ c}$	819-***-9090
Kids Help Phone / レ゚レとピ Δ b マ゚C ▷ ペ゚レ	1-800-668-6868 www.kidshelpphone.ca
Kamatsiaqtut Help Line (Inuktitut) / 6 L° 7 4° 2°	1-800-265-3333
Hope for Wellness Help Line ᠳᠬᡗᠣᠲ᠙ᠵᡧ᠑᠂᠂ᠳ᠘ᡐᠲᢉ᠘ᠳᠳ᠘ᢉ	1-855 242-3310
Residential Schools Healing (9am - 5pm) Δ-\-\1^1\CD\$°\3\&-` 4\%\C\5\%\U	1-877-686-2845
1-866-APPELLE (Français)	1-866-277-3553