

MAKE IT BEAUTIFUL

$$\dot{C}^a{}_e \quad \Delta f^j{}_c \dots \wedge \triangleright \triangleleft n_c{}^b{}_l v^c$$

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Adapted from Mickey De Carlo, and reproduced
with permission.

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Inuulitisvik Health Centre

2017

INTRODUCTION

$\mathcal{C} \rightarrow \mathcal{D}$

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.

[illegible][illegible]



Sarah Ittukallak



$\sigma^L \Gamma \sigma^b$ $\Delta^{\circ} \Gamma \rho \cap L$

[illegible]

- [illegible]

 $\triangleleft \cap \subset \triangleright^s \Delta^b$ _____

[illegible]

Yesterday is history, tomorrow
is a mystery, but today is a gift.
That is why it is called the present.

Δ<ΥΔΔΔΥ>⁶ ΔσJΥ⁶,
 6Δ<ΔΔΥ>⁶ 6ΔΔΔΔΔΔΔΥ⁶,
 PΔΔσ Δ<ΔΓ Δσ6PΔΔΥ⁶
 Δ<Δ⁶. ΔΔΔΔΔσ
 Δ<ΔΓ UΔΔ. ”



SUCCESS JOURNAL

ደረጃ ምክር ቤት ልማት ምክር ቤት ልማት ምክር ቤት

MONDAY / ልዩ ስኬት

Something I did well today...

ለደረጃ ምክር ቤት ልማት ምክር ቤት ...

Today I had fun when....

ልዩ ስኬት ልማት ምክር ቤት ...

I felt proud when...

ልማት ምክር ቤት ልማት ምክር ቤት

ልማት ምክር ቤት ...

TUESDAY / ልዩ ስኬት

Today I accomplished...

ለደረጃ ምክር ቤት ልማት ምክር ቤት

9 ደረጃ ምክር ቤት ልማት ምክር ቤት ...

I had a positive experience with (a person, place or thing)....

ለደረጃ ምክር ቤት ልማት ምክር ቤት (ደረጃ ምክር ቤት,

ልማት ምክር ቤት)...

Something I did for someone...

ለደረጃ ምክር ቤት ልማት ምክር ቤት ልማት ምክር ቤት ...

WEDNESDAY / ልዩ ስኬት

I felt good about myself when...

ልዩ ስኬት ልማት ምክር ቤት ልማት ምክር ቤት ...

I was proud of someone else when....

ለደረጃ ምክር ቤት ልማት ምክር ቤት ልማት ምክር ቤት

ልማት ምክር ቤት...

Today was interesting because...

ልዩ ስኬት ልማት ምክር ቤት ልማት ምክር ቤት ...

THURSDAY / 𐤅𐤃𐤕𐤕𐤕

I felt proud when...

Δ<^σΔ9^εδ^ελ ΔΛJρ^εσΓ^ε
ΔΓζ^ερ^ελ ...

A positive thing I saw...

Today I accomplished...
Λ↳ Ṛᑭᐱᓴᔪᐅ ΔΓᕿΓᖃ...

FRIDAY / **σ^ερ ς ς ς**

Something I did well today...

I had a positive experience with (a person,
place or thing)...

ΛΔΓΓ^b ΛαδΑ9^aεδ^bλ (Δαα,Αλσ,
ΔΓ^cΓΓ^b ΔΓ^cρλ)...

I was proud of someone when...

ΔΛJʹq^a-c^dj^e Δ^cJΓ^b Δ-^LΓ^b

ΔΓz^cN-ΔJ...

SATURDAY / ၵုၵ်ႉၵုၵ်ႉ

I felt good about myself when...

I was proud of someone else when....
 ႃႱႵႫႫႫႫႫ ႃႫႫႫႫ ႃႫႫႫႫ
 ႃႫႫႫႫႫ...

Today was interesting because...
 4c4a5b4d9a5b Δ739a6L...

SUNDAY / 4th 7th

A positive thing I saw...

8 2 7 3 4 5 6 7 8 9 10 11 12 ...

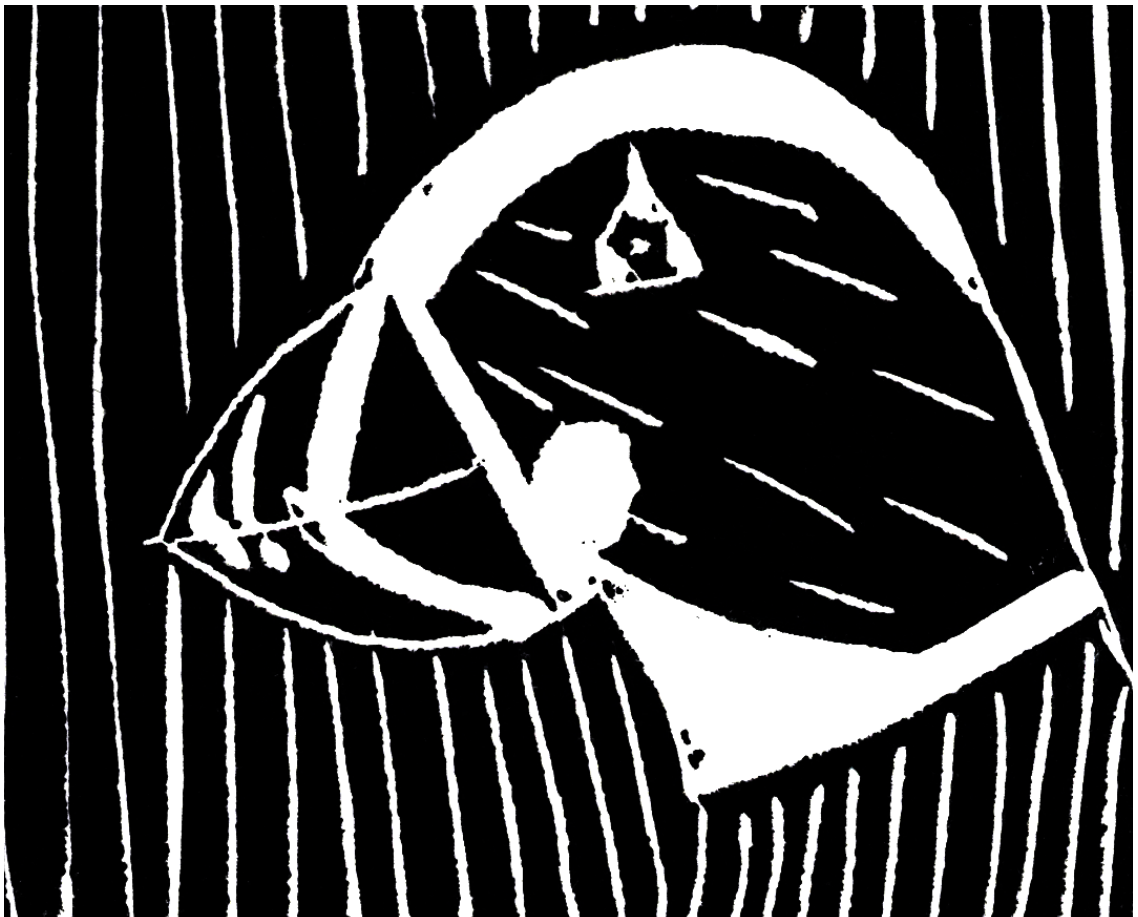
Today was interesting because...

4 5 6 7 8 9 10 11 12 ...

I felt proud when...

4 5 6 7 8 9 10 11 12 ...

source: www.therapistaid.com



Malaiya Ittukallak

$$\Delta^{\epsilon} \epsilon_b \Delta \cap^{\epsilon} b^c C_{\epsilon}^{\epsilon} L^{\epsilon} \supset \cap^c \quad \wedge \triangleright \dot{\epsilon} \dot{\epsilon} L \Delta^c.$$

$\Delta \text{ } \text{f} \text{ } \text{r} \text{ } ^{\text{f}} \text{ } \text{b}$ $\wedge \text{ } \text{D} \text{ } \text{r} \text{ } \text{g} \text{ } ^{\text{f}} \text{ } \text{b} \text{ } \dots$
 $\Delta \text{ } \text{c} \text{ } \text{D} \text{ } \text{A} \text{ } \text{r} \text{ } \text{J} \text{ } ^{\text{a}} \text{ } \text{e} \text{ } \text{r} \text{ } \text{d} \text{ } ^{\text{f}} \text{ } \text{U} \text{ } ^{\text{c}} \text{ } . \text{ } \text{”}$



$\sigma^L \Gamma \sigma^b$ $\rho \sigma \Delta \sigma \Gamma \sigma^b$ $\Delta \sigma^b b \Delta \Gamma^C \chi \chi$

405

3 words that describe you

$\rho_{\sigma^i \sigma^j} \Lambda^C \quad \omega_{\sigma^i \sigma^j}^C \quad \Delta_{\sigma^i \sigma^j}^C \quad \Lambda_{\sigma^i \sigma^j}^C$

Lover of

உருவகம்

Who is able to

 $\Delta 7 \text{ } ^a \text{ } ^b$

Who feels

$$\Delta \Gamma^c \supset \Gamma^b \quad \Delta^c \wedge \sigma \triangleleft^c \supset^b$$

Who wonders

△ へ L ▶ し へ へ L ⊃ Γ ∞ し

Who fears

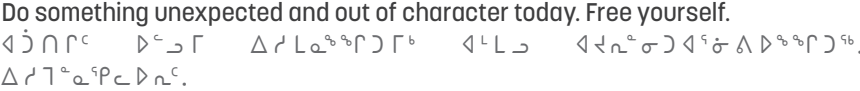
$$\gamma \Delta \Gamma \leq \gamma^b \quad \Delta \Gamma \leq \Gamma^b$$

Who would like to

Δ 7 2 P L 4^b

Who dreams

$$\Delta \gamma^b \gamma^b \Delta \gamma^b \gamma^b$$



$\Delta \cap \Gamma^c \quad \Delta^c \cap \Gamma \quad \Delta \cap L_{\mathbb{Q}^{\mathbb{Q}}} \cap \Gamma^c \quad \Delta^c \cap L_{\mathbb{Q}^{\mathbb{Q}}} \quad \Delta \cap L_{\mathbb{Q}^{\mathbb{Q}}} \cap \Delta^c \cap L_{\mathbb{Q}^{\mathbb{Q}}} \cap \Gamma^c$
 $\Delta \cap L_{\mathbb{Q}^{\mathbb{Q}}} \cap \Delta^c \cap L_{\mathbb{Q}^{\mathbb{Q}}} \cap \Gamma^c$.

- 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

[illegible]

***▷▷▷

$$\dot{\Delta} \quad \dot{\Delta} \quad \dot{\Delta}^c \cup \dot{\Delta}^s \quad \Delta \cup^a \cap \sigma^b$$



I wish

$$\Delta \Gamma^C \mathcal{D}^{\mathfrak{C}} \mathfrak{b}^C \mathfrak{h} \mathfrak{c} \mathfrak{d}^{\mathfrak{C}}$$

I dream

ΔΓ^cΓ^b Λ^aL^gg₂

I used to be

ΔΓ^cΨ^c6^cC^cρL>^oι

But now I am

CLCLC Δ7C)C⁹⁹d⁹⁹L

I seem to be

ΔΓ^cΔ₂Δ₃Δ₄Δ₅Δ₆Δ₇Δ₈Δ₉Δ₁₀Δ₁₁Δ₁₂Δ₁₃Δ₁₄Δ₁₅Δ₁₆Δ₁₇Δ₁₈Δ₁₉Δ₂₀Δ₂₁Δ₂₂Δ₂₃Δ₂₄Δ₂₅Δ₂₆Δ₂₇Δ₂₈Δ₂₉Δ₃₀Δ₃₁Δ₃₂Δ₃₃Δ₃₄Δ₃₅Δ₃₆Δ₃₇Δ₃₈Δ₃₉Δ₄₀Δ₄₁Δ₄₂Δ₄₃Δ₄₄Δ₄₅Δ₄₆Δ₄₇Δ₄₈Δ₄₉Δ₅₀Δ₅₁Δ₅₂Δ₅₃Δ₅₄Δ₅₅Δ₅₆Δ₅₇Δ₅₈Δ₅₉Δ₆₀Δ₆₁Δ₆₂Δ₆₃Δ₆₄Δ₆₅Δ₆₆Δ₆₇Δ₆₈Δ₆₉Δ₇₀Δ₇₁Δ₇₂Δ₇₃Δ₇₄Δ₇₅Δ₇₆Δ₇₇Δ₇₈Δ₇₉Δ₈₀Δ₈₁Δ₈₂Δ₈₃Δ₈₄Δ₈₅Δ₈₆Δ₈₇Δ₈₈Δ₈₉Δ₉₀Δ₉₁Δ₉₂Δ₉₃Δ₉₄Δ₉₅Δ₉₆Δ₉₇Δ₉₈Δ₉₉Δ₁₀₀Δ₁₀₁Δ₁₀₂Δ₁₀₃Δ₁₀₄Δ₁₀₅Δ₁₀₆Δ₁₀₇Δ₁₀₈Δ₁₀₉Δ₁₁₀Δ₁₁₁Δ₁₁₂Δ₁₁₃Δ₁₁₄Δ₁₁₅Δ₁₁₆Δ₁₁₇Δ₁₁₈Δ₁₁₉Δ₁₂₀Δ₁₂₁Δ₁₂₂Δ₁₂₃Δ₁₂₄Δ₁₂₅Δ₁₂₆Δ₁₂₇Δ₁₂₈Δ₁₂₉Δ₁₃₀Δ₁₃₁Δ₁₃₂Δ₁₃₃Δ₁₃₄Δ₁₃₅Δ₁₃₆Δ₁₃₇Δ₁₃₈Δ₁₃₉Δ₁₄₀Δ₁₄₁Δ₁₄₂Δ₁₄₃Δ₁₄₄Δ₁₄₅Δ₁₄₆Δ₁₄₇Δ₁₄₈Δ₁₄₉Δ₁₅₀Δ₁₅₁Δ₁₅₂Δ₁₅₃Δ₁₅₄Δ₁₅₅Δ₁₅₆Δ₁₅₇Δ₁₅₈Δ₁₅₉Δ₁₆₀Δ₁₆₁Δ₁₆₂Δ₁₆₃Δ₁₆₄Δ₁₆₅Δ₁₆₆Δ₁₆₇Δ₁₆₈Δ₁₆₉Δ₁₇₀Δ₁₇₁Δ₁₇₂Δ₁₇₃Δ₁₇₄Δ₁₇₅Δ₁₇₆Δ₁₇₇Δ₁₇₈Δ₁₇₉Δ₁₈₀Δ₁₈₁Δ₁₈₂Δ₁₈₃Δ₁₈₄Δ₁₈₅Δ₁₈₆Δ₁₈₇Δ₁₈₈Δ₁₈₉Δ₁₉₀Δ₁₉₁Δ₁₉₂Δ₁₉₃Δ₁₉₄Δ₁₉₅Δ₁₉₆Δ₁₉₇Δ₁₉₈Δ₁₉₉Δ₂₀₀Δ₂₀₁Δ₂₀₂Δ₂₀₃Δ₂₀₄Δ₂₀₅Δ₂₀₆Δ₂₀₇Δ₂₀₈Δ₂₀₉Δ₂₁₀Δ₂₁₁Δ₂₁₂Δ₂₁₃Δ₂₁₄Δ₂₁₅Δ₂₁₆Δ₂₁₇Δ₂₁₈Δ₂₁₉Δ₂₂₀Δ₂₂₁Δ₂₂₂Δ₂₂₃Δ₂₂₄Δ₂₂₅Δ₂₂₆Δ₂₂₇Δ₂₂₈Δ₂₂₉Δ₂₃₀Δ₂₃₁Δ₂₃₂Δ₂₃₃Δ₂₃₄Δ₂₃₅Δ₂₃₆Δ₂₃₇Δ₂₃₈Δ₂₃₉Δ₂₄₀Δ₂₄₁Δ₂₄₂Δ₂₄₃Δ₂₄₄Δ₂₄₅Δ₂₄₆Δ₂₄₇Δ₂₄₈Δ₂₄₉Δ₂₅₀Δ₂₅₁Δ₂₅₂Δ₂₅₃Δ₂₅₄Δ₂₅₅Δ₂₅₆Δ₂₅₇Δ₂₅₈Δ₂₅₉Δ₂₆₀Δ₂₆₁Δ₂₆₂Δ₂₆₃Δ₂₆₄Δ₂₆₅Δ₂₆₆Δ₂₆₇Δ₂₆₈Δ₂₆₉Δ₂₇₀Δ₂₇₁Δ₂₇₂Δ₂₇₃Δ₂₇₄Δ₂₇₅Δ₂₇₆Δ₂₇₇Δ₂₇₈Δ₂₇₉Δ₂₈₀Δ₂₈₁Δ₂₈₂Δ₂₈₃Δ₂₈₄Δ₂₈₅Δ₂₈₆Δ₂₈₇Δ₂₈₈Δ₂₈₉Δ₂₉₀Δ₂₉₁Δ₂₉₂Δ₂₉₃Δ₂₉₄Δ₂₉₅Δ₂₉₆Δ₂₉₇Δ₂₉₈Δ₂₉₉Δ₃₀₀Δ₃₀₁Δ₃₀₂Δ₃₀₃Δ₃₀₄Δ₃₀₅Δ₃₀₆Δ₃₀₇Δ₃₀₈Δ₃₀₉Δ₃₁₀Δ₃₁₁Δ₃₁₂Δ₃₁₃Δ₃₁₄Δ₃₁₅Δ₃₁₆Δ₃₁₇Δ₃₁₈Δ₃₁₉Δ₃₂₀Δ₃₂₁Δ₃₂₂Δ₃₂₃Δ₃₂₄Δ₃₂₅Δ₃₂₆Δ₃₂₇Δ₃₂₈Δ₃₂₉Δ₃₃₀Δ₃₃₁Δ₃₃₂Δ₃₃₃Δ₃₃₄Δ₃₃₅Δ₃₃₆Δ₃₃₇Δ₃₃₈Δ₃₃₉Δ₃₄₀Δ₃₄₁Δ₃₄₂Δ₃₄₃Δ₃₄₄Δ₃₄₅Δ₃₄₆Δ₃₄₇Δ₃₄₈Δ₃₄₉Δ₃₅₀Δ₃₅₁Δ₃₅₂Δ₃₅₃Δ₃₅₄Δ₃₅₅Δ₃₅₆Δ₃₅₇Δ₃₅₈Δ₃₅₉Δ₃₆₀Δ₃₆₁Δ₃₆₂Δ₃₆₃Δ₃₆₄Δ₃₆₅Δ₃₆₆Δ₃₆₇Δ₃₆₈Δ₃₆₉Δ₃₇₀Δ₃₇₁Δ₃₇₂Δ₃₇₃Δ₃₇₄Δ₃₇₅Δ₃₇₆Δ₃₇₇Δ₃₇₈Δ₃₇₉Δ₃₈₀Δ₃₈₁Δ₃₈₂Δ₃₈₃Δ₃₈₄Δ₃₈₅Δ₃₈₆Δ₃₈₇Δ₃₈₈Δ₃₈₉Δ₃₉₀Δ₃₉₁Δ₃₉₂Δ₃₉₃Δ₃₉₄Δ₃₉₅Δ₃₉₆Δ₃₉₇Δ₃₉₈Δ₃₉₉Δ₄₀₀Δ₄₀₁Δ₄₀₂Δ₄₀₃Δ₄₀₄Δ₄₀₅Δ₄₀₆Δ₄₀₇Δ₄₀₈Δ₄₀₉Δ₄₁₀Δ₄₁₁Δ₄₁₂Δ₄₁₃Δ₄₁₄Δ₄₁₅Δ₄₁₆Δ₄₁₇Δ₄₁₈Δ₄₁₉Δ₄₂₀Δ<

But really am

የፖሊስ ማረጋገጫ ሰነድ


$$\Lambda \prec L \prec^b b \prec \sigma \quad \triangleleft^c c \prec^d L \prec^e \triangleright^f \sigma^g$$
[illegible]

ሥራ ላይ ስላልገኘሁት ምክር ቤቱ ለሥራ ላይ ስላልገኘሁት
 ሥራ ላይ ስላልገኘሁት ሥራ ላይ ስላልገኘሁት ሥራ ላይ ስላልገኘሁት
 ሥራ ላይ ስላልገኘሁት ሥራ ላይ ስላልገኘሁት ሥራ ላይ ስላልገኘሁት
 ሥራ ላይ ስላልገኘሁት ሥራ ላይ ስላልገኘሁት ሥራ ላይ ስላልገኘሁት

p.17

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

[illegible]

- [illegible]



“A goal without a plan is just a wish

- Antoine de Saint-Exupéry

[illegible]

$\dot{C}^{\circ}_{\text{max}} \gg D$: $f_{\text{eff}} \approx C_{\text{max}} / J_L A$?

[illegible]

በየቀኑ በጋራ ስራ ላይ ለሚገኙት ሰራተኞች ስራ ላይ ለማስገባት ማድረግ ይቻላል።

- ᐃᓴᓴᐅᑦᕈᐱᐅᑦ:** ᕈᓴᑦ ᑖᓄᑦ ᐅᑭᓴᑦᐱᐅᑦ ᐱᑦᑕᓴᐅᑦ ᐃᑦᓂᑦ?

ለኑሲ ልኒፕ፣ ካጫጥጥበብ፣ ሆረ፣ ካጫጥጥበብ፣ ሆረ፣ ጋፍረ፣ ጋፍረ፣



NO NAME-CALLING PLEDGE

၎င်းတို့သည် ငါတို့ကိုယ်တို့၏ နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို ခံနိုင်ရည်ရှိသည်။

“ 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.

”

“ ပထမဦးစွာ ငါတို့ကိုယ်တို့၏ နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို

သင့်လျော်စွာ ငါတို့ကိုယ်တို့၏ နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို

ငါတို့ကိုယ်တို့၏ နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို

အသစ်အပြောင် နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို

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ငါတို့ကိုယ်တို့၏ နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို

”

Signature: _____

၎င်းတို့သည် _____

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

သောတာပန်တို့သည် နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို နာမည်ကို ချီတက်ခေါ်ဝေါ်ခြင်းကို

- Buddha

”



YOUR WELLNESS

ᑭᑦᑲᑦ ᐃᑦᑲᑦᑲᑦ ᑭᑦᑲᑦ



Minnie-Mita Ittukallak



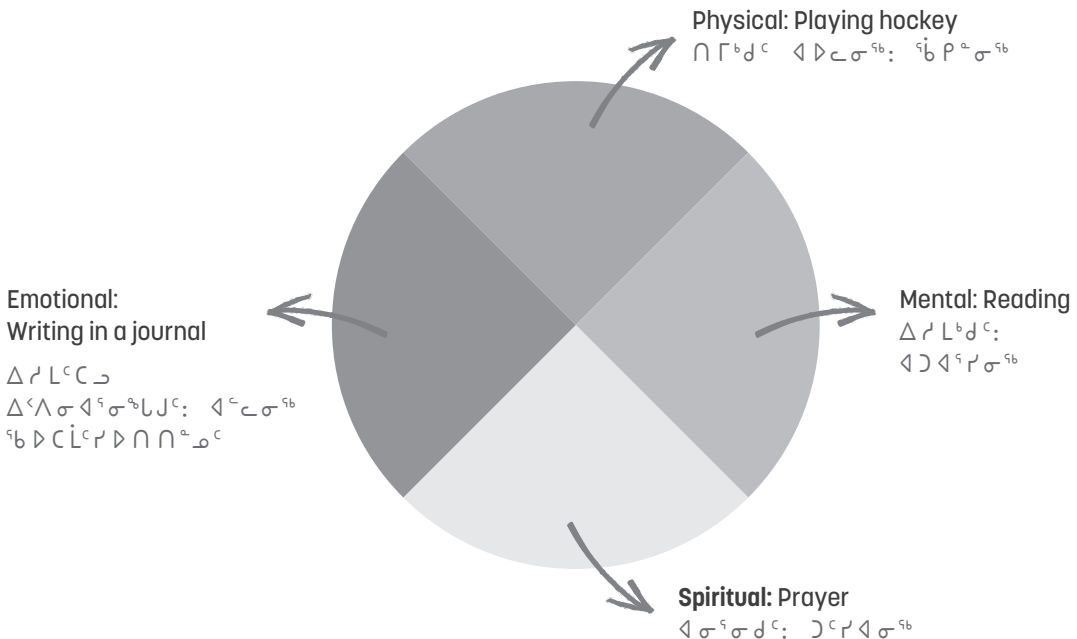
FIND YOUR BALANCE

LPCCPQCC CQCPQP

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.

ΔfLJQ QCCNQLJQ, QDCLDLC ΔPLCNC, ΔPLCQ ΔΛσQσLJQ, NCQC QDCLσLJQ QLLQ QσσdC. YLQJdC σPLCPQJdC ΔQCPQLQJQC, ΔDΛσCPQσCQLQσJQ PLCPσQ ΔbPLQσ CQσL. ΛCLNCLσ. CQCPQC QJQJQC QJQC, ΔPLCPPLQσLQσ PLCPJNCLQC QCLQ QJQσLQJQC. UL, QJQC, CQCPQLQC PLQC QJQσPLQJQC, PLQC QJQσCPPLQJQC.

Examples / QJQ NCQC:






$$\Delta^{\frac{1}{2}} L^b d^c \quad \zeta_b \omega \Delta^{\frac{1}{2}} \omega \Gamma^{\frac{1}{2}} \Gamma^{\frac{1}{2}} \Delta^{\frac{1}{2}} \sigma^b$$

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.

[illegible]



WHAT IS DEPRESSION?

ገደብኝ ምን ነው?

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.

የሮካም ልሳሳት ልማት ለሰውነት ልዩ ልዩ ምክንያቶች አሉ። የሮካም “ፍጥነት ለማሳደግ ይረዳል።” የሰውነት ልማት ለሰውነት የሚጠቅም ሲሆን፣ ለሰውነት ልማት ለሰውነት ልዩ ልዩ ምክንያቶች አሉ። ለሰውነት ልማት ለሰውነት ልዩ ልዩ ምክንያቶች አሉ።

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.

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[illegible][illegible]

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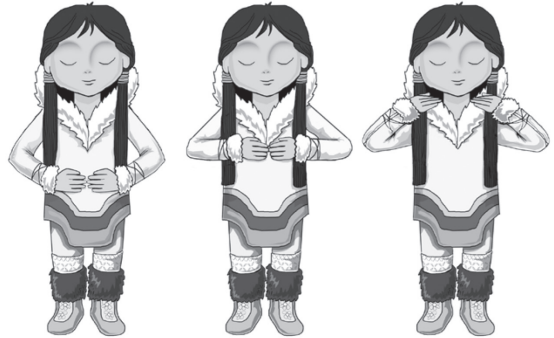


DYNAMIC MINDFULNESS

Δἰናμικὴ Ἄσκησις Διὰ τὴν Ἐννοιολογικὴν

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.

Ἡ ἀσκήσις αὕτη συνδυάζει ἀναπνοὴν ἐν ἡσυχίᾳ, σωματικὰ κινήματα καὶ ἐννοιολογικὴν ἐστίαση. Μπορεῖτε νὰ βοηθήσετε τὴν ἀντιμέτωπιση τῶν ἀνῆλκων ἐννοιολογικῶν καὶ ἐννοιολογικῶν ἀνῆλκων, καὶ νὰ βοηθήσετε τὴν ἐννοιολογικὴν καὶ ἐννοιολογικὴν ὑγίειαν. Δοκιμάστε αὐτὰ κινήματα.



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

Διὰ τὴν Ἐννοιολογικὴν

- Ἡ ἀναπνοὴ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ
- Διὰ τὴν ἀναπνοὴν ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ
- Διὰ τὴν ἀναπνοὴν ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ
- Διὰ τὴν ἀναπνοὴν ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ

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.

Ἐάν ποτε ἀναπνεύσετε ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ, μπορεῖτε νὰ σπάσετε τὴν αὐτὴν ἀντιμέτωπιση τῶν ἀνῆλκων ἐννοιολογικῶν καὶ ἐννοιολογικῶν ἀνῆλκων. Ἡ ἀναπνοὴ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ ἐν ἡσυχίᾳ.

 $\rho \sigma \quad \omega \omega$ 
$$b^b b^c \cap \Delta \sigma^c \subset \sigma^b$$

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Stop letting the pain of my past ruin the happiness
of my future

[illegible]

Psst... Happiness requires letting stuff go.

\dot{d}_c : $d_c d^{ab} J^A P_L \partial J^C > \Delta J^a_{P} \omega^b{}^c J^C.$

It's time... Let it go

၁၇. လှိုင်လှိုင်လှိုင်,

Forget about what can't be changed
and focus on the future.

$$\triangleright \Delta J \triangleright \Delta^a \omega \triangleright n^c \quad U^b d \triangleleft$$

$\gamma_{\text{b-}\Delta \text{-n}}^{\text{c}}$ $\gamma_{\text{b}^{\frac{1}{2}} \text{-rC}}^{\frac{1}{2}}$ ρ_{σ}^{γ}

ᐃᓄᐱᓴᓴᐅᐅᐃᓄᓄᓴᓴᐅᐅ



$\Delta^{\epsilon} \rho^{\epsilon}_{\text{out}} \dot{\Gamma}^{\epsilon} \epsilon^{\flat} \sigma$

 $\Delta \text{ b} \leftarrow^{\epsilon} \text{ r} \triangleright \dot{\text{ n}}^{\text{ c}}$

$\dot{d}^a \sigma^4 \gamma^4 \gamma^4 \gamma^4$, $\gamma^4 \sigma^4 \gamma^4 \gamma^4 \gamma^4$ $\Delta b^4 \gamma^4 \gamma^4 \gamma^4 \gamma^4$, $\Delta c^4 \gamma^4 \gamma^4 \gamma^4 \gamma^4$ $\gamma^4 \gamma^4 \gamma^4 \gamma^4 \gamma^4$

$${}^c b \rightarrow \Delta {}^c z \rightarrow {}^\infty L \quad \text{ } ^f b \subset {}^f J^a \rightarrow {}^\infty L \quad \Delta {}^f h \rightarrow {}^a e \rightarrow \Gamma^b$$

- Go for a walk outside / ለጥንቃቄ ውጭ ስራዎች
- Write in a journal / የኮምፒውተር በጽሑፍ ላይ መጻፍ
- Make something / ማድረግ ለማድረግ
- Pray / ጸናል
- Play sports / ለስፖርት ይጫወቱ
- Listen to music / ማዳረግ ማዳረግ
- Watch a movie / ለፊልም ይመለከቱ
- Go to the gym / ለጉዞ ይሰጡ
- Have a nap / ለጉዞ ይሰጡ
- Think positive thoughts / ለጉዞ ይሰጡ

- A friend / ልጅ ፍቅር
- My brother, sister or cousin / ባለሙያ፣ ወይም የእናንተ ልጅ ፍቅር
- My mom or dad / ባለሙያ፣ ብሔር ፍቅር
- My grandma or grandpa / ባለሙያ፣ ብሔር ፍቅር
- A teacher / ልጅ ምረቃ

பெரிய டிரைப்டிக் டைனோசர்?

[illegible]

- Visit a friend or relative /** Δ^c-ə-ḥ Δ^c Δ^c-ḥ Δ^c-ḥ ሱ^c
 > ኒሊባጋዔ በ^c
- Visit an elder /** Δ^mL LⁿJ^c > ኒሊባጋዔ በ^c
- Youth house /** ቃልካሮ ፖቴርለቬያና በ^c
- My favourite rock by the water /** ቃንየሶቂን ሱ^c
 ሾሪኹጋበ^c



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

Δ β ς C D J L D Q P A C ς β D P L J A C 3 0 C Δ β ς C D J L P Γ β ,
P C σ P α > Π C ς β D P L 3 D α ς Γ C J C P α β D D Δ α α C L α C :

Social services / Δ α α ς β δ C

819-***-9090

Kids Help Phone / β β ε C Δ β ς C D A α L

1-800-668-6868
www.kidshelpphone.ca

Kamatsiaqtut Help Line (Inuktitut) / β L C P Q C C

1-800-265-3333

Hope for Wellness Help Line

σ α D α σ β C P Q C ς β α Δ ς Γ P Q σ J C

1-855 242-3310

Residential Schools Healing (9am – 5pm)

Δ α α α P C D C D A α C Q α Γ Q α Γ β A α L

1-877-686-2845

1-866-APPELLE (Français)

1-866-277-3553
