NAYLA

JOURNAL

SELF CARE PLAN
**Asking out**

**Love like this**
- Shows: respect & confidence
- Approach: helpful & respectful
- Body language: open & inviting

**Not like this**
- Shows: arrogance & disrespect
- Approach: pushy & demanding
- Body language: intimidating & aggressive

**Breaking up**

**Love like this**
- Breakup To-Do List
  - Keep calm and carry on
  - Think about the future
  - Be clear but kind

**Not like this**
- Breakup To-Do List
  - Do it on Facebook
  - Tell them everything you hate about them
  - Ruin their reputation

**Fighting fair**

**Love like this**
- Agree on what you’re fighting about
- Show up and be willing to take turns
- Ask for what you want next time

**Not like this**
- Bring up everything that bothers you
- Totally dominate and don’t let them talk
- Exaggerate – use “always” and “never”

**Keeping in touch**

**Love like this**
- Wanna hang out later?
- Let me know if you want to make plans.
- I made plans. But I’m worried about you. Text when you can plz.

**Not like this**
- Wanna hang out later?
- Hello?
- Where’s ul?
- WTF?
- Who are you with?
- Fine. Don’t bother picking me up tomorrow.
Puyallup Tribe of Indians
Community Domestic Violence Advocacy Program
Children of the River email:
ChildAdvocacyCenter@PuyallupTribe-nsn.gov
National Human Trafficking Hotline 1-888-373-7888 Text HELP to 233733 (BEFREE)

253-680-5499

Making a move

Jealousy

I kind of felt weird when your ex hugged you. I can't think they really respect our relationship. And sometimes it seems like you encourage them.

I cannot BELIEVE you were ALL UP in your ex's business and acting like I wasn't even there. You SUCK.
Fancy Shawl Dancer
Jessie Jannuska
Canupawakpa Dakota Nation

The dancer mimics butterflies in flight. Pow-wow dancing provides a connection to culture.
sləhal - Game Play

The object of the game is for the pointing team to use the different pointing options to reveal both female (unmarked) bones from the holding team.

First, one captain is chosen for each team. The team captains will play for the kick stick.

Once the kick stick has been won, the winning team starts out holding the bones first, and game play begins.

The team holding the bones will drum and sing songs as the pointing team searches for the female (unmarked) bones.

Once both female (unmarked) bones have been revealed, the bones move to the other team, and the game continues in the same manner.

When the pointing team guesses incorrectly, they must give a tally stick to the other team. This is how the score is kept.

Tally sticks won are to be put behind the team captain.

All sticks in front of the captains (live sticks) must be cleared from the floor before sticks that were placed behind the captains can be exchanged in game play.

The game ends when one team has collected all the tally sticks.
# My Self-Care Plan

**Instructions:** Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select three activities (from the list given, or create your own) and put them in your self-care activity plan. For each activity, write down how, where, when, you will do them. And, what will you do to make sure these activities are a part of your life?

<table>
<thead>
<tr>
<th>#1 Self-Care Activity</th>
<th>#2 Self-Care Activity</th>
<th>#3 Self-Care Activity</th>
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<tbody>
<tr>
<td><strong>How:</strong></td>
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<td><strong>Where:</strong></td>
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<td>When, will I do this?:</td>
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<td>How will I make sure this happens?</td>
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**Example Self-Care Activities**
- Start an Art Journal, Dance, Write, Unplug,
- Take a Walk, List 3 Things I’m Grateful for,
- Pray, Talk to a Friend or Elder, Take a Shower,
- Cut my Nails, Do my Hair, Smudge, Breathing Exercises, Sweat,
- Traditional Art, Listen to Music, Sit by a Body of Water, Read a Book,
- Make a Funny Video, Connect with my Culture, Sing, Be Nice to Someone, Laugh,
- Volunteer, Look at Stars, Nap, Daydream, Speak My Language, Cook, Create Your Own...

**Time to Talk Myself Up!**

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:
1. Listen - to what you say to yourself. Notice if it’s mostly negative or positive.
2. Challenge - what you say to yourself. Would you say this to a friend?
3. Change - how you talk to yourself. Try asking yourself, “What can I do to help me do this?”

**Instructions:** Think about one statement (or more!) you can tell yourself when you’re feeling down or could use a little encouragement. Use the list you’re given or create your own. Put that statement(s) below:

You’re here for a reason!
A healthy relationship is shared intimacy.

GOALS
Wolves
Cliff Bear
Gordon's First Nation

The wolves show us that we can cry out for help. If we look, we will see that the things that will teach us are all around.
Laughter is good medicine.
Draw something that makes you laugh!
Jingle Dress Dancer
Jessie Jannuska
Canupawakpa Dakota Nation

The jingle dress dance has ties to prayer and healing. Pow-wow dancing provides a connection to culture.
Youth Support

In crisis? Connect 24/7...

Crisis Text Line
Text: NATIVE to 741 741
WhatsApp

National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat

RAINN
National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE
Chat

National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org

Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP

Truth: Smoking, Vaping, and Opioids
Get 24/7 Support
Text: DITCHVAPE to 88709

Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753

National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357

Mental Health

Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863

We R Native: My Mind
Ask Auntie & Uncle
Text: CARING to 65664

Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664
In Balance
Shayle Catagas
Tootinaowaziibeeng First Nation

The medicine wheel represents the four sacred directions and the four parts that compose a person: mind, body, emotion, and spirit. When we keep each piece in balance, we achieve optimum health. In each section, draw or colour what each direction means to you.
WHEN SOMEONE IS STRUGGLING EMOTIONALLY, GOOD RELATIVES CAN MAKE A REAL DIFFERENCE BY CONNECTING THEM WITH THE SUPPORT THEY NEED. TO LEARN HOW TO GET 24/7, CONFIDENTIAL SUPPORT FOR YOU OR SOMEONE ELSE, VISIT

NativeAndStrong.org