

POSITIVE AFFIRMATIONS

"I am connected to the wisdom
of my ancestors, and their
strength flows through me."

"I am resilient, and I can
overcome any challenges that
come my way."

"I am worthy of love,
happiness, and good health."

"I am surrounded by a
supportive and loving
community."

SUPPORT NUMBERS

Emergency:
911

Ontario Poison Centre:
1-800-268-9017

Feeling distressed or
experiencing issues?

Call Hope for Wellness at
1-855-242-3310.

*Service available in English,
French, Cree, Ojibway and
Inuktitut.*

In crisis?

Call Talk Suicide at
1-833-456-4566



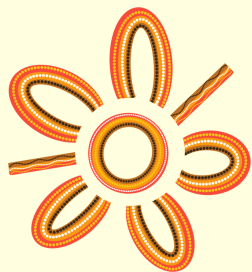
LEGACY OF HOPE
FOUNDATION

WELLNESS PAMPHLET

ABOUT

The Legacy of Hope Foundation has designed this guide to provide you with useful resources and wellness exercises while continuing to interact with our material.

Feel free to use the information that resonates with you!



SELF-CARE EXERCISES

CONNECT WITH NATURE

SPEND TIME OUTDOORS TO STRENGTHEN YOUR CONNECTION WITH THE LAND. GO FOR A WALK, OR GET SOME FRESH AIR!



EMBRACE CEREMONIAL PRACTICES

ENGAGE IN TRADITIONAL PRACTICES FOR HEALING AND BALANCE. YOU CAN MEDITATE, SMUDGE, ETC.



TRY SOME ART

ENGAGE IN ARTISTIC ACTIVITIES AS A GREAT WAY TO RELIEVE STRESS. TRY DRAWING OR COLORING.

RELAXATION EXERCISES

BREATHING EXERCISE

STEP 1: BREATHE IN, COUNTING TO 4 SLOWLY. FEEL THE AIR ENTER YOUR LUNGS.

STEP 2: HOLD YOUR BREATH FOR 4 SECONDS. TRY TO AVOID INHALING OR EXHALING FOR 4 SECONDS.

STEP 3: SLOWLY EXHALE THROUGH YOUR MOUTH FOR 4 SECONDS.

STEP 4: REPEAT STEPS 1 TO 3 UNTIL YOU FEEL RE-CENTERED.



GROUNDING EXERCISE

NAME 5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE