

NATIVE WELLNESS

- * The Native Wellness model is a framework based in Native values and culture that helps us live in balance.
- * Each quadrant is interdependent and connected to each other.
- * The model teaches us to move forward each day and strive to be a better person than we were yesterday,

Emotional (Feel)

Spiritual (Connection)

Like/Love Yourself
High Self-Esteem
Positive Attitude
Ability to Cope
Share Ourselves
Strive to Have Healthy Relationships

Gain Understanding of Tribal Culture and Values Having Faith Respects All Things Connection - Family, Land, Culture Learns How to Pray and Prays

Embrace Learning Having a Vision Critical Thinking Skills Creativity Stress Reduction Maturity Exercise
Non-Smoker/Drinker
Eat Healthy
Rest
Drink Water
Fitness Level

Mental (Thoughts)

Physical (Body