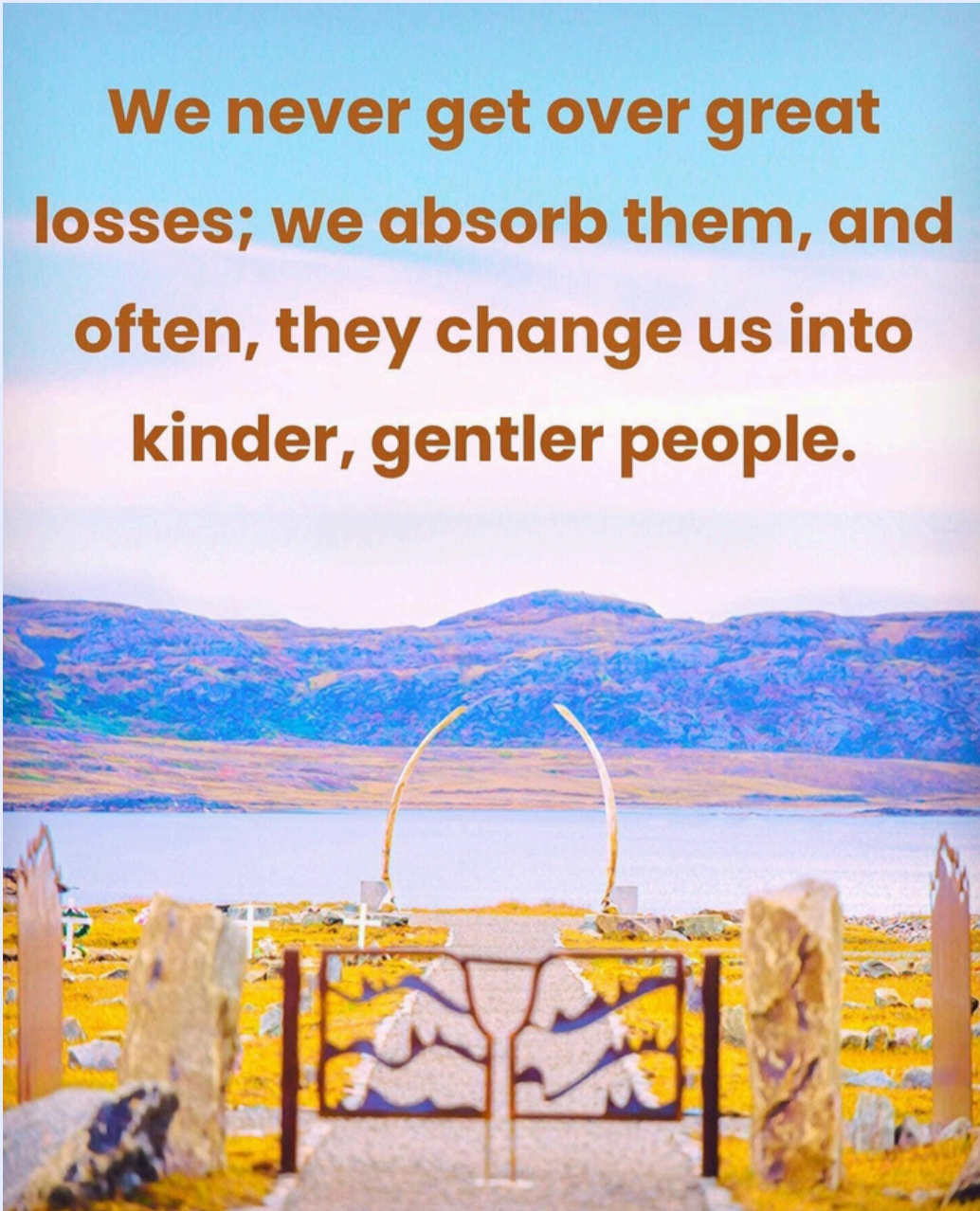


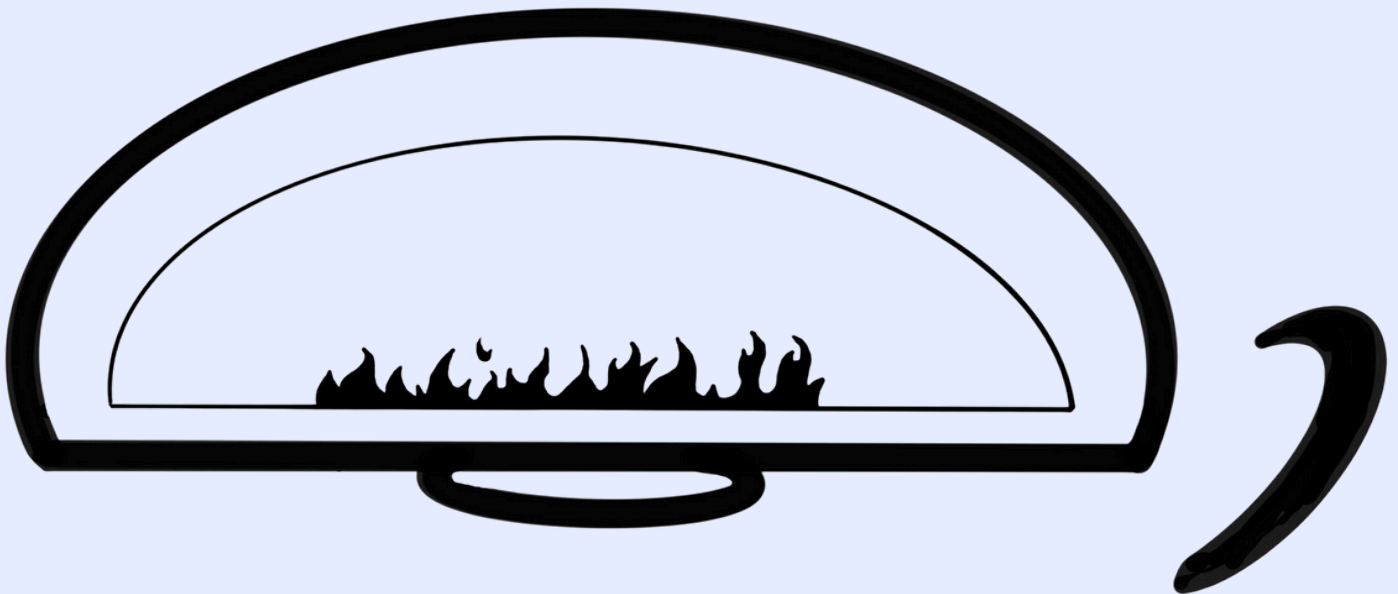
Section 3:

FEELINGS & EMOTIONS

We never get over great losses; we absorb them, and often, they change us into kinder, gentler people.



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**FOSTERING GOOD SPIRIT
BY BEING OPEN, WELCOMING
AND INCLUSIVE**

IQ PRINCIPLE REFLECTION

Tunnganarniq: Fostering good spirits by being open, welcoming and inclusive.

Let's take a few moments to settle in, relax your shoulders and take a few slow deep breaths.

Fostering good spirits allows us to be who we are in the spaces we come into, and allows space for others to feel welcomed as they are. By being open and welcoming, Inuit remove the opportunity for shame to take up space when connecting with others.

What does fostering good spirits and being welcoming to the different people in your community mean to you? What does it look or sound like? Are there ways you might have been welcomed in a good and memorable way? What stood out to you?

Reflect on some of these interactions and consider how you might foster spaces like this for yourself and others.

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Remember that
you are Water.

Cry.

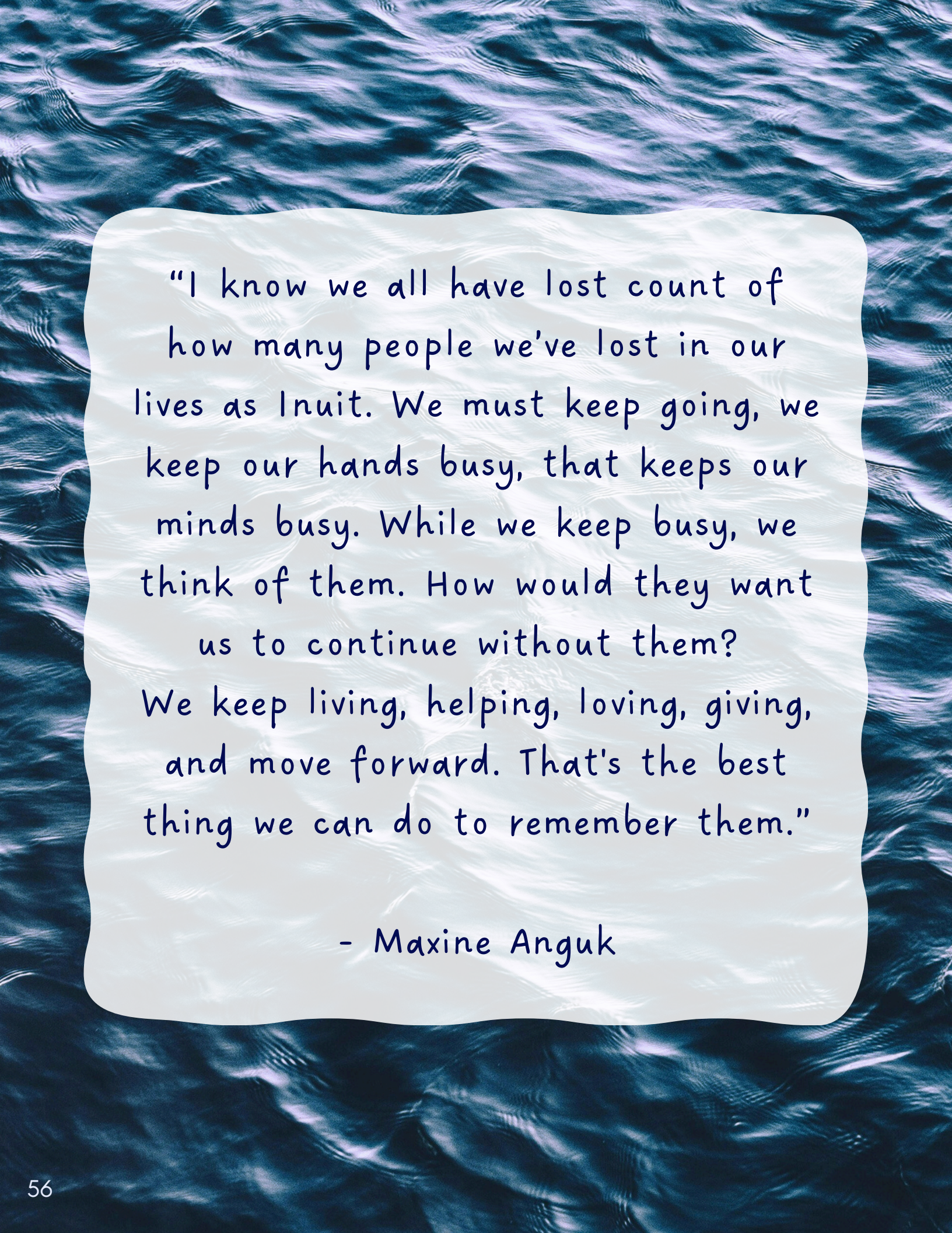
Cleanse.

Flow.

Let go.

WHAT DO YOU WISH WAS DIFFERENT WITH HOW YOU ARE FEELING TODAY?

[illegible]



"I know we all have lost count of how many people we've lost in our lives as Inuit. We must keep going, we keep our hands busy, that keeps our minds busy. While we keep busy, we think of them. How would they want us to continue without them? We keep living, helping, loving, giving, and move forward. That's the best thing we can do to remember them."

- Maxine Anguk

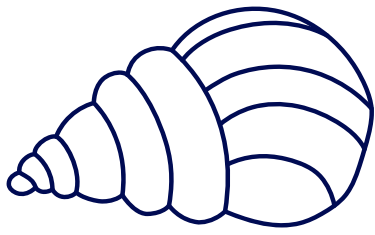
IT'S OKAY TO CRY





WHAT ARE SOME WAYS TO MANAGE INTENSE EMOTIONS WITHOUT BEING RULED BY THEM?

[illegible]



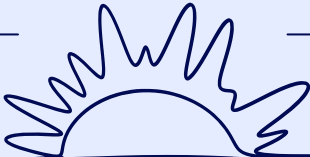
DOODLE PAGE



What would you want others to say to you to provide comfort?
Write a few statements here and then practice saying them to
yourself either out loud or under your breath.



What are some things that make you feel happy and fulfilled? List what they are and why they make you feel happy. You can create this list over time.

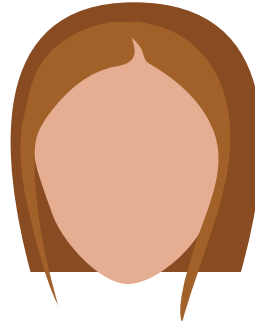
A simple line drawing of a sun with rays, positioned at the bottom center of the page. The sun is represented by a semi-circle with several wavy lines of varying heights extending upwards from its top edge, resembling rays. The drawing is minimalist and appears to be a decorative element at the end of a page.

MY FEELINGS



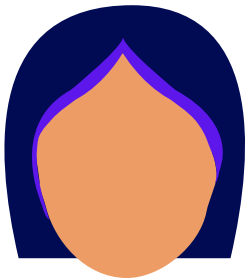
I am happy.

I am sad.



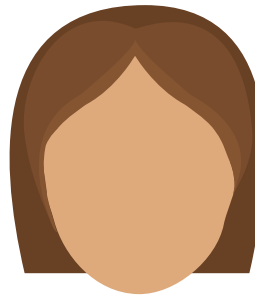
I am scared.

I am angry.



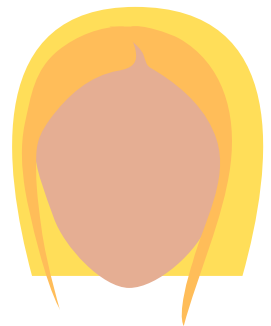
I am sleepy.

I am surprised.



I am shocked.

I am content.



I am _____



WHEN WAS THE LAST TIME YOU CRIED? HOW DID IT MAKE YOU FEEL?





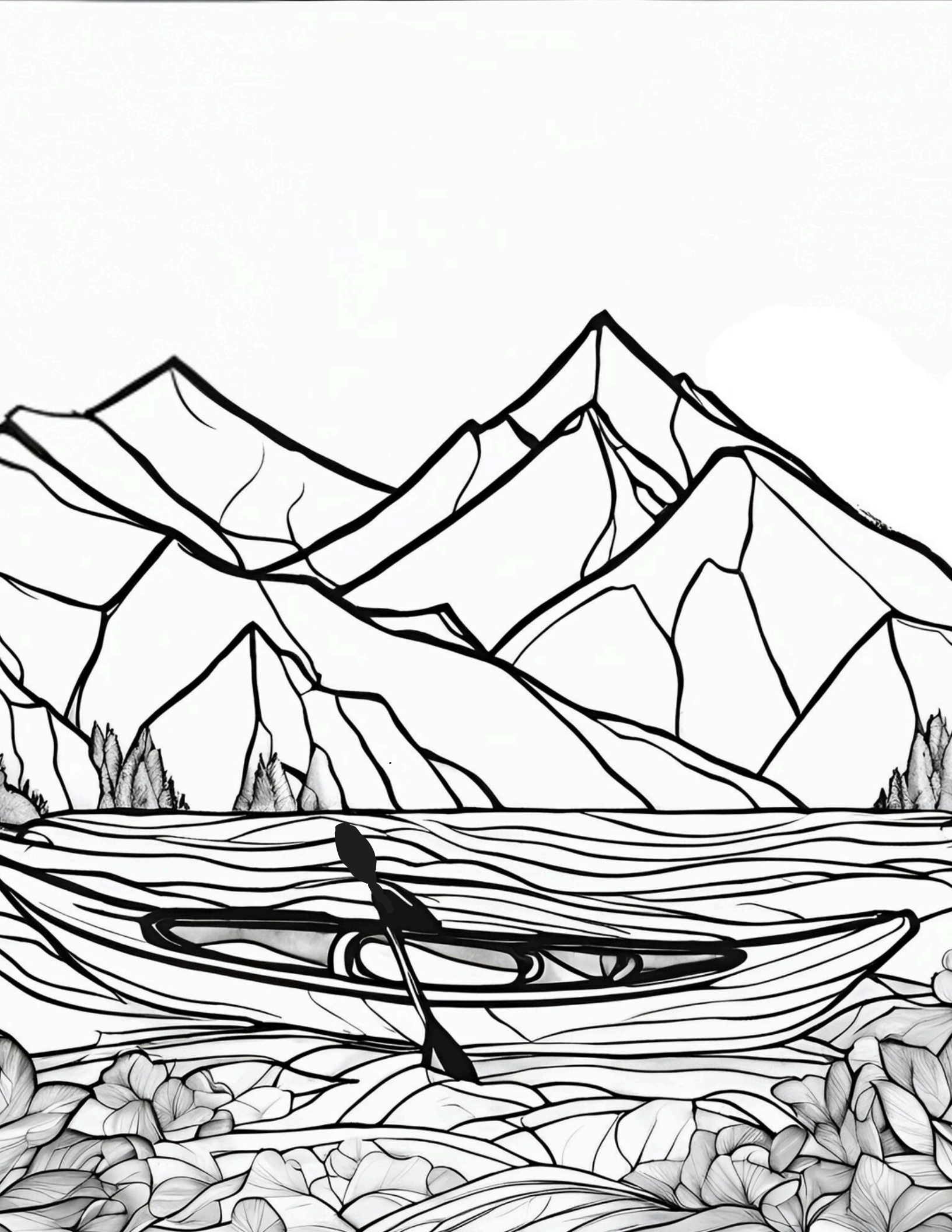
The more you feel your
feelings...



The easier it gets to
understand them.

**OUR EMOTIONS CAN FEEL LIKE SWIMMING IN THE DEEPEST PART OF
THE OCEAN, THERE'S SOMETHING SO LONELY ABOUT IT.
HAVE YOU FELT THIS WAY?**





What activities make you happy and give you energy – mentally and physically? Examples: Coffee in the morning, hugs, and puppies.

MAKE YOUR OWN LIST HERE:





















BENEFITS OF POSITIVE THINKING

- Helps to manage stress and anxiety
- Improved mood
- Decreased muscle tension
- Increased desire for creativity
- Improved quality of life
- Decreased worry

“Positive thinking involves focusing on the positives and replacing negative thoughts with a more optimistic outlook. This can include positive self-talk, positive imagery, and building self-esteem.”

- Jenna Fletcher

WRITE...

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The lines are thin and consistent in color, set against a plain white background. There are no margins, text, or other markings present on the page.

"It is important to notice you are feeling the grief, acknowledge it and accept it. Then try to act on it in a positive way, such as crying, talking to someone, taking a few moments to ground yourself again. Do something productive that you enjoy, keeping yourself busy."

- Samantha Tugak-Brown,
Rankin Inlet

Section 4:

COPING WITH GRIEF

It is important to realize that your life changes following a traumatic loss. It is important to take care of yourself, and know your limits. Many people may want to help initially, and may want you to do things which you are not ready to do. Know that you can set your own limits in what you can and cannot do at this time. Find people who will allow you to be yourself and let you talk about your loved one openly. Realize that you will experience many emotions during this time, so be patient with yourself. There may be times that you need to reach out for help beyond your normal support network. You may also find comfort in Qulliq lighting with Elders and loved ones or praying. And there may be other traditional practices which will help you during this difficult time.

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**RESPECT AND CARE FOR THE LAND,
ANIMALS AND THE ENVIRONMENT**

Avatittinnik Kamatsiarniq: Respect and care for the land, animals and environment.

Relying on the earth to live means we also rely on our relationship to nature, the animals and ourselves as humans.

What ways can we embody respect and care for the land, animals and environment? What are your favourite ways to embody this principle? Some examples can be community trash pick ups, hunting with respect for the animals, holding on to trash until near a garbage can or sharing food with hungry animals.

This image shows a blank sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Remember that
you are Fire.

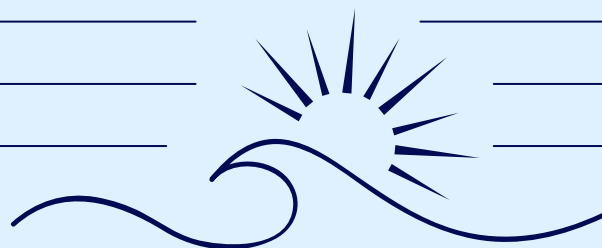
Burn.

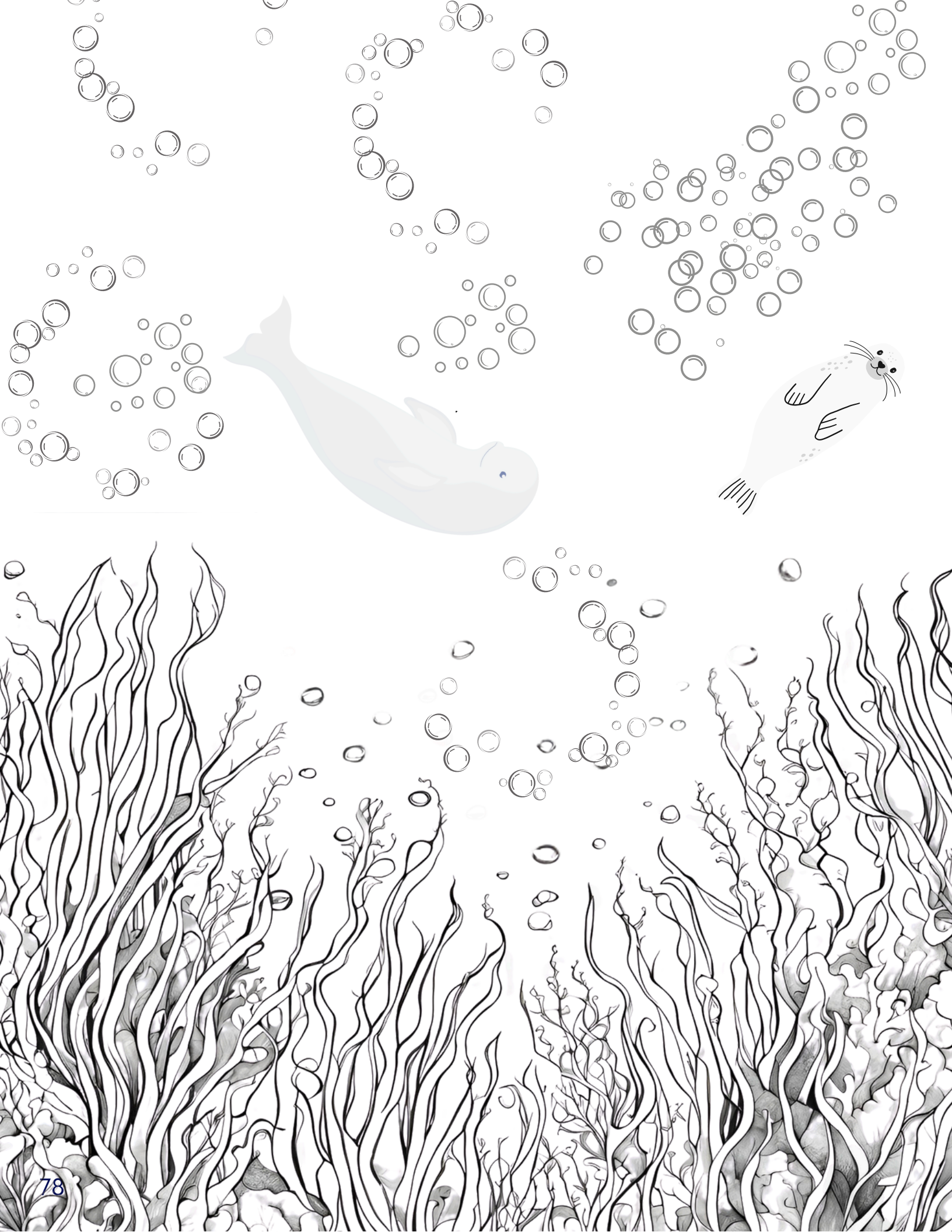
Tame.

Adapt.

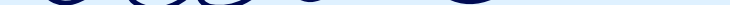
Ignite.

WHAT DO YOU ENJOY DOING THAT MAKES YOU FEEL BETTER?





List your triggers and potential strategies to use when you feel triggered or overwhelmed by sadness.



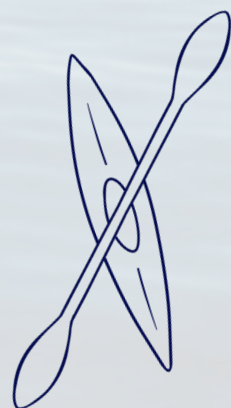
This image shows a full page of blank handwriting practice paper. It features a series of evenly spaced, horizontal blue lines across the entire width of the page. The background is white, providing a clear contrast for the blue lines. There are no margins, text, or other markings present.



[illegible]

This image shows a full page of blank, white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or ledger paper. There are no margins, text, or other markings present.

[illegible]





[illegible]

