

Section 5:

LEARNING NEW SKILLS

IT'S OKAY IF YOU ARE:



GRIEVING THE
LOSS OF A
LOVED ONE



FEELING
LONELY



COPING WITH
AN ILLNESS



STRUGGLING IN
SOME WAY

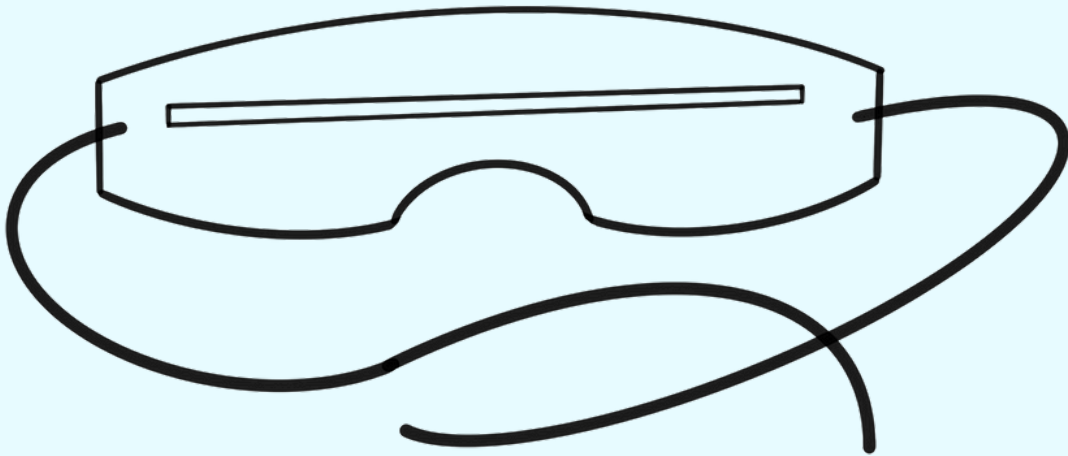


DEALING WITH
FAMILY CHALLENGES



FEELING
ANXIOUS

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**DEVELOPMENT OF SKILLS THROUGH
OBSERVATION, MENTORING,
PRACTICE AND EFFORT.**

IQ PRINCIPLE REFLECTION

Pilimmaksarniq/Pijariuqsarniq: Development of skills through observation, mentoring, practice and effort.

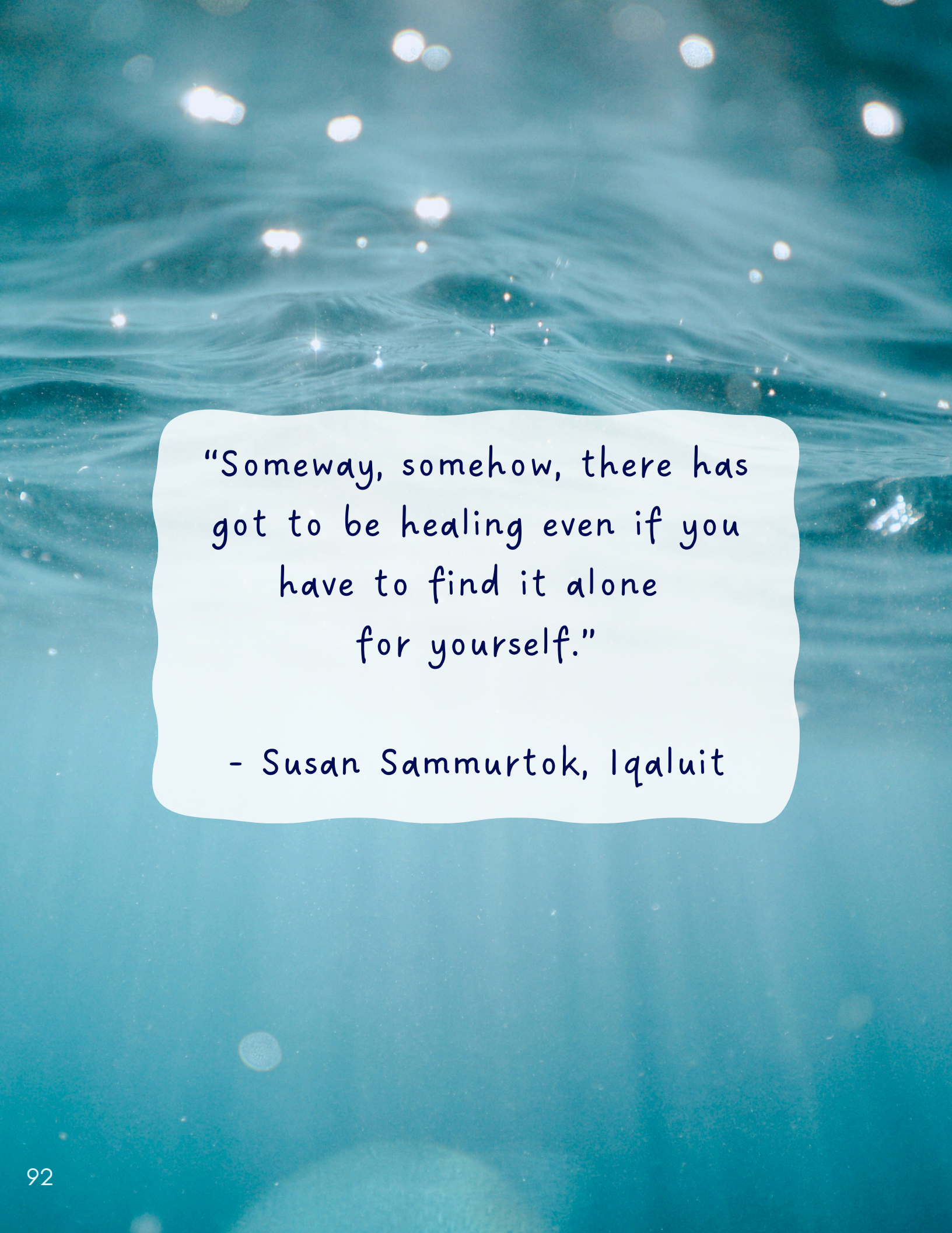
Let's settle in, take some deep relaxing breaths and notice how your body feels after this. Relax your shoulders and start when you are ready.

Learning from observation and example is a vital cornerstone in Inuit knowledge and how it is shared in our lives. Mastery of learning is a lifelong practice that calls us to be open to different understandings and perspectives to gain the knowledge we need.

Everyone has their own unique way of taking in information and their own way of sharing it with the world. When we are still, and notice the differences in our understanding and those of others, we learn for the better.

Reflect below on how someone might have embodied this principle for you or how you'd like to embody this in your life, in teaching or learning from others.

This image shows a single sheet of white paper with horizontal blue ruling 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.



"Someway, somehow, there has
got to be healing even if you
have to find it alone
for yourself."

- Susan Sammurток, Iqaluit

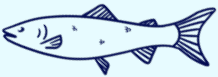
**TAKE A FEW MOMENTS TO FOCUS ON ALL THE THINGS THAT ARE GOING
WELL IN YOUR LIFE RIGHT NOW.**

Create a list of examples, both big and small, that you are grateful for.





WRITE...

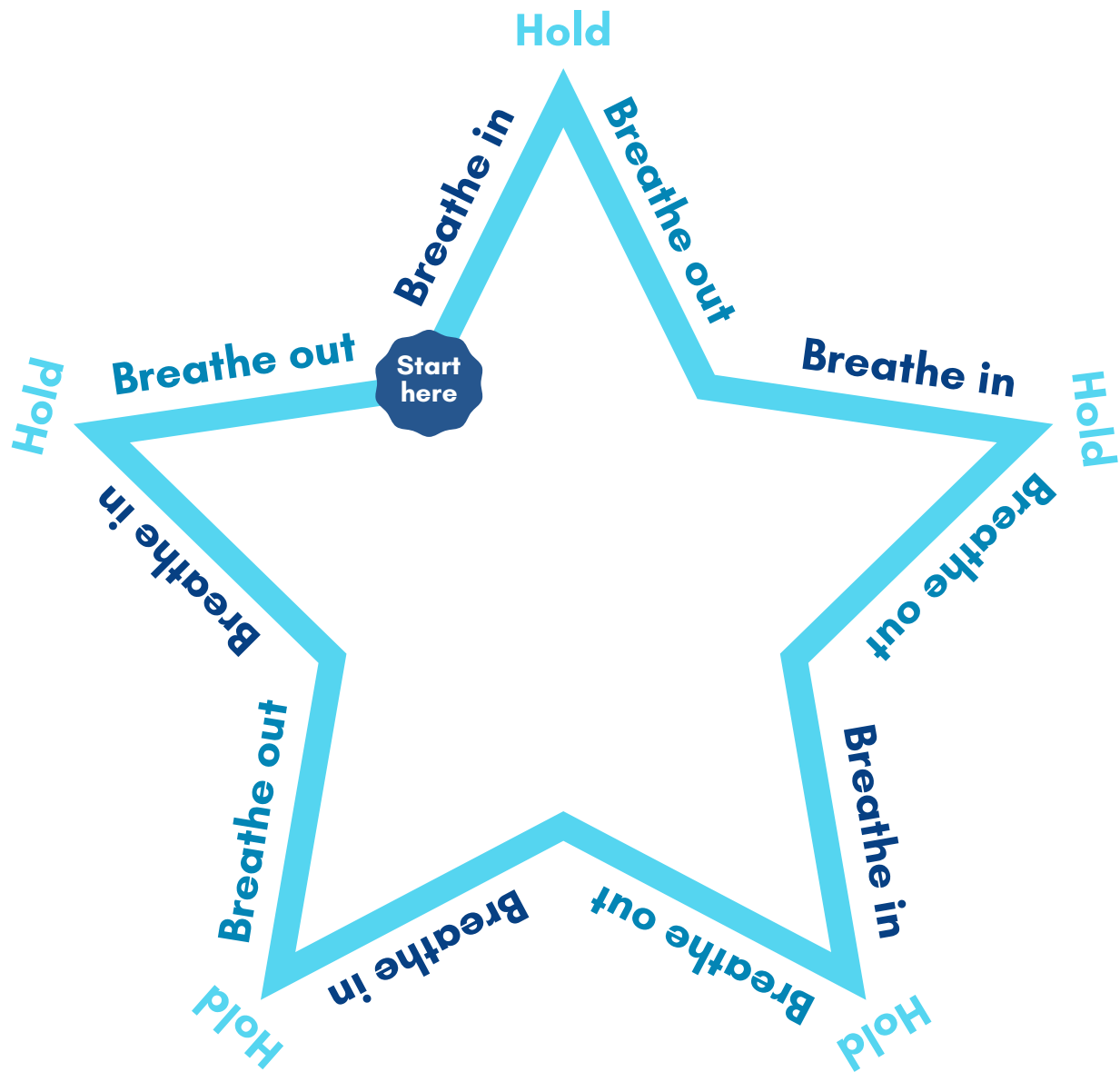


Handwriting practice lines consisting of 20 horizontal blue lines.

Calm yourself with a

STAR BREATHING

Brain Break

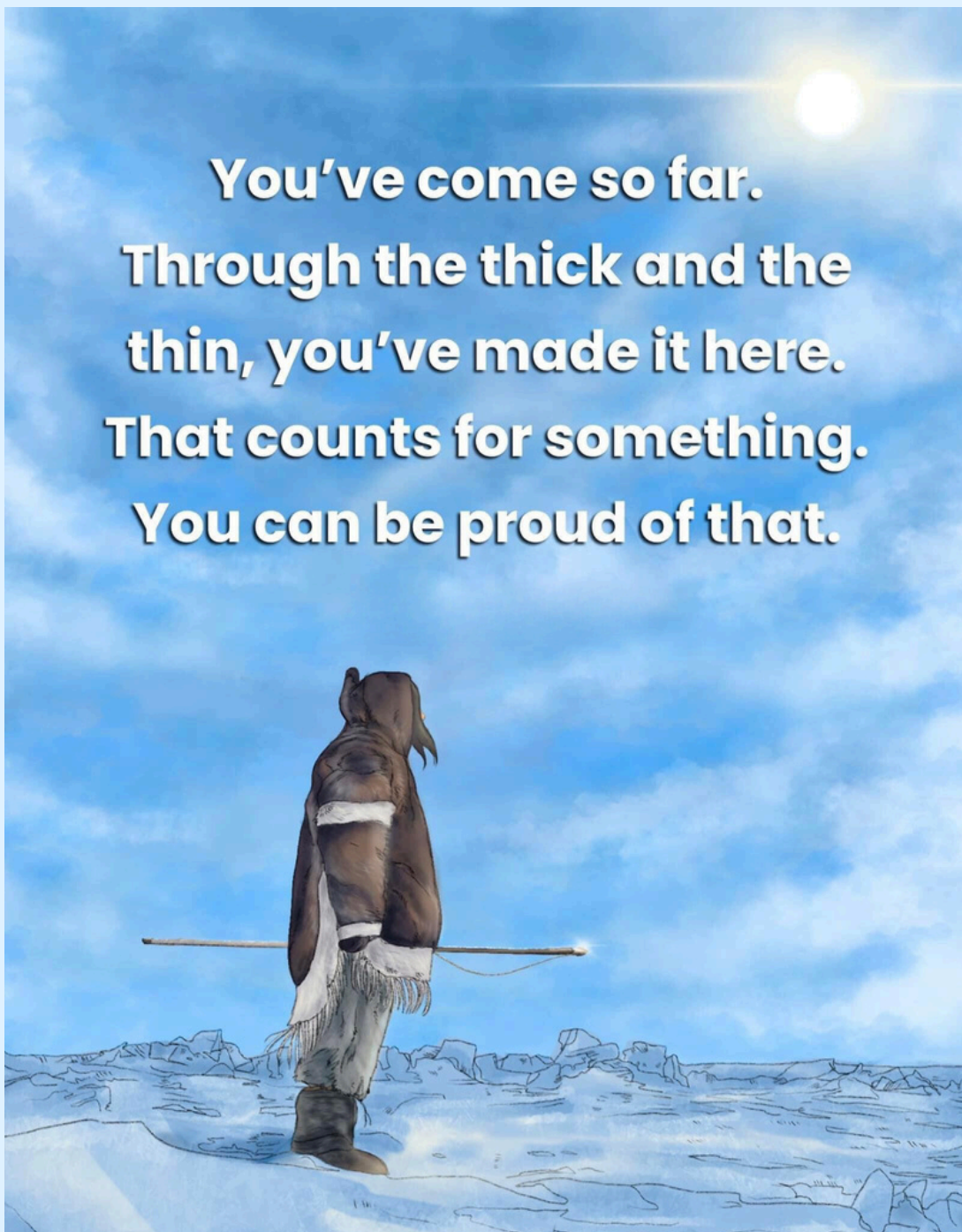


Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

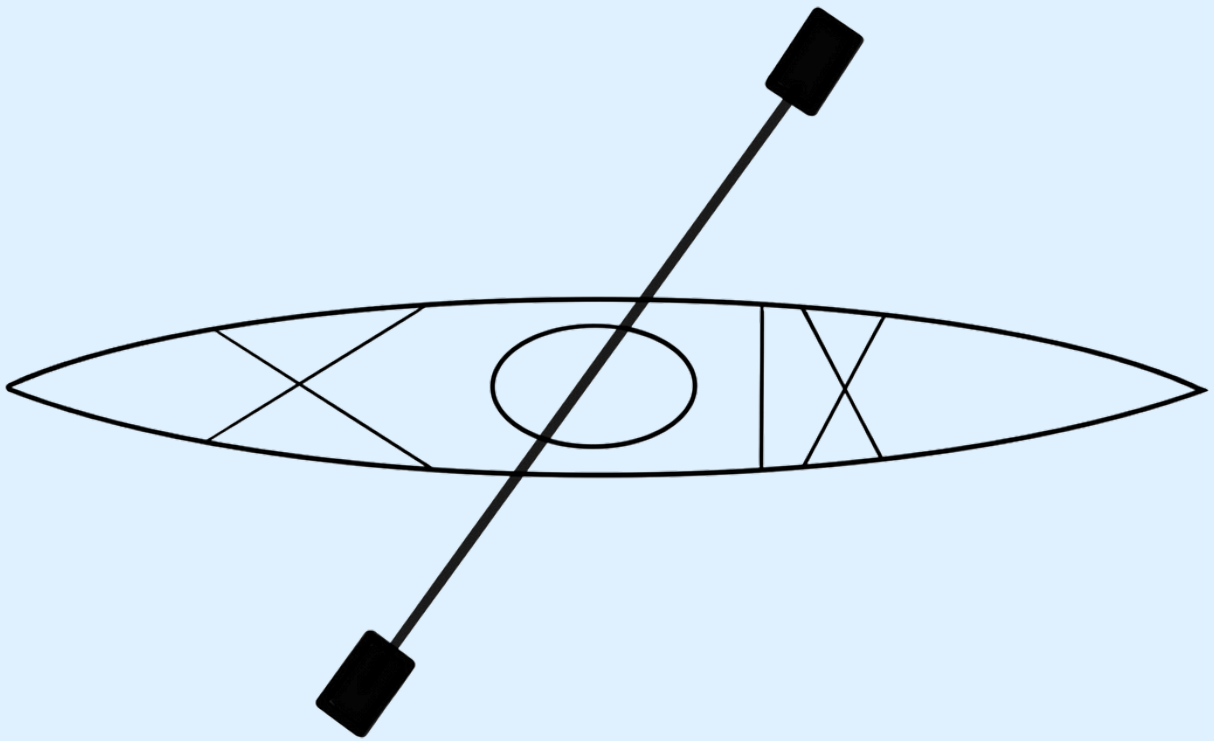
A large, clear water droplet is centered on a light blue background. Inside the droplet, the words "WRITE AND RELEASE" are written in a bold, dark blue, sans-serif font. The text is arranged in three lines: "WRITE" on the top line, "AND" on the middle line, and "RELEASE" on the bottom line. The droplet has a realistic, slightly textured surface with some internal reflections and a small splash of water around its base.97

Section 6: **MOVING FORWARD**

**You've come so far.
Through the thick and the
thin, you've made it here.
That counts for something.
You can be proud of that.**



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BEING INNOVATIVE AND RESOURCEFUL

IQ PRINCIPLE REFLECTION

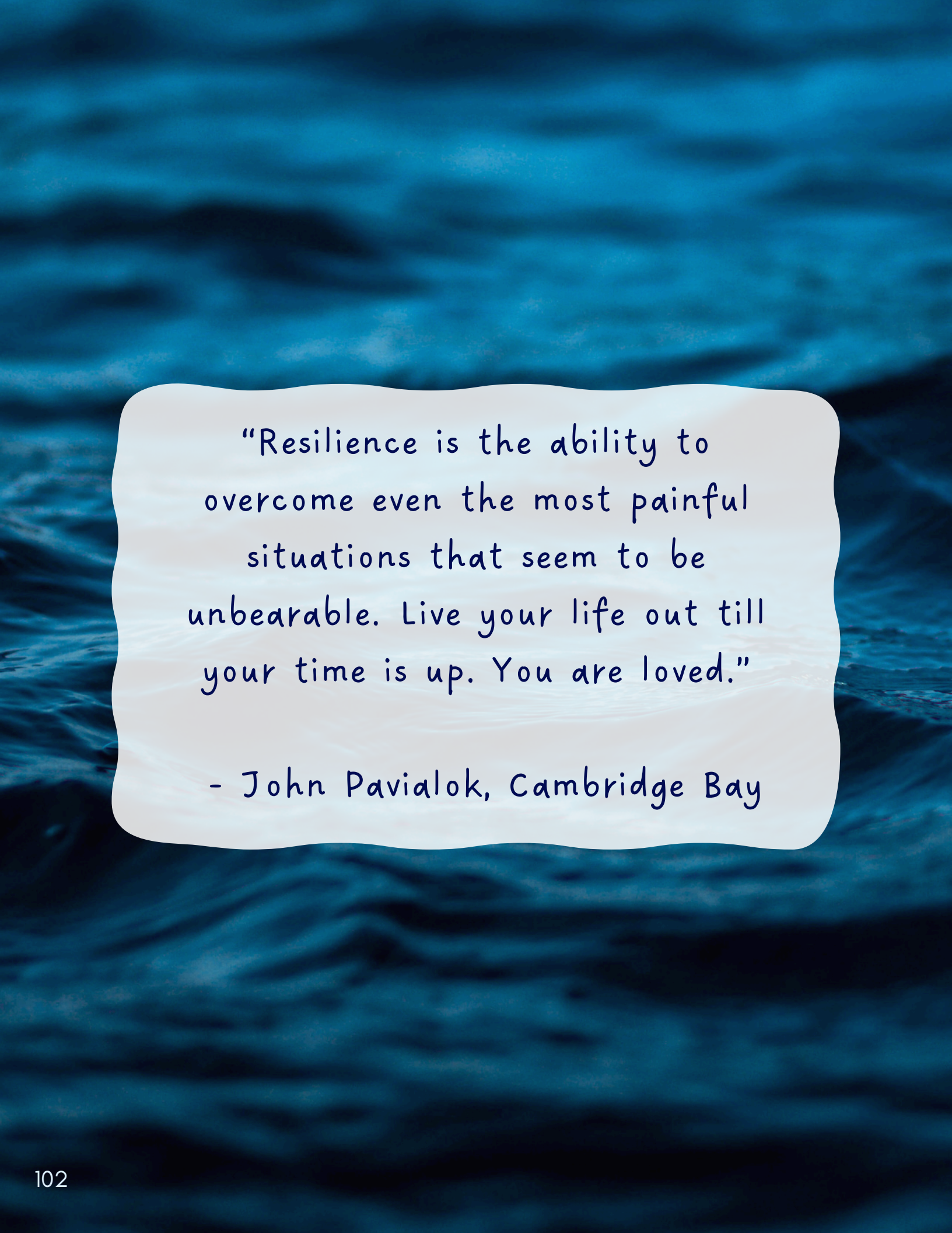
Qanuqtuurniq: Being innovative and resourceful

Relax into a comfortable position, take a few deep breaths and let's begin when you feel ready.

Inuit are very well celebrated for being innovative and resourceful. For example, creating Inuit Qaujimajatuqangit as societal values that apply to all aspects of life and guide us to live in harmony with ourselves, our environments and others.

Reflect on a time when you or someone you admire relied on being innovative and resourceful to find a solution. What are you most proud of or amazed by from that situation? Or consider how you can practice this principle in your everyday life.

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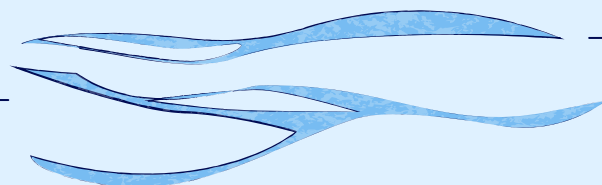


"Resilience is the ability to overcome even the most painful situations that seem to be unbearable. Live your life out till your time is up. You are loved."

- John Pavialok, Cambridge Bay

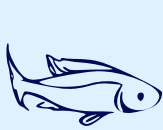
How can you find Acceptance in the face of loss?

How can you find Acceptance in the face of loss?

[illegible]

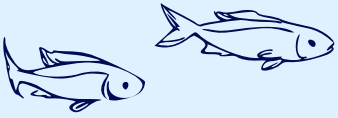


[illegible]




Handwriting practice lines consisting of 20 horizontal blue lines.





A series of horizontal lines for writing, spanning the width of the page.





"Grief has no time limit.
It comes any time, any hour, any
minute, and anything can trigger
it- and that is okay."

- Samantha Tugak-Brown,
Rankin Inlet

Rip this page out and hang it somewhere you can read every morning you wake up. Or write/draw/colour your own on the back.

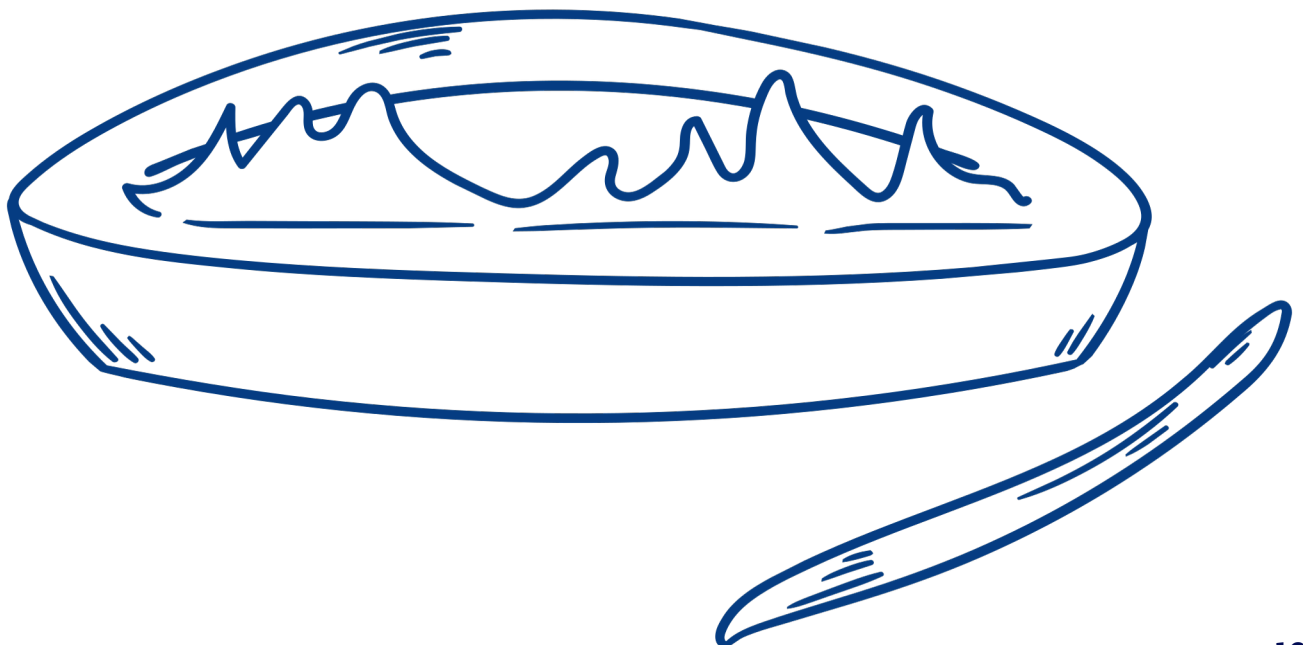
I am strong.

I am resilient.

I am powerful.

I am loved.

I am _____.

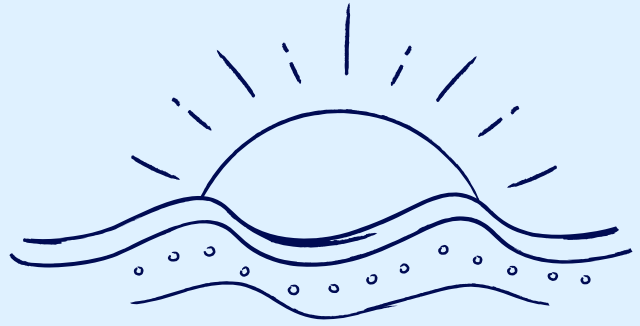




DO YOU HAVE ANY OUTSTANDING REGRETS SINCE YOUR LOVED ONE PASSED THAT ARE STILL WEIGHING ON YOUR HEART AND MIND?

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MORNING MANTRAS



I am capable, strong, and ready to take on the day.

Today, I choose joy, peace, and positivity in all I do.

I radiate confidence, love, and kindness in all interactions.

I am in control of my thoughts, emotions, and actions today.

I have everything I need to succeed within me.

I welcome positivity into my life today and always.

My mind is clear, my heart is open, and I am ready to embrace the day.

I am resilient, and I embrace challenges as opportunities for growth.

Choose or create a mantra that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.

IS THERE ANYTHING THAT WOULD BE HELPFUL FOR YOU THROUGH THIS TIME?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. At the bottom center, there is a small, stylized decorative flourish or signature element. The paper appears to be a template for writing or drawing.