

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.

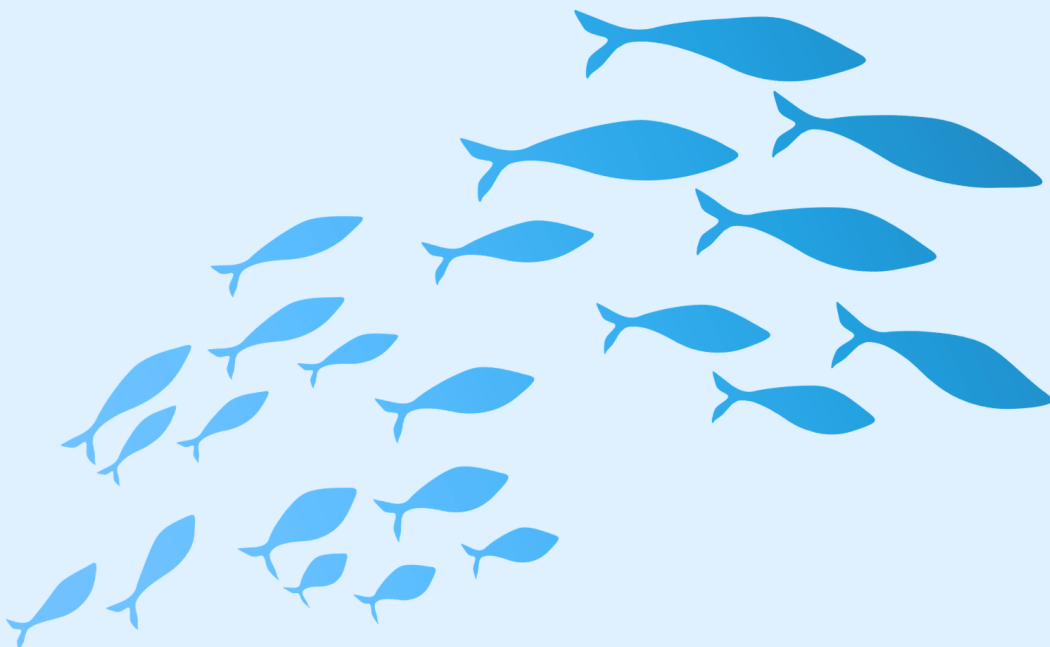
What does fostering good spirits and being welcoming to the different people in your community mean to you? What does it look or sound like? Are there ways you might have been welcomed in a good and memorable way? What stood out to you?

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

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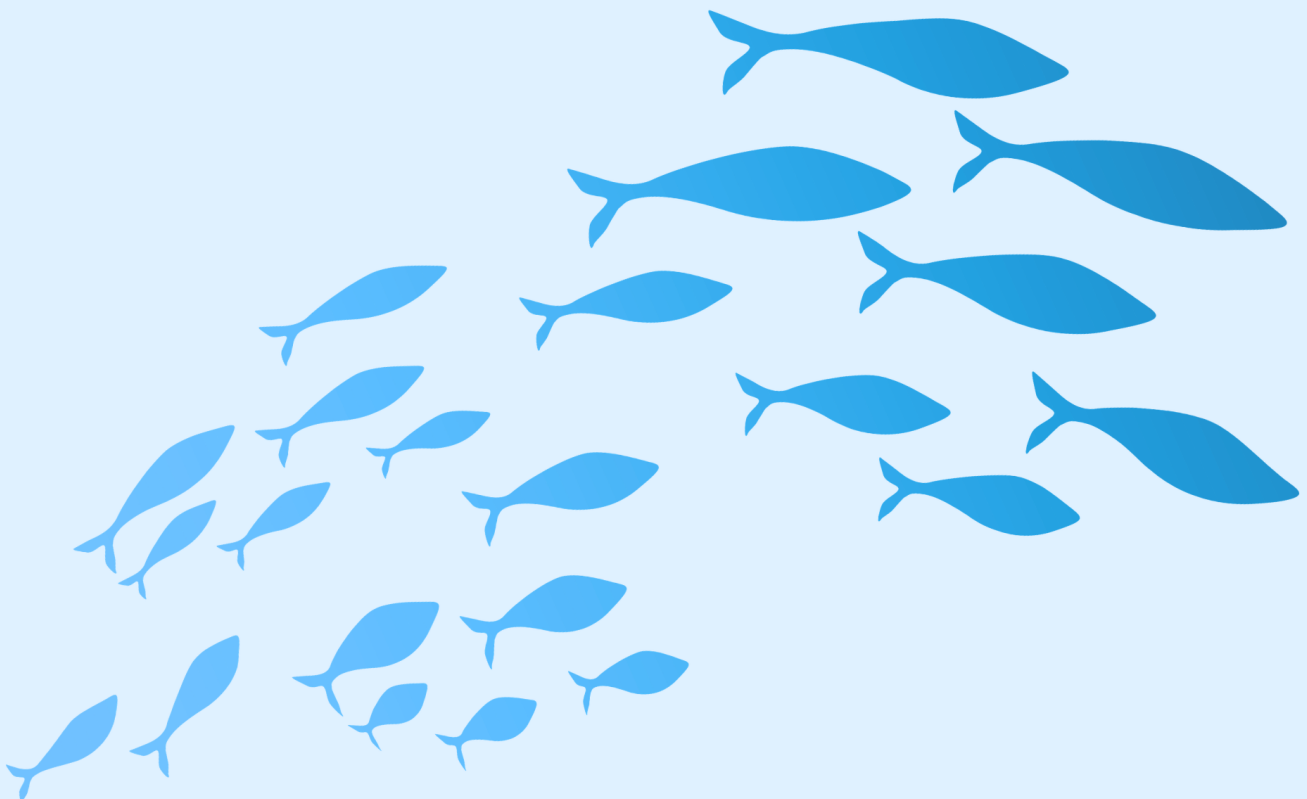
Δεξιόστροφος Αριθμολογιστής

Από την 1^η Ιουλίου 2021 η ΕΚΔΕΛ θα υποστηρίζει τον υπολογισμό των δεξιόστροφων αριθμών με τη βοήθεια του Δεξιόστροφου Αριθμολογιστή.



MY SUPPORT NETWORK

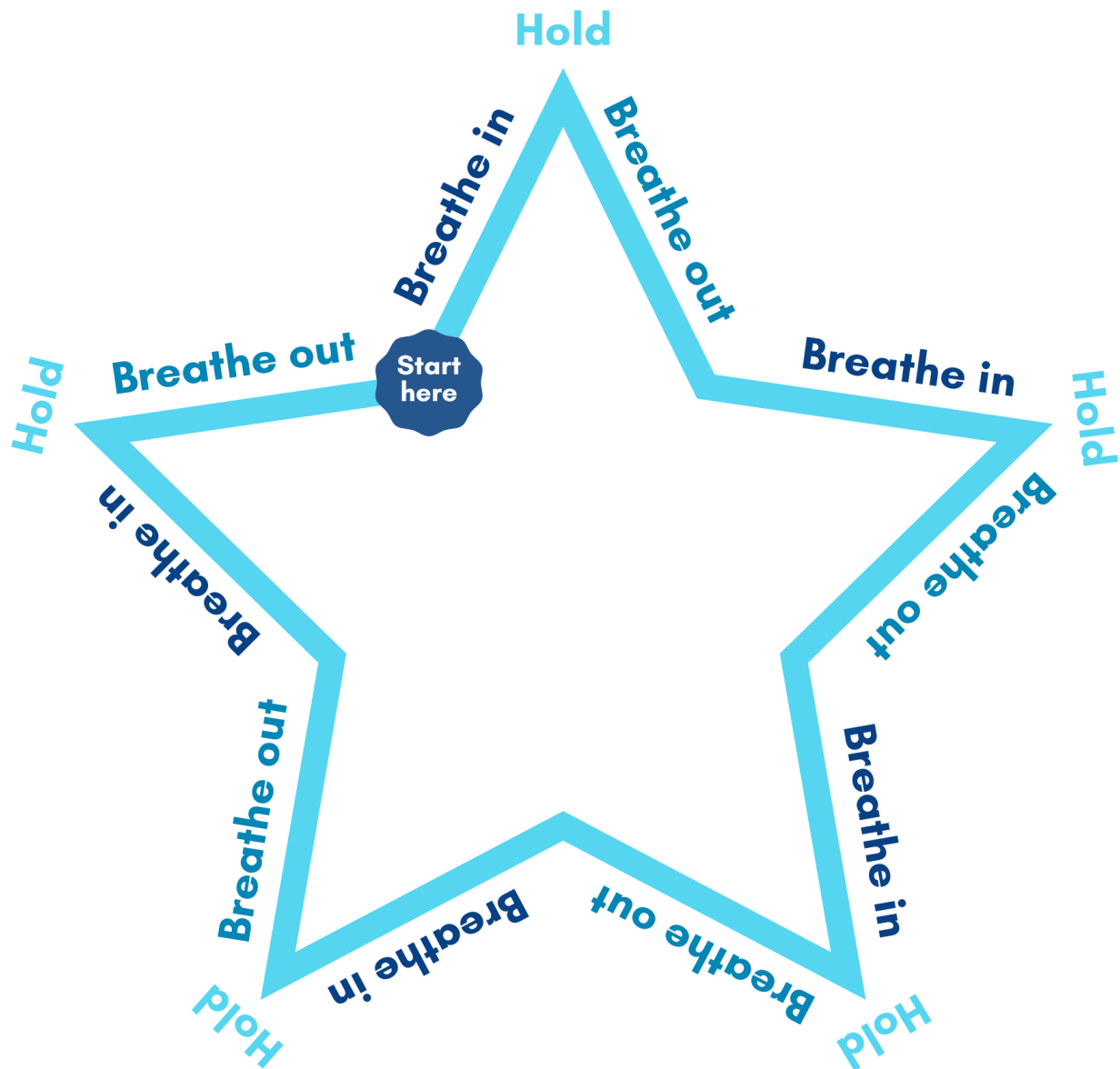
Use the spaces below to write the names and numbers of people from your support network who you can call when you're struggling.



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.

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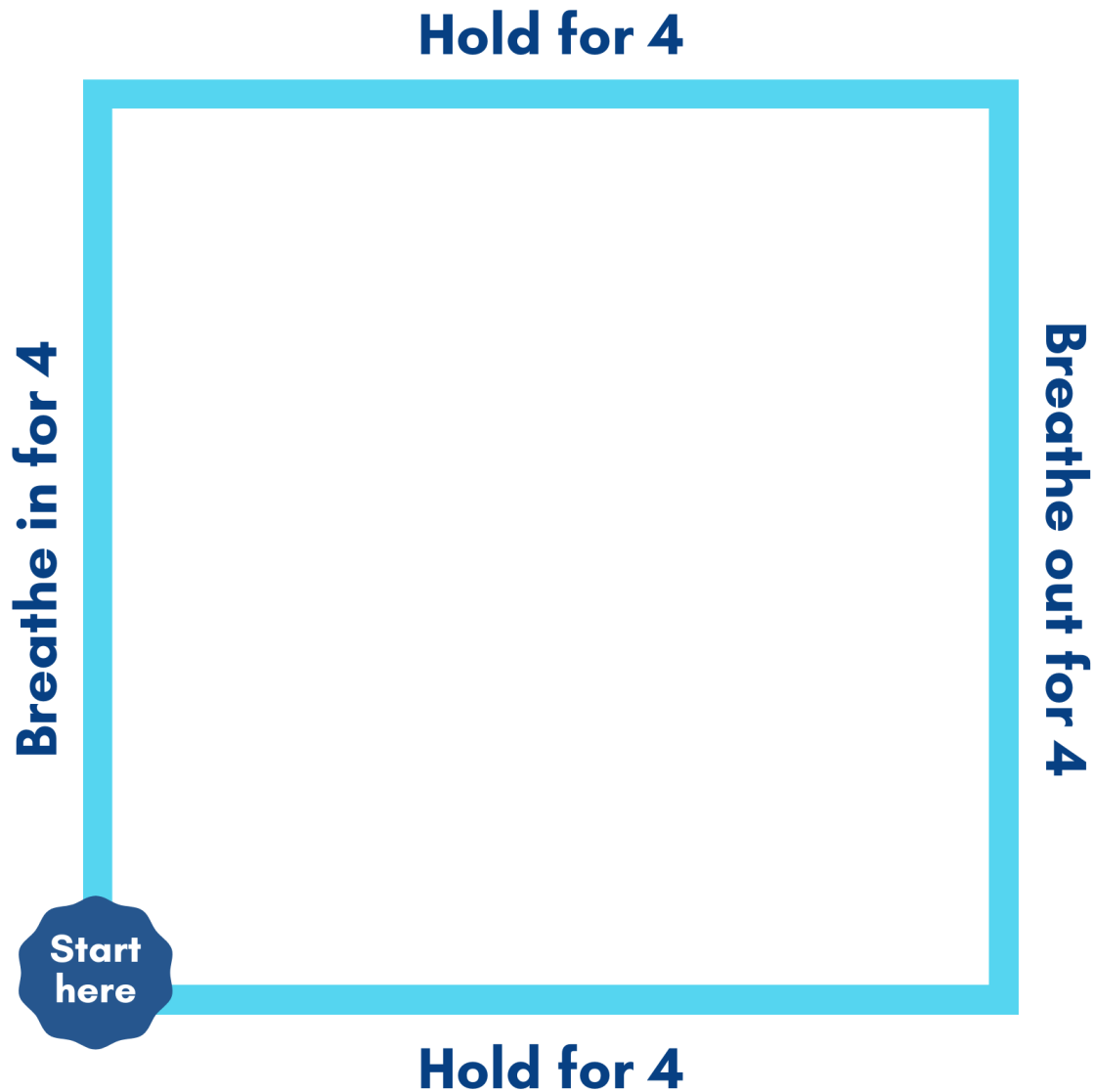
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[illegible]

SQUARE BREATHING

Brain Break



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

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[illegible][illegible][illegible]This image shows a full page of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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.

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.

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Δεξιόρροιο Λατίν Διπλόνις

- [illegible]

[illegible]

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

[illegible][illegible]

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[illegible]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.

Piliriqatigiinniqlkajuqtigiinniql: Working together for a common cause.

Working together for a common cause in the community allows many individuals to support the collective in their own ways. Consider how we usually see this play out in community gatherings like feasts, games, cultural workshops, sewing programs, school land trips and community trash clean ups. Everyone has a part they can play to help achieve a harmonious goal for the community.

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.

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.

[illegible]

IQ PRINCIPLE REFLECTION

Pijitsirniq: Serving and providing for family and/or community.

Let's start with closing your eyes and take a few deep breaths, open them when you feel ready to begin this page.

A common misunderstanding when it comes to providing and serving in community is that actions need to be grand and reach many people. Although it is important to make big efforts, we can't forget how the smallest gestures of consideration and kindness also ripple through communities. Consider what serving and providing in a community really means to you as an individual.

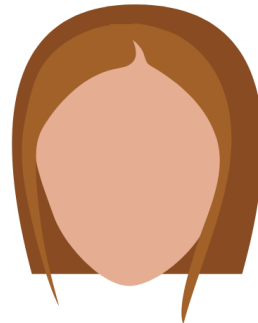
Think back to a time when you felt supported by fellow community members and it made your day better. Maybe it was someone holding the door open for you, sharing a meal with you or even just a gentle smile during a difficult time.

Reflect on what was important for you in these interactions below and I'll also invite you to reflect on some ways you might practice Pijittirniq in your own day to day life. Or you can reflect on a time in your life when you were inspired by or admired someone who embodied this principle for their community.

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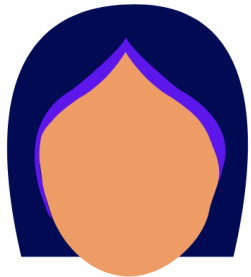


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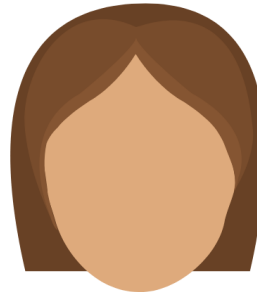
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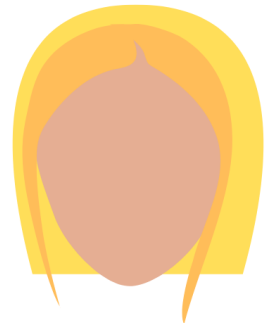


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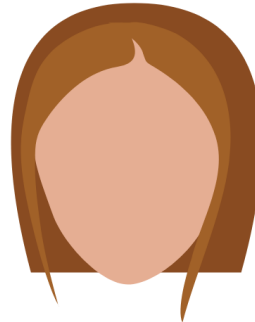
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MY FEELINGS



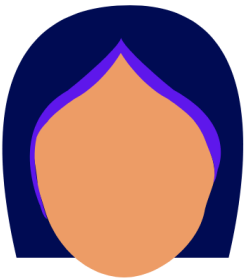
I am happy.

I am sad.



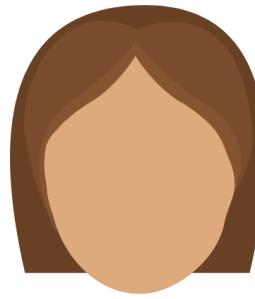
I am scared.

I am angry.



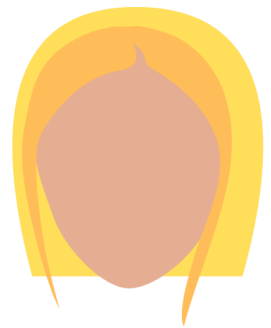
I am sleepy.

I am surprised.



I am shocked.

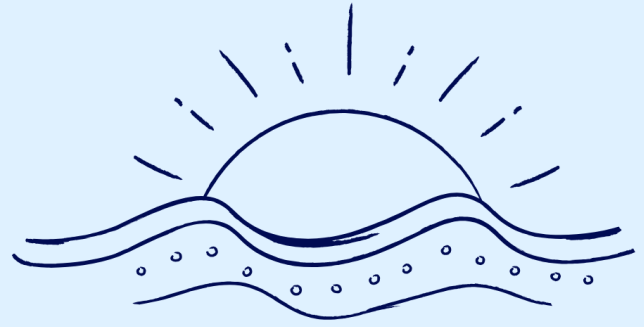
I am content.



I am _____

[illegible]

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.

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$$\Delta_C \Delta_C^{\rho} J \Delta_C^{\rho}$$

$$Q^L C^{\rho} C^{\rho} \Delta_C^{\rho} C^{\rho} \sigma^b$$
$$\Delta \dot{m}_{\text{CO}_2} = \dot{m}_{\text{CO}_2}^{\text{in}} - \dot{m}_{\text{CO}_2}^{\text{out}}$$
[illegible]

$\Delta^b \Gamma \Gamma \cap {}^c b \Delta^c$
 ${}^c b _ \supset \Delta^a a {}^c b$

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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

[illegible][illegible][illegible][illegible]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.

IQ PRINCIPLE REFLECTION

Inuuqatigiitsiarniq: Respecting others, relationships and caring for people

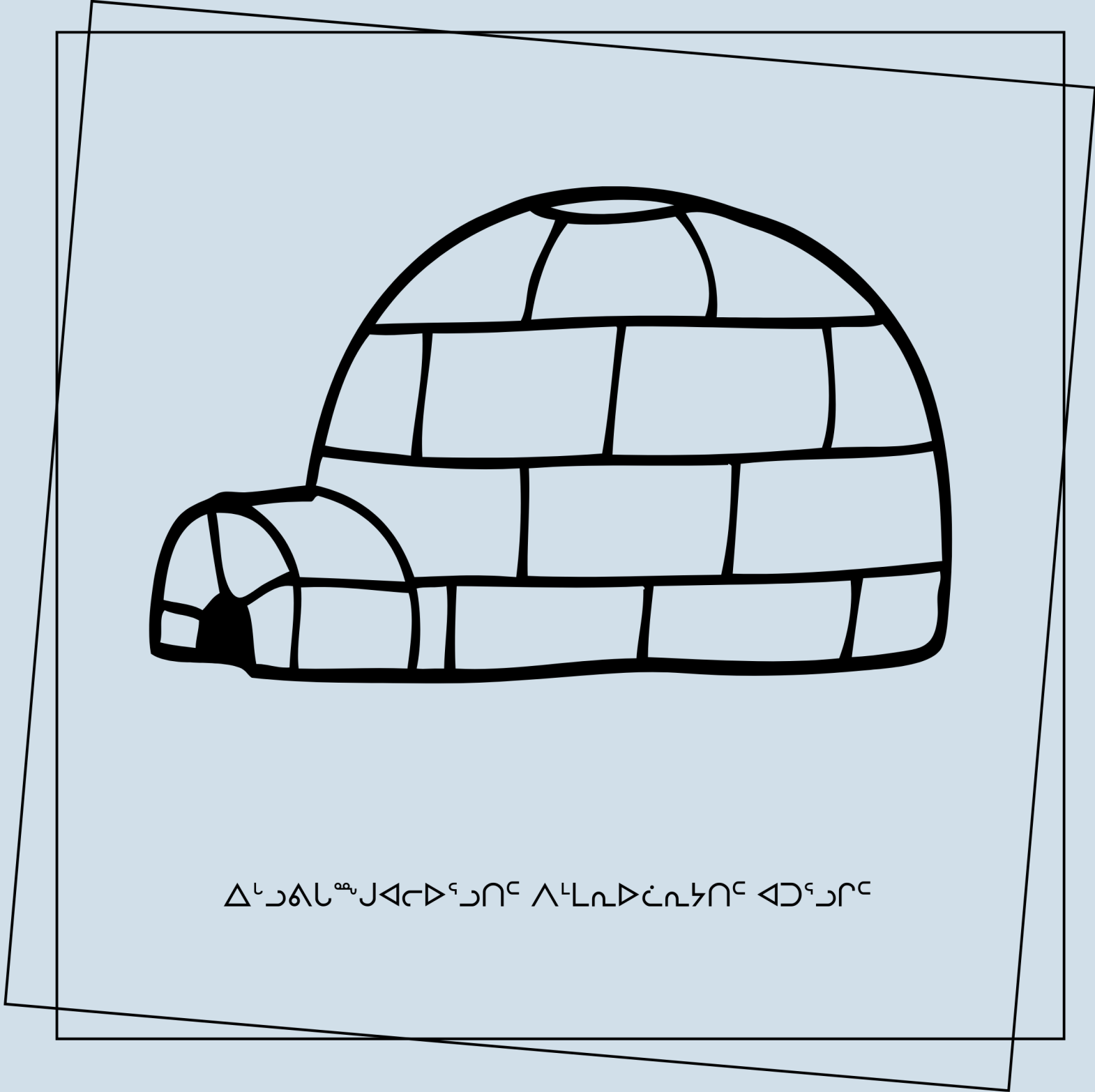
Let's start with dropping your shoulders, relaxing your jaw and closing your eyes while taking a few deep breaths, open them when you feel ready to begin this page.

Respecting others, relationships in life and caring for others will mean something different to everyone. How we foster respect and care in our relationships to others and ourselves can often tell us what matters most in our lives.

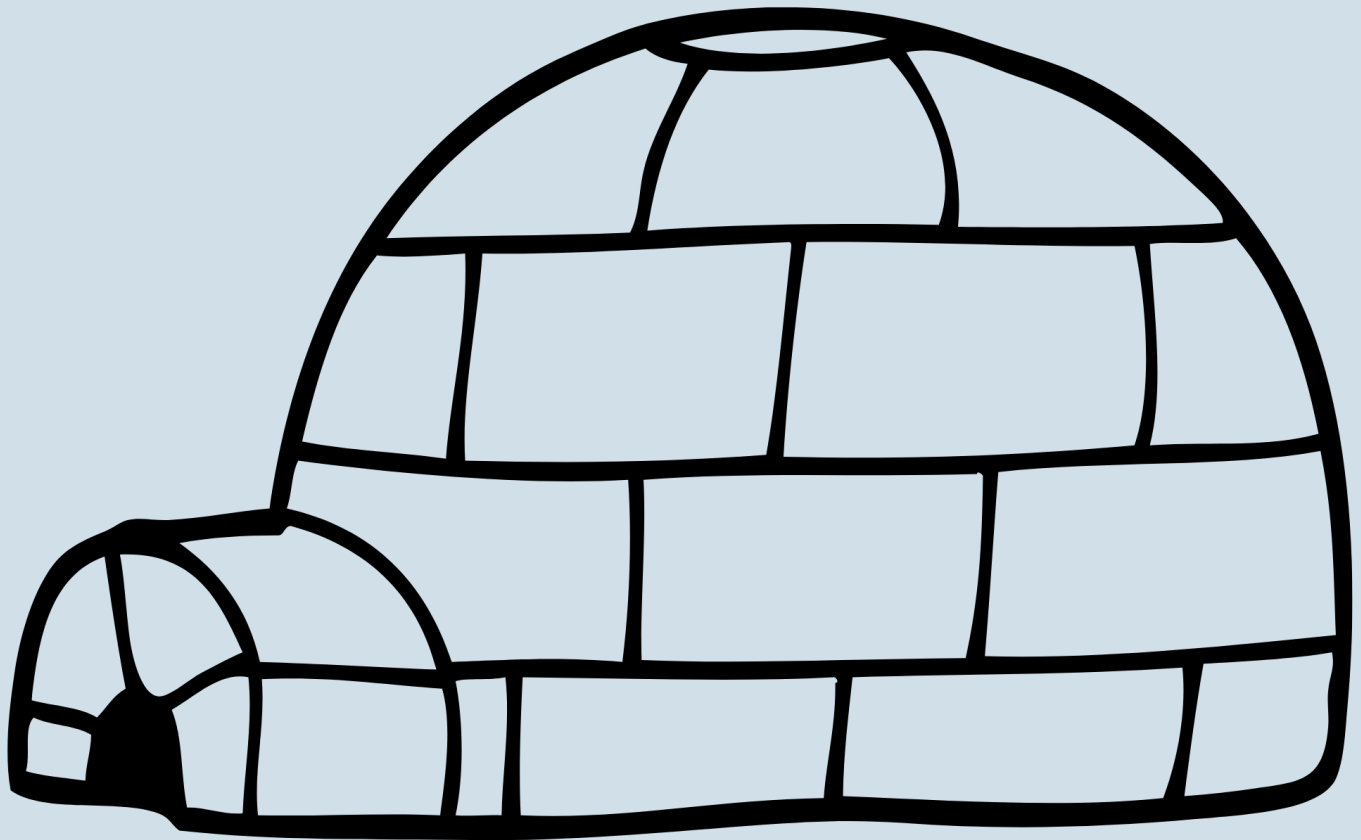
Defining what it means to respect and care for others in a comfortable way that fits into our individual lives is important. Learning how we want to be respected and cared for can give us hints on how we'd like to share and embody our understanding of this principle within our relationships and communities.

What does respect mean to you? How do you foster respect and caring for others or yourself in day to day life? Take a few moments to reflect on these questions down below.

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.



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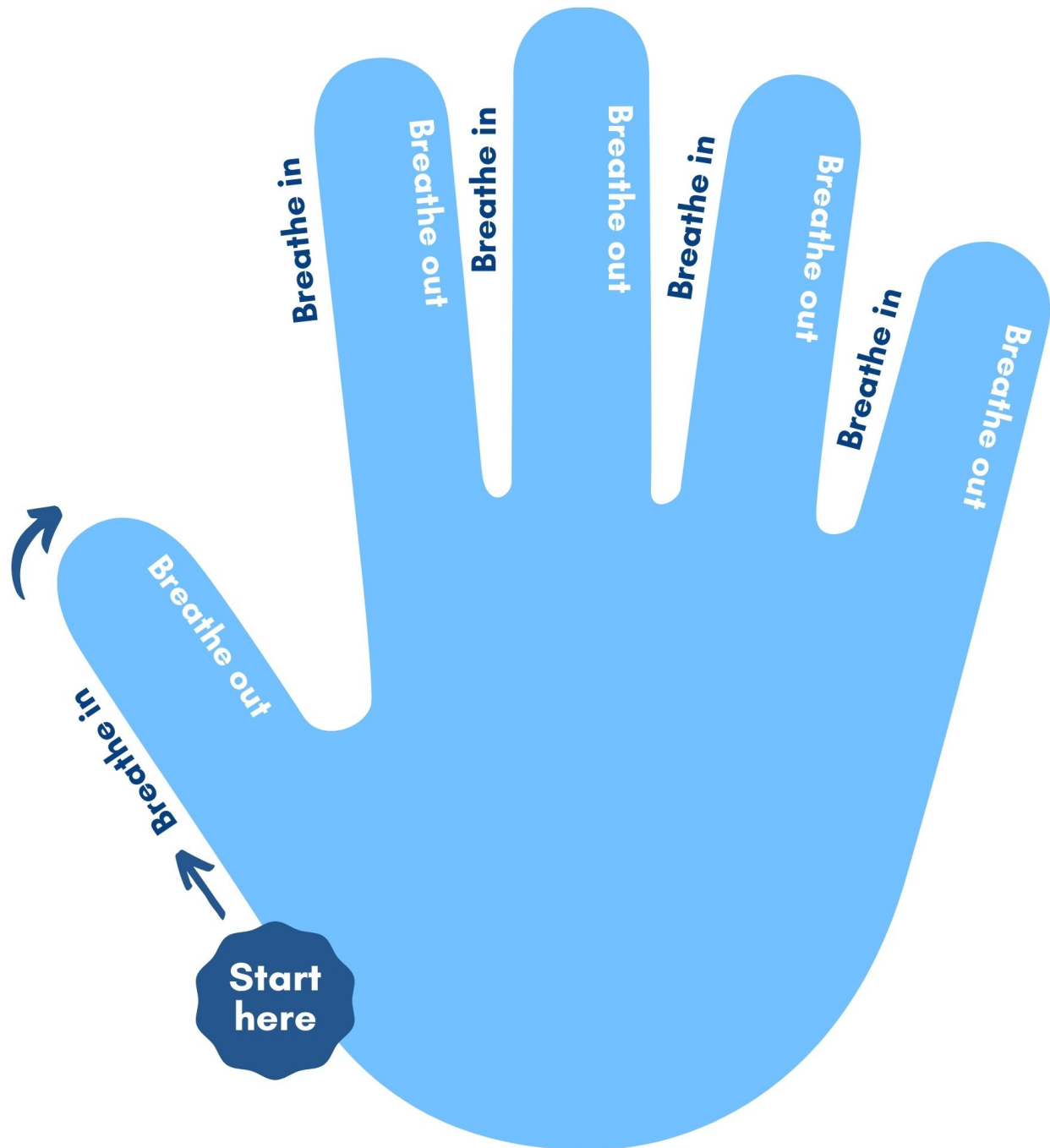


Take some time to fill the igloo blocks with what matters most to you.

Calm yourself with a

5 FINGER BREATHING

Brain Break



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

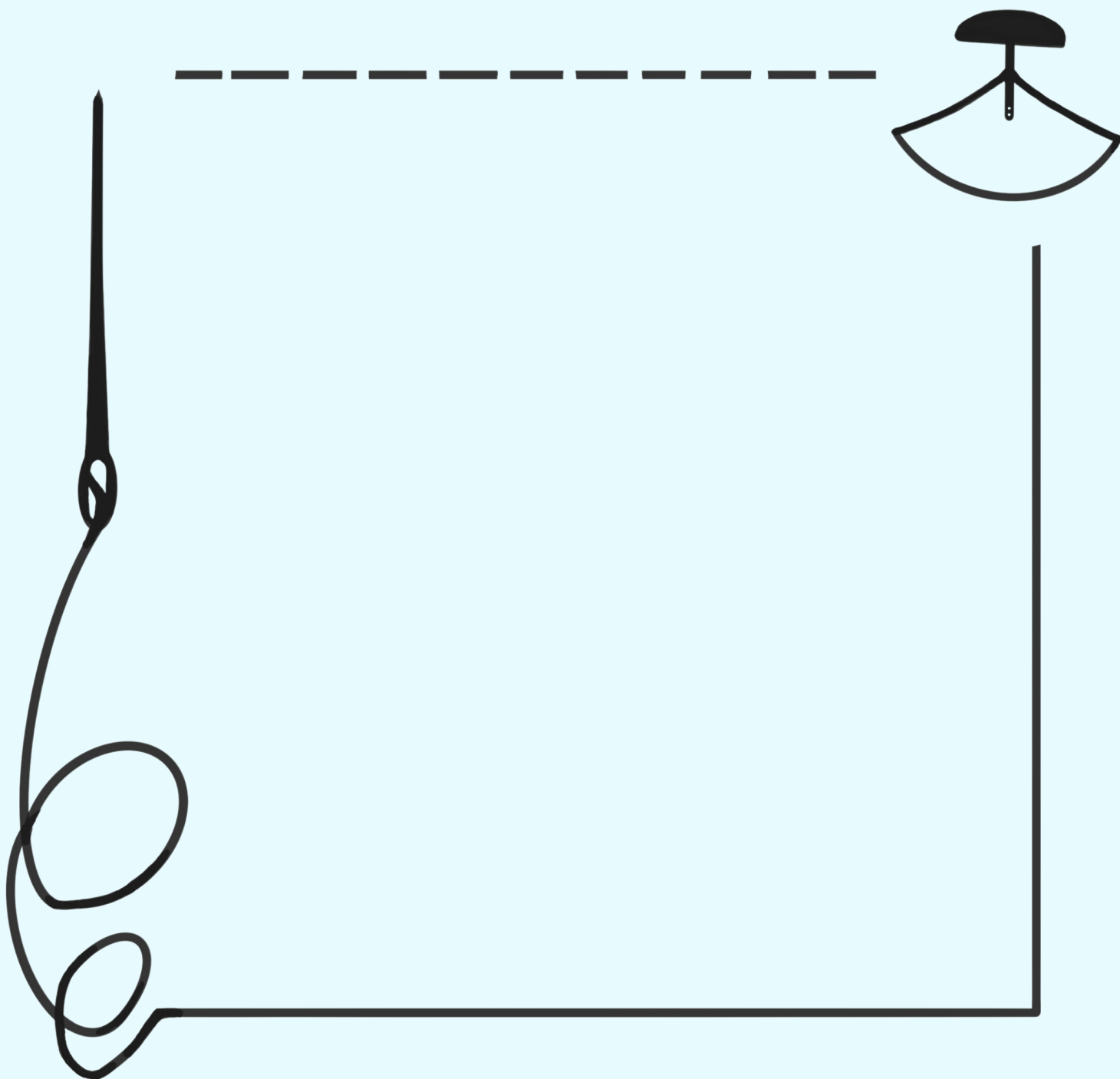
ԱճԳԵՏԵԼԸ ՎԵՆՆԱՆԸ ՃԱՆՉՐԵՄ ԶԿԸՇԸ ՃՈՂԴԻ ԼԵՍ.
ՈՈԳՆԱՆԸ ԾՐԵՆՈՆԱՐԸ, ՇԼԻՐԻՆ՝ ՎԵՐՋԻՆԸ ԴՐՋՈՒՄ, ՅԵՇՍՈՐԸ.



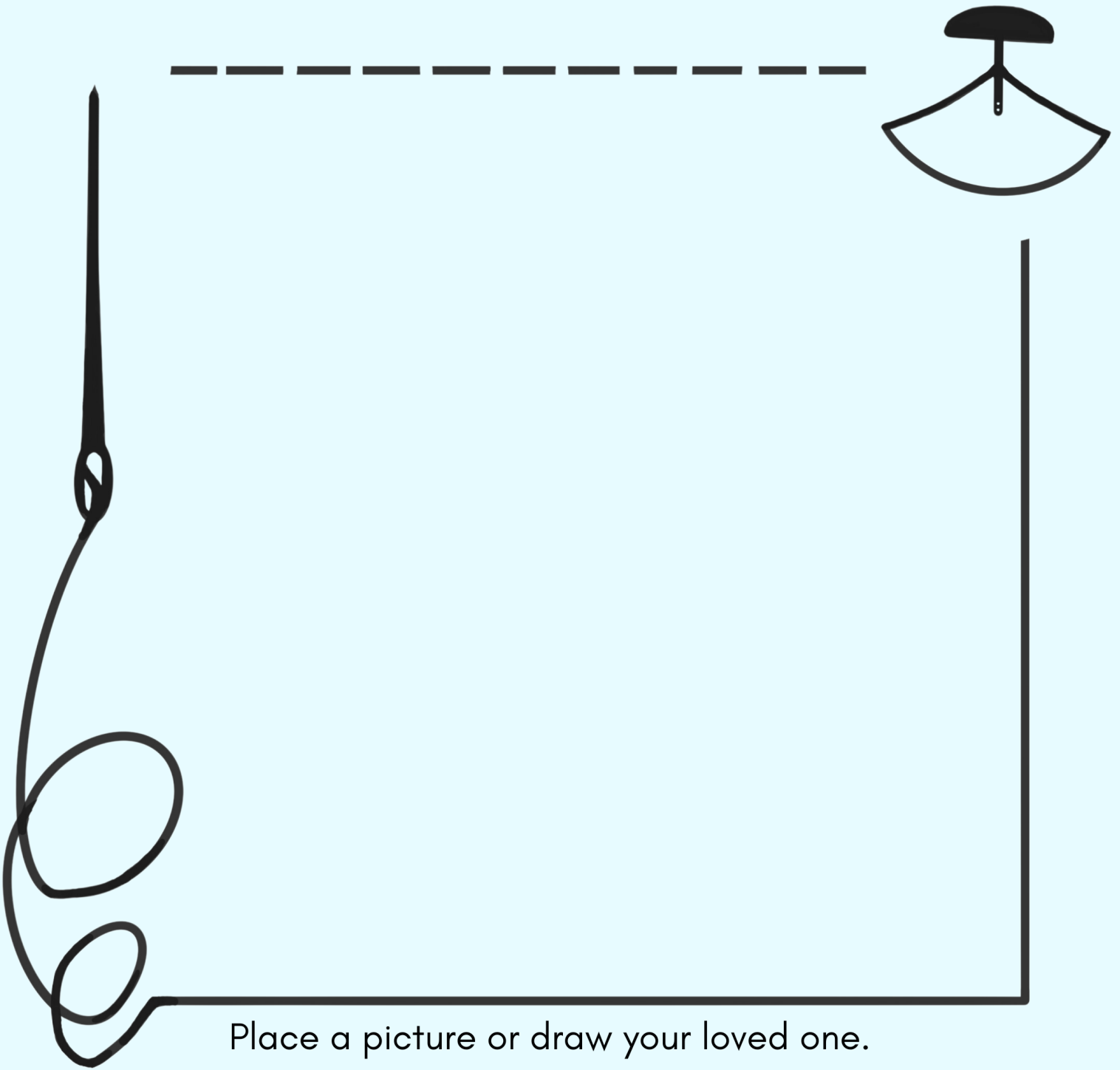
**TAKE A FEW MOMENTS TO FOCUS ON ALL THE THINGS THAT ARE GOING
WELL IN YOUR LIFE RIGHT NOW.**

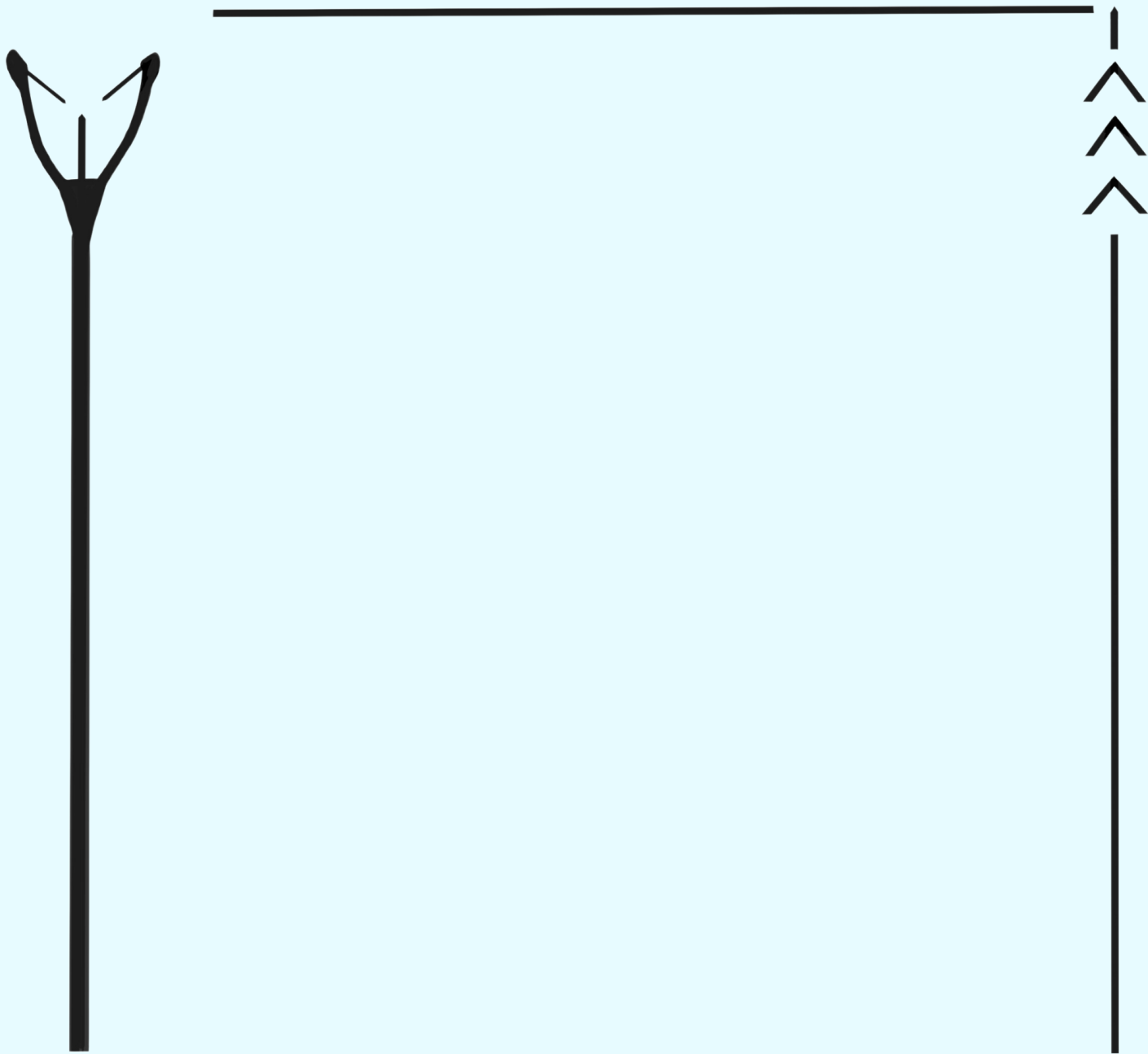
Create a list of examples, both big and small, that you are grateful for.





Արշունը Վրայ՝Վրեք Եղջուհի ՈրեքՆախ Աճի Ը՛րրհալսեք.





Ասիական Վերածնունդի Եզրագծի Որոշումները Այս Եզրագծի Ելակետն են.



A large rectangular frame defined by a horizontal line at the top, a horizontal line at the bottom, and a vertical line on the right. The left side of the frame is open, aligning with the person silhouette on the left.

Place a picture or draw your loved one.

[illegible][illegible][illegible][illegible]

“ኔጄሪያ ለጋራው የሚገባው ምርጫ ስርዓት ለሀገሪቱ ምን ዓይነት ጥቅም ይሰጣል? ለሀገሪቱ ምን ዓይነት ጥቅም ይሰጣል? ለሀገሪቱ ምን ዓይነት ጥቅም ይሰጣል?”

ፈረንሳይኛ ጋዜጠኝ ካልፈረደ ወይም ካልተረገጠ ሆኖ ለፍርድ ቤቱ ማሳሰቢያ ማቅረብ አይችልም፡፡ ለዚህም ምክንያት ሆኖ ለፍርድ ቤቱ ማሳሰቢያ ማቅረብ አይችልም፡፡ ለዚህም ምክንያት ሆኖ ለፍርድ ቤቱ ማሳሰቢያ ማቅረብ አይችልም፡፡

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IQ PRINCIPLE REFLECTION

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

Let's settle in and take a few deep breaths, relax your shoulders and think of your favourite animal or scenery on the land or waters. Let's begin when you are ready.

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

A foundation of respect, gratitude and care for the land and animals is a core aspect of Inuit ways of knowing and being. Our impact as humans in these environments are heavy, so it is beneficial to live in a good way with nature while we are here.

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.

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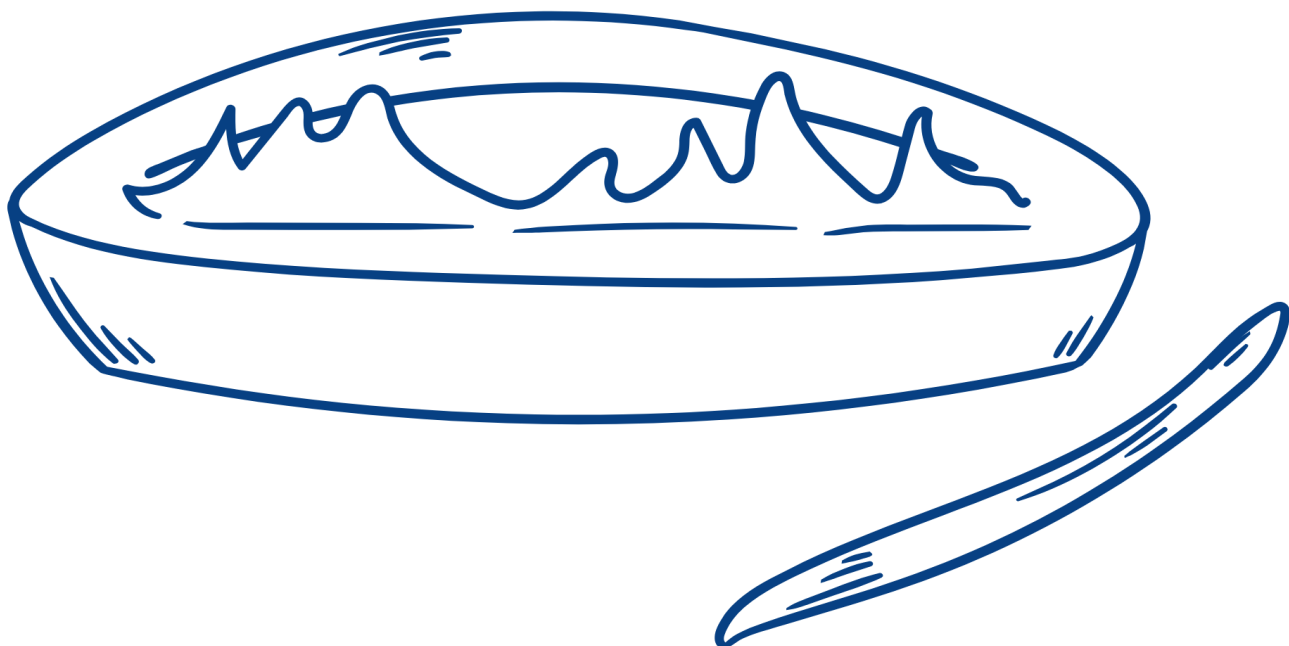
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ፍጥነት ለማድረግ

A large white rectangular area with rounded corners, containing ten horizontal blue lines for writing.

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 is no handwriting or other markings on the paper.

[illegible]

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.

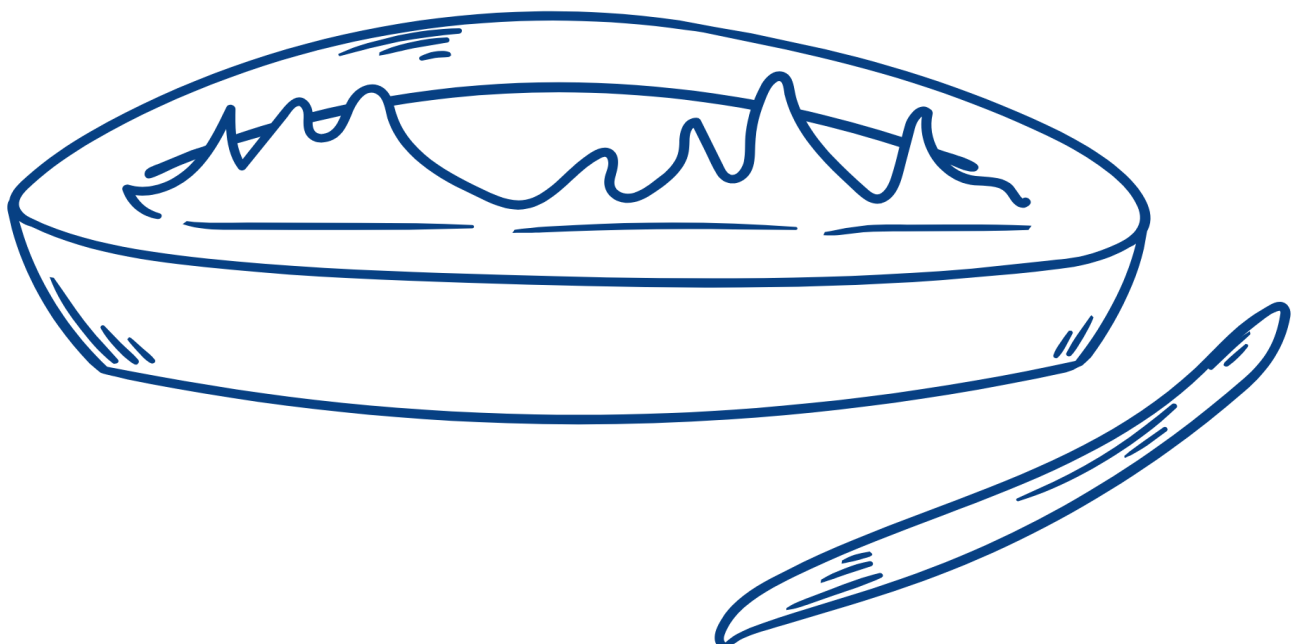
I am strong.

I am resilient.

I am powerful.

I am loved.

I am _____.



[illegible][illegible][illegible]

ልዩነቱም ምን ምን ሲሆን ለዚህ ምክር ቤት ማስታወሻ ማድረግ አለብኝ፡፡
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[illegible][illegible]

IQ PRINCIPLE REFLECTION

Aajiqatigiinniq: Decision making through discussion and consensus

Check in with your body, does it want to stretch out a little bit? Or maybe it wants some deep breaths or even a yawn. Let's begin once you feel settled in.

Decision making through consensus and discussion usually benefits the collective most when all individuals try their best to support and consider others in the discussion of decision making.

Consider where you commonly see this principle play out in day to day life. Maybe in places like work or schools. What might be some environments less thought of when it comes to fostering this principle today? For example, within our homes or close relationships to others.

Why is mutual decision making important in supporting the community and its individuals? Reflect on how you see yourself practicing this principle in your life or a time when you observed this kind of teamwork before.

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 or other markings on the paper.



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[illegible][illegible]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.

[illegible]

၎င်းတို့သည် အောက်ပါအတိုင်း ဖြစ်ပေါ်လာသည်။

▷^a◁^az^aσ^c σ_n▷^aℳ^aℳ^bj^cσ^c_b

የጋራ ጥራት ማረጋገጫ ለማሳካት የሚያስፈልጉትን ምርጫዊ ስራዎች ለማግኘት

- [illegible]

[illegible][illegible][illegible][illegible]

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[illegible][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, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

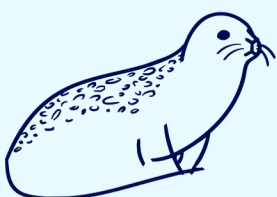
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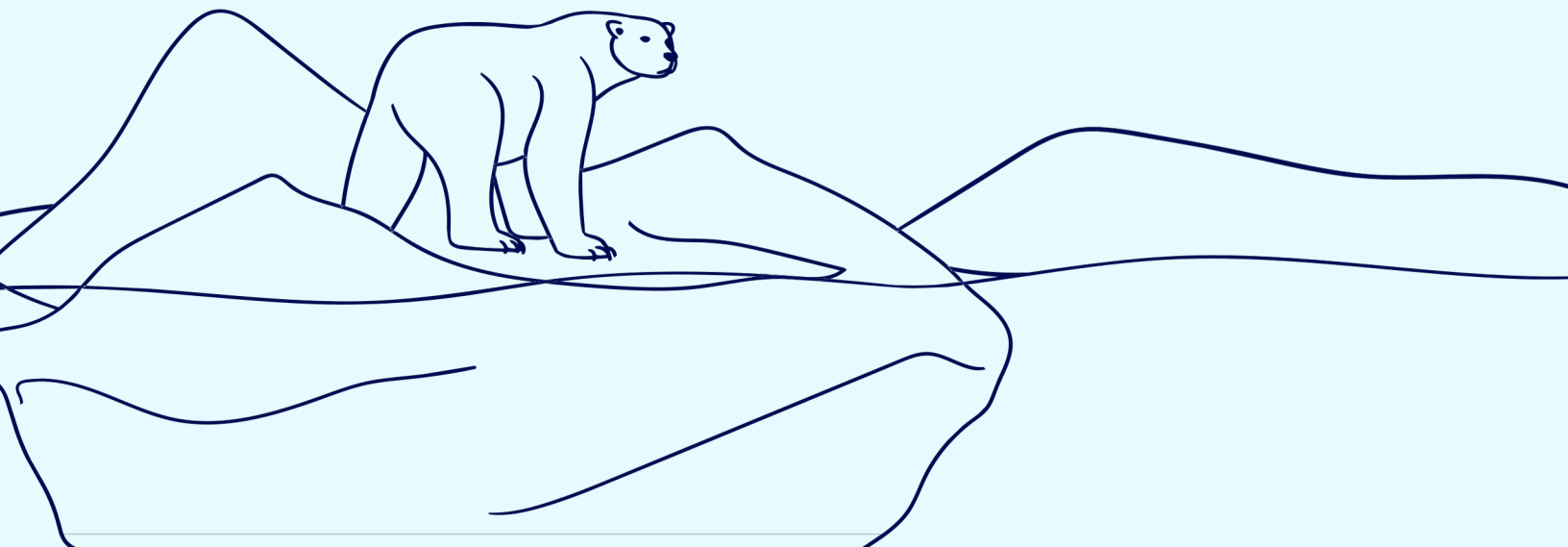
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- [illegible]

[illegible]

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and light blue, set against a plain white background. There is no handwriting or other markings on the page.





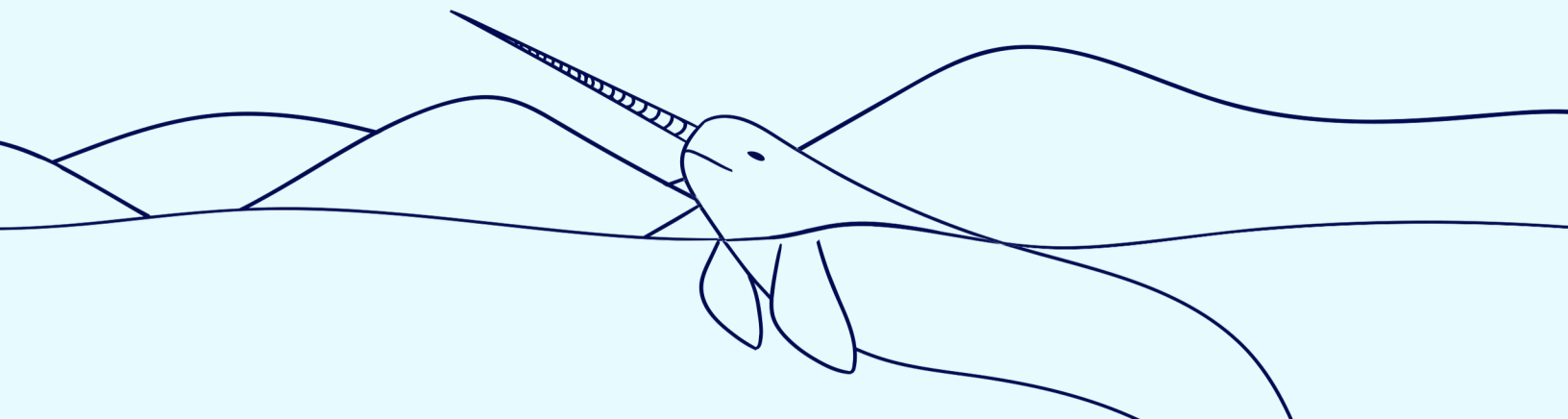
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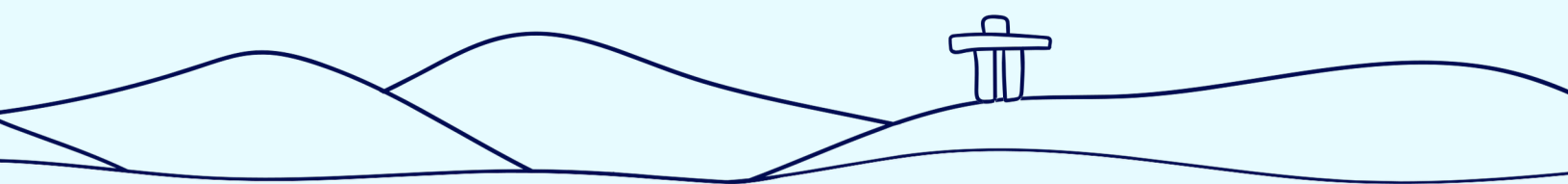
This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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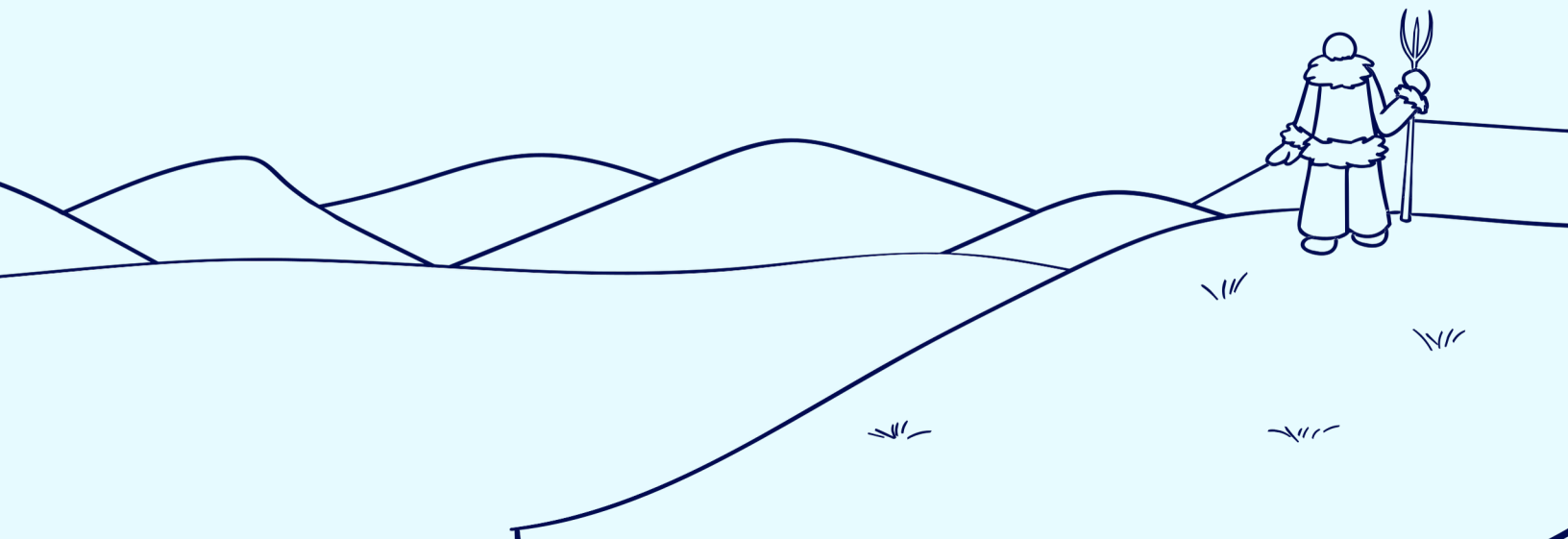


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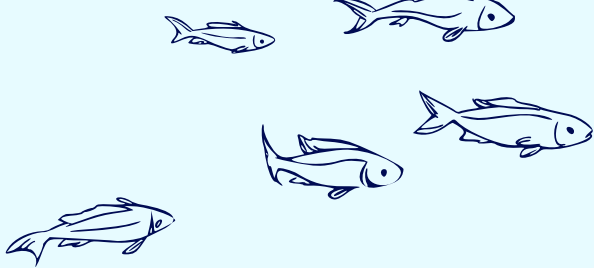
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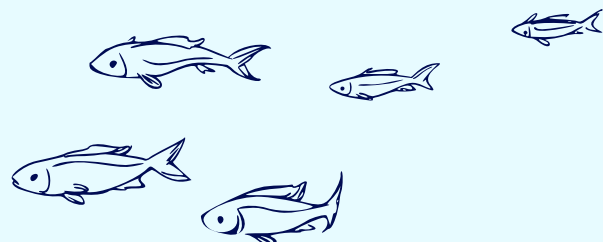
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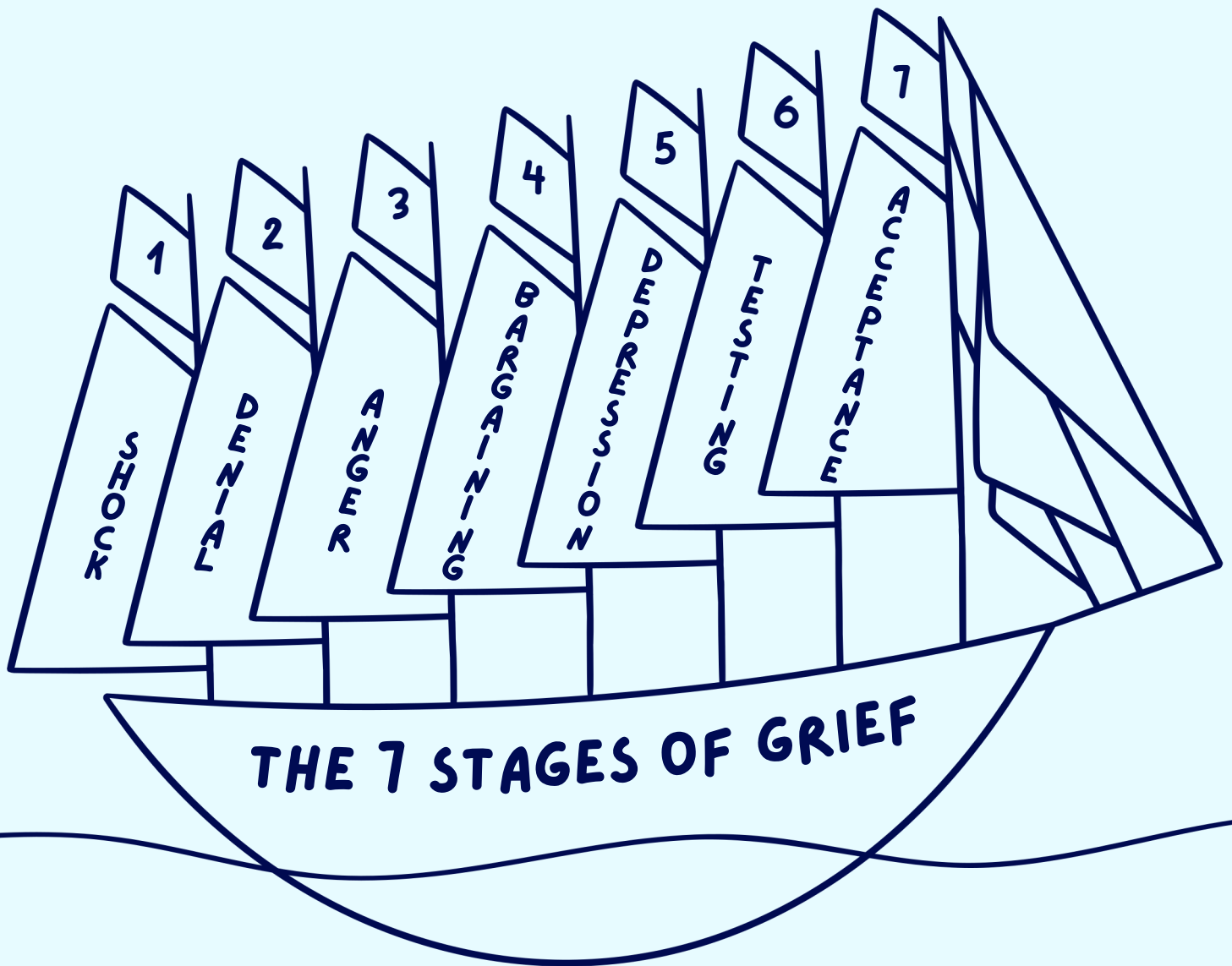
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A series of 20 horizontal lines spanning the width of the page, providing a space for writing.





Color or doodle and add how you feel.

**TAKE A FEW MOMENTS TO REFLECT ON THE 7 STAGES OF GRIEF
AND HOW THEY HAVE AFFECTED YOU.**

You can use an experience from your own life that you have dealt with in the past. Do you recall experiencing these phases?

What did it feel like for you? Write about it below.

[illegible]

SHOCK

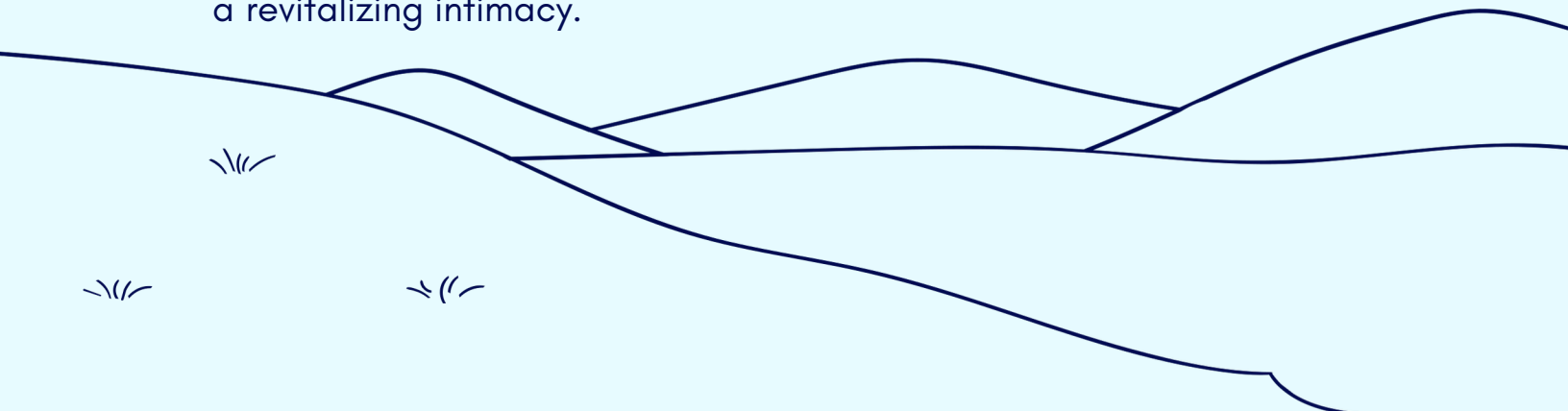
A sudden upsetting or surprising event or experience

HEALTHY COPING VS UNHEALTHY COPING

- Attend a funeral or memorial service
 - Share feelings with those we love and trust. Talk about it!
 - Pray, meditate, or attend religious services
 - Use creative outlets; journal writing, music, painting, etc.
 - Exercise
 - Engaging with activities that let you get in touch with yourself and self-reflect
- Excessive alcohol consumption and drug use
 - Excessive eating in an effort to dull emotional pain
 - Denial; denying the tragedy and its personal impact

THE GIFT OF GRIEF

Healing through grief doesn't guarantee you will never feel pain or sadness about the tragedy. We want to always remember important people and things we have lost. What healing through grief does provide is a heightened appreciation for life, those we love and the values we cherish. It can awaken us to new possibilities for living with commitment to that which we consider truly important. It can also deepen and enliven our inner lives, because it has forced us to reflect and search our souls. Finally, grieving together with coworkers and friends strengthens and deepens the bonds we share. When we have gone through difficult experiences together, we can experience a revitalizing intimacy.



WHAT WAS YOUR EXPERIENCE LIKE WITH SHOCK?

How did you cope with this experience?

Write about it below.

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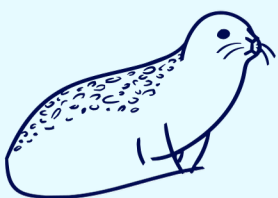
DENIAL

The action of declaring something to be untrue

HEALTHY COPING VS UNHEALTHY COPING

- Think about why you are afraid to face the problem
 - Consider the consequences of not dealing with the problem
 - Try talking to a close friend or loved one who may be able to offer some honest, more objective perspective
 - Work on identifying the distorted thoughts that might be contributing to your anxiety
- You refuse to talk about the problem
 - You find ways to justify your behaviour
 - You blame other people or outside forces for causing the problem
 - You persist in a behaviour despite negative consequences
 - You promise to address the problem in the future
 - You avoid thinking about the problem

Denial is a defense mechanism to help cope with a difficult loss. It gives you time to understand what happened and slowly adjust to your new life, as you are essentially having to redefine how you perceive yourself. Denial is one of the most challenging stages as people may isolate themselves during this phase.



WHAT WAS YOUR EXPERIENCE LIKE WITH DENIAL?

How did you cope with this experience?

Write about it below.

[illegible]

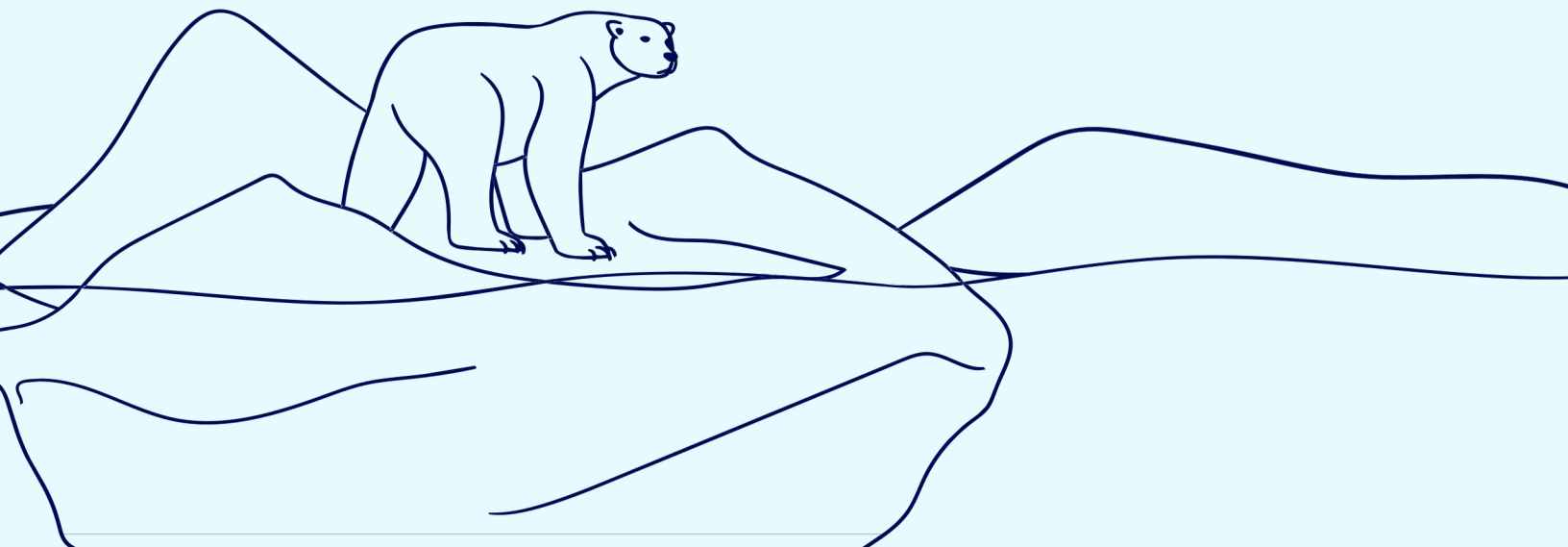
ANGER

A strong feeling of annoyance, displeasure, or hostility

HEALTHY COPING VS UNHEALTHY COPING

- Exercise
 - Turning your anger/pain into something useful (poetry, art, journaling, writing stories)
 - Practicing gratitude (what are you thankful for?)
 - Meditation
 - Talking it out with someone you trust
 - Taking deep breaths
- Being in denial
 - Avoidance (avoiding certain feelings or supportive people)
 - Displacement (redirecting negative feelings about someone or something toward something else- typically someone "safer" or someone who just happens to cross your path next such as your spouse, children, or a coworker)

Anger can be a complex emotion and is a normal reaction to grief with no specific timeline associated with this stage. People can get stuck in an angry phase of grief if they don't understand how to deal with these feelings. When anger continues or intensifies into repeated episodes of rage towards people not associated with the loss, this signals that you need additional mental health support to cope.



WHAT WAS YOUR EXPERIENCE LIKE WITH ANGER?

How did you cope with this experience?

Write about it below.

[illegible]





BARGAINING

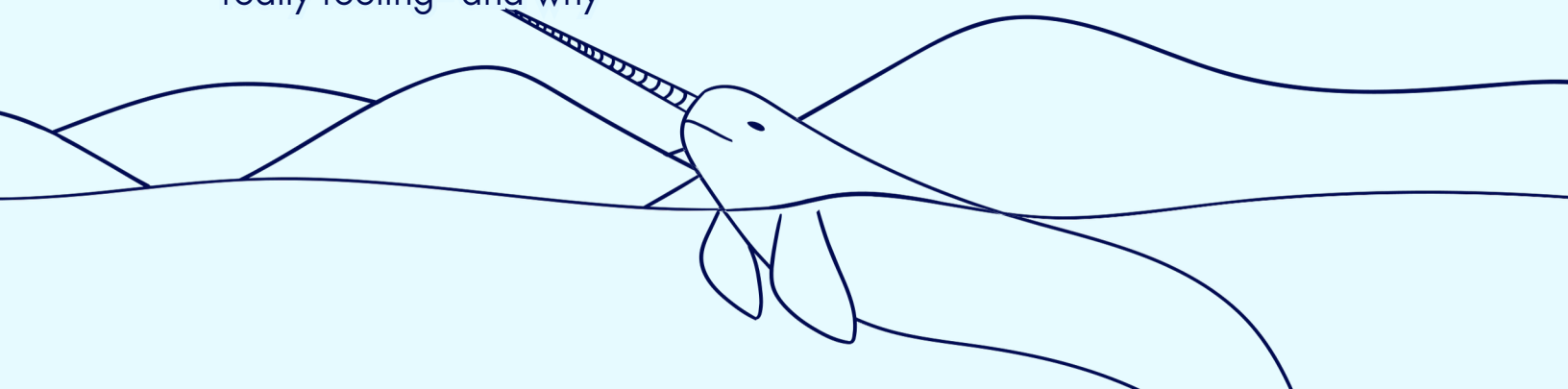
A stage in which you may try to negotiate with yourself or with a higher power to try to undo the loss

HEALTHY COPING VS UNHEALTHY COPING

- Not stigmatizing the bargaining stage of grief. It's okay to feel what you're feeling. Bargaining, even though the individual will eventually realize it's futile is a way for hope to remain alive
- Being patient as you begin to heal. Overcoming the pain of grief and loss will likely take a considerable amount of time
- Journaling- start by writing down your thoughts and feelings. It can be a good idea to record what you're bargaining for. This can reveal your innermost wishes and desires related to what you've lost during the grieving process. This might help you become more aware of what you're really feeling-~and why

- Numbing the pain by using drugs and alcohol
- Blaming yourself and saying "What if I did something different"
- Punishing yourself

Bargaining involves trying to regain a false sense of control after feeling helpless and displaced. This stage provides a grieving person with time to emotionally come to terms with a loss. People on the bargaining side of this stage often don't find an acceptable resolution. Eventually, they recognize that the outcome they hope for will not occur. Trying to bargain with a higher power, another person, or a system is a means of diminishing anger and moving closer to acceptance. This phase generally does not last as long as others because it eventually becomes clear that what you hope for won't happen.



WHAT WAS YOUR EXPERIENCE LIKE WITH BARGAINING?

How did you cope with this experience?

Write about it below.

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.

DEPRESSION

A mental state of low mood and aversion to activity

HEALTHY COPING vs UNHEALTHY COPING

- Tap into your 5 senses; name 5 things you can see, 4 things you can physically touch and feel, pay attention to 3 things you can hear in your environment, notice 2 things you can smell, and identify 1 thing you can taste
 - Practice deep breathing
 - Engage in regular exercise or go for a walk
 - Practice self compassion- treat yourself with kindness and understanding
- Risky behaviours- doing things that are dangerous to feel numb
 - Social isolation- being away from people who care about you the most
 - Behavioural addictions- gambling, video gaming, scrolling aimlessly through social media
 - Over eating

Depression stems from internalized or repressed anger in this stage. It occurs when time has passed and the outcome of the significant loss starts to become clear. This stage can manifest as reduced concentration, inability to sleep, and sleeping too much. You may have physical symptoms like headaches and body aches, or digestive issues as well. People who have limited social supports or isolate themselves during this time of grief may have a greater risk of developing major depressive disorder (mild irritability to an extremely low mood with suicidal thoughts, and can also affect sleep and appetite). If there is a predisposition to depression, there is a greater risk for depression lasting longer in this stage. This stage can be the longest of grief.



WHAT WAS YOUR EXPERIENCE LIKE WITH DEPRESSION?

How did you cope with this experience?

Write about it below.

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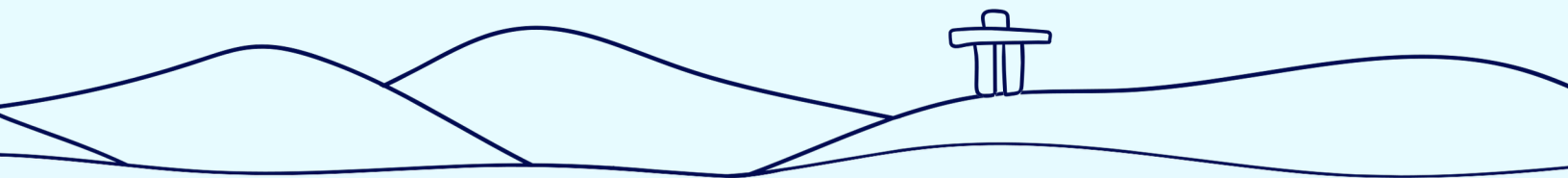
TESTING

This stage begins when you start to venture out, trying and testing ways make life return to a more stable time

HEALTHY COPING

- Be interested in learning about grief or your specific loss
- Try new strategies for coping
- Reach out to loved ones for support
- “Try on” different philosophies or spiritual traditions

In this stage of grief, you begin to adjust to life post-loss. People begin to see that they have survived the loss and that they have a future to live. Typically depressive symptoms and physical symptoms of grief start to decrease. Individuals tend to feel more hopeful about life and begin to find some measure of peace related to the loss. This stage is not as difficult as the others as it offers relief and a sense of hope that a grieving person can build a new life after a life-changing loss.



WHAT WAS YOUR EXPERIENCE LIKE WITH TESTING?

How did you cope with this experience?

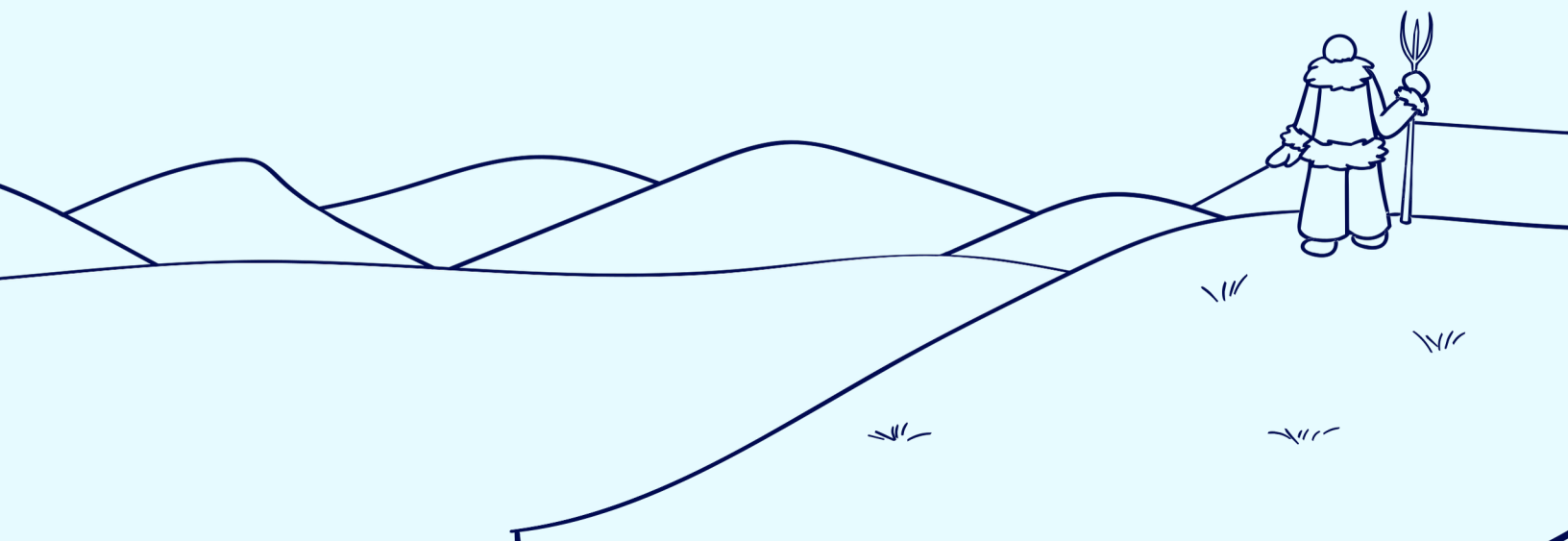
Write about it below.

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ACCEPTANCE

The fifth and final stage of grief- accepting the reality that our loved one has left us physically and accepting this as the permanent reality

This is the last stage in the grieving process. It comes with a sense of optimism from a realistic life assessment with a deep understanding of your loss's impact. There is still pain and sadness attached to your loss. However, there is a desire to create a different life, offering yourself peace and contentment. You allow yourself to plan for a future, knowing you will not forget what has happened. You have learned ways to care for yourself, and cope, and how to set new self-expectations as you begin to move ahead. People in this phase have not fully healed from their loss. They allow themselves to reflect on past cherished memories associated with the loss. There may be feelings of sadness that arise during holidays or birthdays, however the despair is less intense.

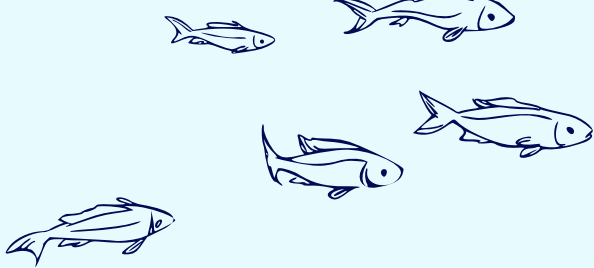


WHAT WAS YOUR EXPERIENCE LIKE WITH ACCEPTANCE?

How did you cope with this experience?

Write about it below.

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