

Resiliency Workbook

Created by Angela Two Stars

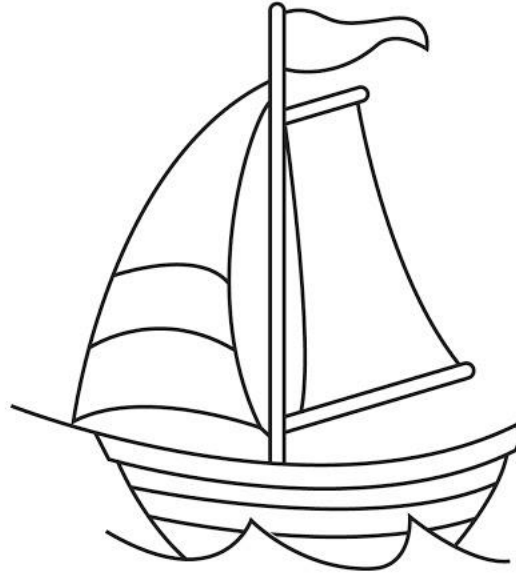
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Mitakuye Owasin: Community Spreads Resiliency



Mitakuye Owasin translates to All My Relations in Dakota. This phrase represents caring for all our relatives, family, friends, neighbors, and strangers, as well as the environment. Plants, animals, trees, birds, the water and the earth are our relatives. If we treat one another and the environment as our relatives, we act in ways that are loving, caring, kind, gentle, and compassionate. Now is the time to act as Mitakuye Owasin.

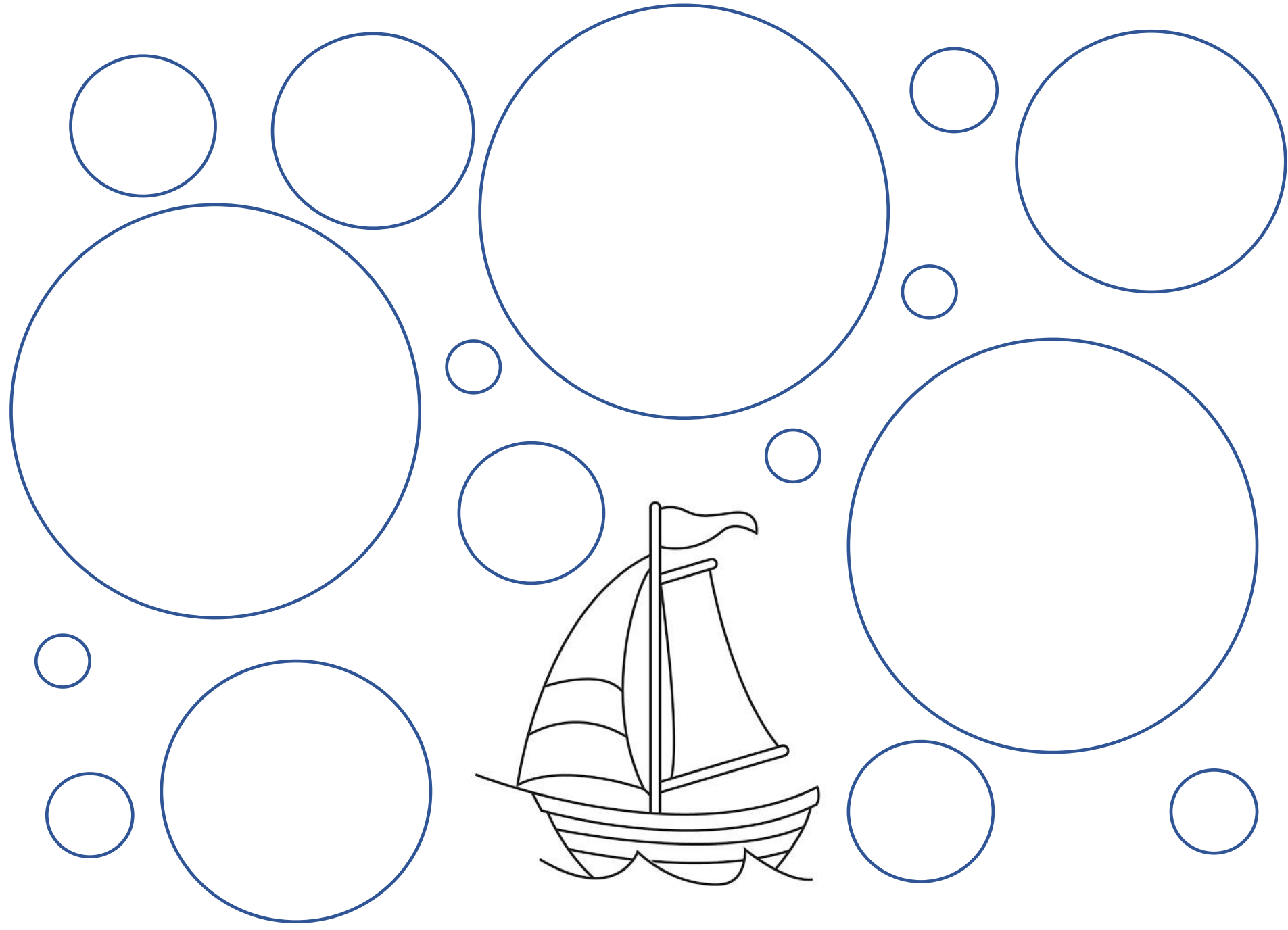


Resilience is defined as the ability to withstand or recover quickly from difficult conditions.

We are all in the same water. Our boats just look different. This is the time to share how you have been resilient in the face of the pandemic.

The following activities are opportunities to share ways you have been resilient. We can spread these ideas with each other to remain diligent in the continued need for community care especially with the upcoming holidays that make us yearn to gather. Instead, let's keep each other safe and find alternative ways to be in community.

How have you been resilient? Share your ideas for others to be inspired.





Creativity:

Share how you've been creative during this time of social distancing.

- Sewing projects
- Embroidery
- Baking
- Photography
- Drawings
- Paintings
- Craft projects
- Others?

Did you learn a new musical instrument? Write poetry? Home improvement projects?

These do not have to be perfect. What has kept you entertained the past 7 months? Be specific so others can be inspired by your creativity.

Caretaking:

How have you cared for others? Let us cheer on each other and celebrate how we've practiced community care



For me, the pandemic made me take to the outdoors more. I learned to slow down and appreciate the earth, the birds, the wind, the warmth of the sun, and the beauty of nature. What are ways you are caring for the earth?



With schools locked down, I found myself playing the role of teacher through distance learning. Some days it's really hard. Other days, I love this blessing of being part of my children's education. I realized I need to give myself credit for the small things, like teaching my daughter how to round to the nearest tenth and helping my son learn to read. These are things to take pride in and appreciate. We can't do it all everyday, so give yourself grace and know that you are doing the best you can.



Staying home means keeping our elders safe. Their wisdom is so vital to our growth. Their stories, humor, and knowledge are not things that I want to lose



So many people have lost jobs due to the lockdown. With the holiday season coming up and people worried about how they are going to provide for their families, I challenge you to consider how you can help this holiday season. Buy your gifts from artists, donate gift cards for families to buy groceries. Adopt a family this holiday season. This year's holidays will be a struggle for many families, how care you help take care of your community so we all get through this difficult time?

Generosity:



Donate to a food shelf

Buy a \$50 gift card for a family to buy groceries.

Donate coats and blankets to your nearest shelter.

Identify the different organizations that work with the homeless and seek out how you can help their organization.

Adopt a family for the holidays.

Share your best Thanksgiving recipe.

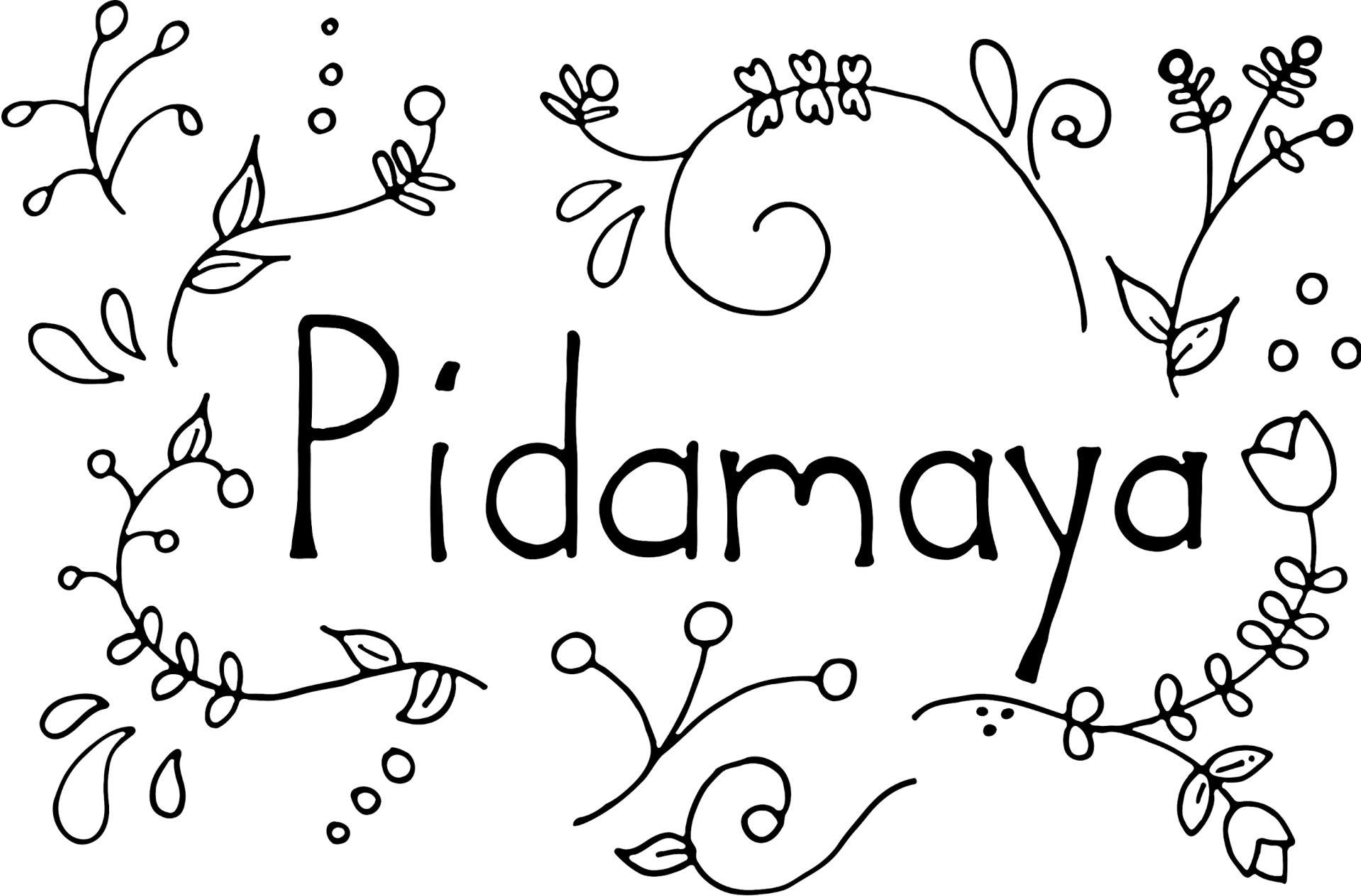
What are other ways we can show generosity?

Gratitude:



Instead of gathering for during the holidays, instead, write down the family members you would have spent the holiday with and write them a thank you card.

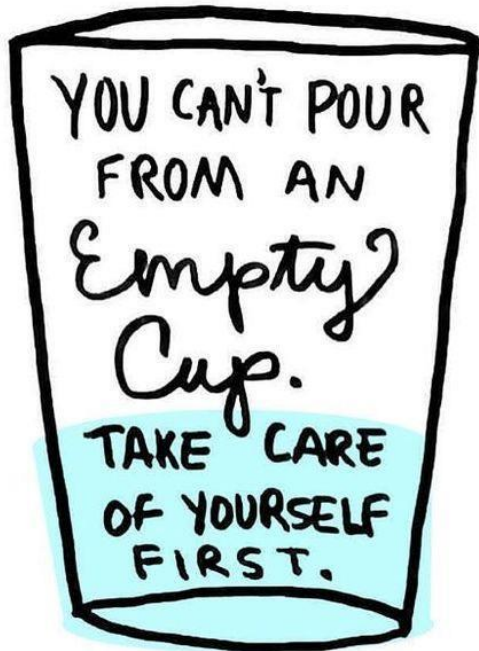
In the card, identify what you value about that person, a favorite memory you have, what you love about them. Rarely do we share these intimate thoughts with our family members. This can be the time that you really show someone how much you care about them, through words. And by not gathering, you may be ensuring that those people will stay safe and still be around for next year's holidays.



Pidamaya means "Thank You" in Dakota
Print out and write a thank you card.

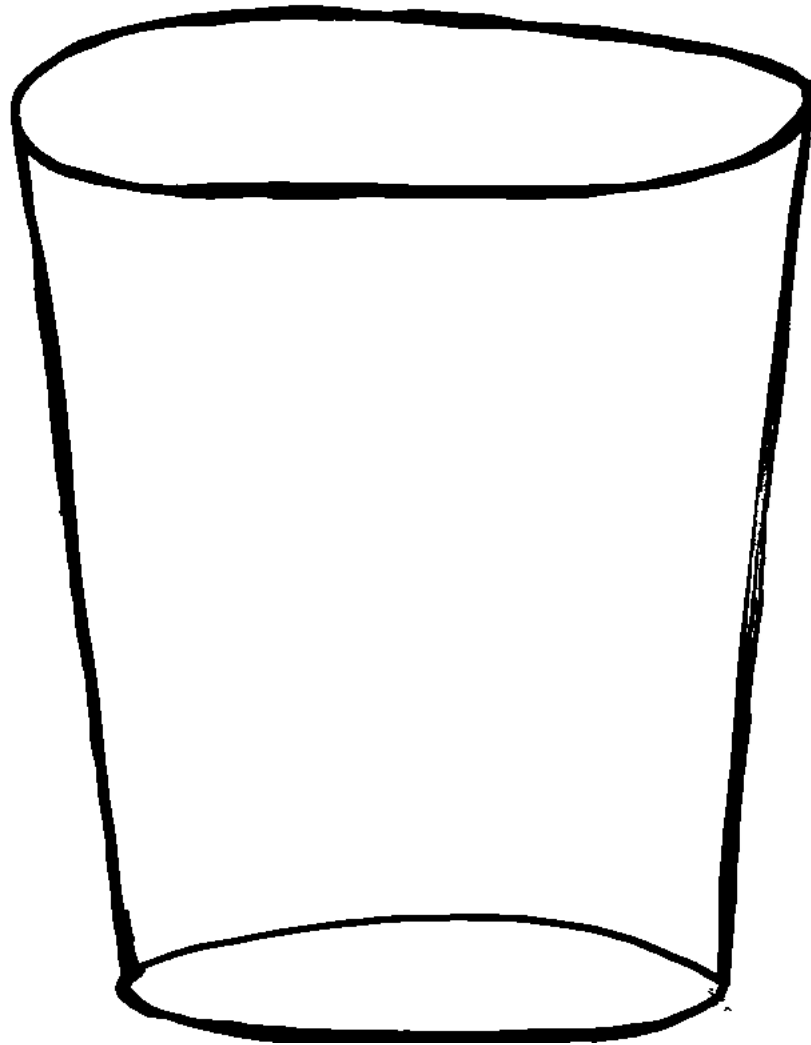
Self Care:

How do you take care of yourself?



- Bubble baths
- Reading
- Binge watching....
- Exercising
- Cooking
- Baking
- Crafting
- Sewing
- Reading magazines
- Playing music
- Drinking wine
- Making art
- Yoga
- Meditation

Self Care: Print out this page and write how you fill your cup.



Share your favorite ways to take care of yourself.



Staying Connected

How are you staying connected?

Is staying connected something you need to get better at?

In what ways are you or can you stay connected to remain resilient in the face of social distancing?



Who Are You Staying Home for?

While many have suffered and recovered from Covid-19, we must remain diligent and resilient. We must stay committed to each other by staying safe and staying home to reduce the spread of Covid-19. Because, although many have recovered, too many have suffered a loss that can never be recovered. The virus has killed over 250,000 people in the U.S.

List the people in your life, that you are staying safe for.

My people: My children, my husband, my parents, my sisters, my brother, my brother-in-law, my nieces and nephew, my aunts and uncles, my elders. I don't want to lose any of them to the virus, so I will wear a mask when I have to go out, I will limit my outings to only essentials, and I will stay home as much as I can to help reduce the spread of the virus. By committing to these actions, I know, that in time, I will be able to join my family and community once again.



Stay resilient. Together, we can overcome!

