

ROOTED IN
COMMUNITY.





An auntie touched my shoulder.

She said, “wherever the creator put
you is where you’re supposed to be.”

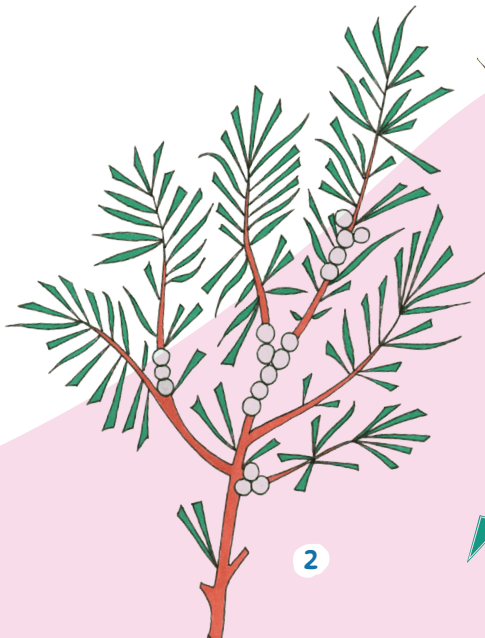
it echoed through my veins healing heart
lifting hands in gratitude water dripping from
lashes over lips smoothing cracked voice

auntie leans face against mine exchanged
breath smiles her footsteps walk away
her strength remained, an aunties gift.

**abigail
echo-hawk**

1

2



Try to check a couple off today

- ☐ Drink water!
- ☐ Bless yourself with the sun's energy
- ☐ Eat something...anything, nourish your body
- ☐ Check in with a friend
- ☐ Put your feet on the ground
- ☐ Take some deep breaths

“ We need you. We need you to be you. There is only one of you in this world, and we need your light. We need your heart. Our people are stronger because you are with us. ”

Malia Villegas





What brings you joy?





5



Rip this page out

Put all and any negative thoughts or feelings, then rip this page into teey tiny pieces...just let them go.



Make time for one joyful thing this week.

6

Support

Draw and write who or what makes you feel supported.





Doodle

Place to make art

Resources



988 Suicide & Crisis Lifeline

- Call or text 988
- Available 24/7
- Free and confidential

StrongHearts Native Helpline

- For Native Americans and Alaska Natives experiencing domestic violence or relationship abuse.
- 1-844-7NATIVE (1-844-762-8483)
- Confidential and culturally appropriate support

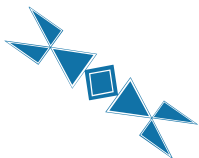
strongheartshelpline.org

We R Native

Created by Native people for Native youth. Find:

- Mental health articles
- Culture and identity resources

wernative.org





**Check out the
Auntie Affirmation video**



**Urban Indian
Health Institute**

A Division of the Seattle Indian Health Board