



Canada



BRITISH  
COLUMBIA

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## About the Culture & Wellness Cards

Developed as part of the anpBC Strategy, the Culture and Wellness cards are intended to provide support for success in honouring Culture & Wellness in the workplace.

Over the two phases of the project there was a reoccurring theme of organizations seeking simple and practical approaches to improving the health, wellness and culture of their organizations.

The cards were born out of a need expressed by the anp's we engaged with.

The cards offer both activities and affirmations within the three themes of Take Care of Yourself, Take Care of Each Other and Take Care of this Place.

## Instructions

1. Find a comfortable space to relax. Once settled take a few deep breaths; breathe in for a count of three and exhale for a count of six. Relax your mind and let your body follow.

2. As you hold your Culture & Wellness cards ask the Creator (out loud or in your mind) what you need to know and practise at this moment in time.

3. Shuffle the cards and when you're ready pull a card from the deck.

4. Notice your first response to the card. What do your feelings and intuition tell you? Take the time to read the card and carefully and think about how you will apply the affirmation or activity the card offers. You may want to keep the card you pulled on your desk as a reminder to apply the teaching throughout the day.

5. When you are ready return the card to the deck and silently thank it for the insight and guidance it has provided you.

The cards may be used in a variety of other ways too. They can serve as a check-in for staff meetings or they can be used as weekly goals by selecting and posting a card from each theme and challenging staff to practise the teaching through the week. These are your cards and you can choose how they best serve you, your team and your organization.

Enjoy!

# TAKE CARE OF EACH OTHER ACTION

## Ask Questions

Sometimes we get so busy and wrapped up with our own story that we forget to find out what's going on with someone else's story.

Or, we've experienced this from the other side, as we've listened to someone talk at length about what's going on in their lives without making room for, or asking us about ours.

Showing interest in others is a wonderful way to care for someone. As you find yourself in conversation today, make a point of asking them some questions, and then take the time to really listen to what they have to say.

It's a magnificent feeling for people to know they have been heard.





# TAKE CARE OF EACH OTHER ACTION

## **Gratitude Circle**

Expressing our gratitude it's like taking a vitamin that nourishes our mental, physical and spiritual well being.

Practice the daily habit of listing all the things you're grateful to improve sleep, increase self-esteem, become more resilient, and improve your immune health.

Practicing gratitude a powerful way of taking care of ourselves, but it's also something we can do to take care of others.

Gather together once a week as a work team and create a Gratitude Circle. Each person around the circle takes their turn to express what they're grateful for about the week. Giving others the opportunity to savour the good things in their lives is a powerful act of caring.



# TAKE CARE OF EACH OTHER ACTION

## Encouragement

Most of us could use an encouraging word now and then to remind us that we are on the right track – or that we can get back on it! It's powerful medicine to know that someone believes in you. It can be a little boost of courage and confidence.

Whether you offer it in person, by email, phone, or a quick text, it doesn't take much time to say, "If I haven't told you lately, I'm proud of who you are and what you're doing."



# TAKE CARE OF EACH OTHER ACTION

## Positivity

Because we are all connected, when we share positive energy it multiplies. Think of a recent situation when someone shared their positive energy with you. What was it that they said or did that contributed to you feeling positive?

Pass it on...

Share your positive story with a co-worker.  
Afterwards share one positive thing that  
you appreciate about each other.



# TAKE CARE OF EACH OTHER ACTION

## Reflection

Looking back, looking forward:

Who is someone who has left you feeling positive and proud of your contributions?

What did they say or offer that stuck with you?

Call them, send them an email or write them a thank you note. Let them know your interaction still gives you a good feeling today.

Now...pay it forward. Is there someone on your team or in your organization you'd like to acknowledge for their special gifts? Go find them and let them know.



# TAKE CARE OF EACH OTHER ACTION

## Communication

Coming together to sit in a talking circle is a good way to build healthy relationships with each other.

Organize a talking circle in your community by finding a good time to come together. The time it takes to share depends on the question(s) asked.

A good start can be, “share one thing you are grateful for,” or “in one word, describe how you’re feeling.” By taking the time to sit and listen to each other, we can be better prepared to take care of each other.



# TAKE CARE OF EACH OTHER ACTION

## Giving

In many Indigenous communities, gift giving is valued. It's a way to show your appreciation to someone and even if the gift seems small, it can be a metaphor that makes someone feel good.

Encourage everyone to participate, make something together such as medicine pouches or dream catchers, or else bring in a piece of fruit to gift.

Have everyone draw a name from a hat; this way, you may give a gift to someone you don't know very well and everyone will get something.



# TAKE CARE OF EACH OTHER ACTION

## Feasting

Food is a great catalyst for conversation, getting to know each other, and relationship building. Making food together or making time to eat lunch together will bring people together and create cohesion.

Choose a day of the week where everyone eats lunch together, and if you can, organize regular meals that are cooked all together.

Encourage community members to bring traditional foods and share the stories and teachings that go with them. By connecting this way, and sharing our stories, we take care of (and nourish) each other.



# TAKE CARE OF EACH OTHER AFFIRMATION

## Ask Questions

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# TAKE CARE OF EACH OTHER AFFIRMATION

## Witness

Witnessing is a way of seeing the work the community is doing, carrying this knowledge and reflecting it back through support.

I will support my community by simply witnessing the good work that happens.

I appreciate the good work that others do.

I am inspired by what I see in my community.

I will share with my community the strengths that I see.

I will carry stories of challenges and hardships for those I care about.

I support my community to work through conflict in a healthy way.

I will set healthy boundaries so that I can do this work in a good way.



# TAKE CARE OF EACH OTHER AFFIRMATION

## **Generosity**

Being open to sharing, honors the values of our ancestors.

I will look for opportunities to share what I can to help others.

I will take only what I need, and leave the rest for future generations.

will be generous to myself, making sure I have everything that I need to share with my community.



# TAKE CARE OF EACH OTHER AFFIRMATION

## Forgiveness

Carrying anger and resentment only hurts myself;  
forgiveness is a way of healing from this.

I will remember that everyone is doing their best.

I will remember that I am doing my best.

I will find healthy ways to communicate.

I will remember that those who hurt others feel  
hurt themselves.

I will use conflict as an opportunity for healing  
and growth.

I will show respect to others, no matter what.

I will forgive those who hurt me.

And, I will forgive myself.

I am doing my best.



# TAKE CARE OF EACH OTHER AFFIRMATION

## **Appreciation**

I take notice of the gifts my work family brings to our organization.

I acknowledge their contributions in a nourishing manner.

I create time and space to celebrate all that enriches our team.

I accept positive feedback with grace and gratitude.

I relish that a warm smile and sincere thank you is a simple and beautiful gift to share.



# TAKE CARE OF EACH OTHER AFFIRMATION

## Unity

I celebrate our team and honor the vision that guides us towards our common goals.

I seek partnerships and alliances with others to create the positive energy we need to best serve our organization and clients.

I am a role model for team members and offer encouragement and support.

I trust I can ask others for help if I need it.

Every day in every way I seek opportunity to build and celebrate unity within our team.



# TAKE CARE OF EACH OTHER AFFIRMATION

## Fun

I create time for fun in the workplace.

I know when people laugh together they can also cry together.

I enjoy bringing fun and joy to the workplace to help nourish our souls and build relationships with one another.

I contribute to our fun atmosphere by sharing games and activities.

I participate when invited to partake in team challenges.

Laughing and having fun is important to me.

My heart feels full when I am having fun.



# TAKE CARE OF EACH OTHER



**Wolves represent loyalty, protection, and strong family ties.**

Wolves are respected for being very family oriented, social creatures. Their family system is similar to ours, consisting of parents, siblings, aunts, uncles etc. They care for one another, protect their elders, teach their young, and have the power to offer support for the most challenging healing journey.

"For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack"

# TAKE CARE OF THIS PLACE ACTION

## Smudging

Smudging is one teaching we can utilize to take care of our place.

A smudge can help purify and cleanse our buildings.

We connect with Mother Earth to gather our medicines for our smudge bowl, we use the four sacred medicines; cedar, sweet grass, tobacco and sage.

The smudging ceremony can take place anytime, usually before a meeting or event. This ceremony can be done if there is an unpleasant experience in the workplace.

Using matches we light our sacred medicine. We fan smoke from the sacred medicine to help purify the mind, body and spirit.

We scatter our ashes at the front entrance to protect our space and to symbolize negative energy is not welcome in our safe place.





# TAKE CARE OF THIS PLACE ACTION

## **Plant Walk**

We are always connected to the land, but sometimes it's easy to forget this if we spend a lot of time inside. A plant walk can remind us of who we are and what's important. Individually or in a group, walk in a familiar place or one that you may not know well yet.

Walk slowly, reach out to touch a leaf or branch, say hello, look for edible berries and share teachings or stories. By grounding ourselves in this place, we can better understand our selves and our path.



# TAKE CARE OF THIS PLACE ACTION

## Art

Art helps us to express our emotional and spiritual selves in a physical way. Seeing art made by someone else gives us new ways of thinking about the world around us. Organizing an art project individually or collectively, through collage making, painting, beading, carving and more, is a way to heal and to cleanse a space.

We can interpret this place and share it through our art, or put our art up to express our stories.

By bringing meaningful art into our spaces, it's a reminder of our accountability and connection to it.



# TAKE CARE OF THIS PLACE ACTION

## **Cleaning Up**

Setting aside some time to clean up the place you are in or on the land is a great way to show your appreciation to the community around you.

Organize a party to collect litter outside or at a beach, every so often bring a group together in your shared space to clean and organize while listening to music. Have fun while doing it!

This work will be enjoyed by you, your community, and the generations to come.



# TAKE CARE OF THIS PLACE ACTION

## Life Lessons

When we are passionate about the work our organization undertakes it can feel discouraging when we do not achieve our goals. When we feel challenged or upset with our outcomes it is important to remember the Creator will not put something before us that we cannot overcome.

Look for the life lessons that can help your organization. Ask for help, you will find others may have overcome similar challenges and are eager to offer guidance. Share your story and offer your gratitude for the life lesson with someone you trust...then move forward with renewed energy.



# TAKE CARE OF THIS PLACE ACTION

## Purpose

Respect your organization and the role it plays in helping Indigenous People.

Are your Values and Mission statement posted in a visible area for all to see?

Do you live into your values and mission every day in every way?

Do you include your values and mission on your meeting agendas? Including this information can help keep discussions focused.

Pick one area of your organization's mandate and identify three action items that can bring life to it.

Share your thoughts with an Elder and ask for their guidance.



# TAKE CARE OF THIS PLACE ACTION

## **Honor Your History**

What is the story of your organization? Who are the founding members and what did they first set out to accomplish? Find out when your organization first opened its doors, look through your town's archives for pictures and articles.

Honoring your history is one way to take care of this place. Assign each team a task related to your organization's history and start the next staff meeting with your organization's story.

Re-tell your story in a modern day context. Hang pictures of the change agents who first built this place. Keep their story alive by honoring their contributions.



# TAKE CARE OF THIS PLACE AFFIRMATION

## **Safety**

The best gift we can give is to be someone's safe place.

We do this by creating a place of love and acceptance.

Our place is free of judgement and meets people where they are at.

We honour that everyone's life journey is different.

We take care of our place every day by living into our values and mission statement.



# TAKE CARE OF THIS PLACE AFFIRMATION

## Love the Land

No matter where we are, the land beneath us is sacred.

The land is important to me because even when I'm inside a building, it is still taking care of me.

I am connected to the land; I am connected to this place.

This place is important to me because...

I take care of the land; therefore I take care of myself

I take care of this place by...

This place takes care of me by...

I will take care of this place by...

I am sacred because the land is sacred.

I protect myself, because I protect this place.





# TAKE CARE OF THIS PLACE AFFIRMATION

## Connection

Everything is interconnected, like a ripple in the water, what we do in one place affects another.

I will remember that the work we do here is connected to the work happening in other places.

This place is valuable, because it is where so much good work happens.

The good work I do here improves the wellbeing of my community.

I am connected to this place because...

I take care of this place, because this place takes care of me.

Our care will be felt by future generations.



# TAKE CARE OF THIS PLACE AFFIRMATION

## Preparation

Life will throw us unexpected challenges and joys,  
because everything is balanced.

I welcome both.

I will stay organized,

I appreciate the beauty around me,

To make this place beautiful, I will...

I appreciate the work that is expected of me,

I am accountable to this place,

I will prepare for the challenges that may happen  
in this place.

I will prepare for the celebrations that will happen  
in this place.

Because when they are in balance, both challenges  
and joys will make our community stronger.

I contribute to a place that makes my community  
feel safe and empowered.



# TAKE CARE OF THIS PLACE AFFIRMATION

## **Nourishment**

I will nourish this place by including elements of earth, air and water in our work and public spaces.

I will honor this place by bringing positive energy and respect with me every time I walk through its doors.

I will respect this place was built to help others help themselves and I will conduct myself in a manner that reflects those values.

I will nourish this place so it can continue to nourish me and everyone else that comes through its doors.



# TAKE CARE OF THIS PLACE AFFIRMATION

## **Energy**

This space is full of good and healing energy.

We have our drums, our medicines, our language and our teachings displayed throughout this place.

We are aware of the energy in our space and take care of this place through ceremony.

We bring people, programs and services that bring positive energy to this place.

We acknowledge prayer, our languages, songs and dances and keep positive energy flowing through this place.



# TAKE CARE OF THIS PLACE AFFIRMATION

## Protection

I will protect this place so it can continue to serve as a beacon of hope for our People.

I will govern myself in a manner that reflects the spirit and intent of our organization to demonstrate my respect for this place.

I will ensure this place remains safe and open to everyone that comes through its doors.

I will do this by ensuring people treat this place with dignity and respect.

We will respectfully hold people accountable if they do not respect this place.

We have a responsibility to protect and honor this place as it has protected and honored us.

We connect with children, youth, adults and elders to help protect this space.



# TAKE CARE OF THIS PLACE



**The Eagle's Nest represents where we live;  
our environment, our home.**

Male and female eagles build their nest together, which is part of their bonding experience. They use available natural resources from their environment and return to their nest every year, for as many as 35 years. They add to the nest each year, as well as repair damage created by high winds.

Whether it's our room, our house, our neighbourhood, our community, our region, our nation, or this wonderful big blue planet we call home... it is the responsibility of each one of us to take care of 'this place'.

# TAKE CARE OF YOURSELF ACTION

## Smudge

Mother Earth provides many medicines for use in our smudge bowls. Find an Elder or knowledge keeper for guidance who can share teachings with you. There are many different teachings around smudging and there is no wrong way to smudge, as long as you come with an open mind and an open heart.

Think of it like a shower, washing away any negativity or hurt that you may be carrying. Focus on the areas that you want to heal whether they are physical, emotional or spiritual, and let the smudge wash away any negativity, leaving you strong and balanced.



# TAKE CARE OF YOURSELF ACTION

## **Drumming**

When you are grounded you feel connected with Mother Earth and at peace with yourself.

Drumming is a way to feel grounded because it shifts energy and soothes your spirit.

Root your feet firmly on the ground.

When you are ready, start playing your drum and feel your heartbeat...you, and the beat of your drum, become one.

Drumming can take you from restless to calm, if you play softly; or, provide you with energy if you play louder.





# TAKE CARE OF YOURSELF ACTION

## **Give Yourself a Time-Out**

As a child, a time-out was not a good thing, however as an adult a time-out can be pretty great! Time-outs are a quiet time for reflection.

Start with unplugging from your electronics.

Find a quiet, comfortable spot. If possible turn off the lights and light a candle. Choose a quiet activity you enjoy that nourishes you physically, mentally, and/or spiritually. You may want to bring a warm drink, book, a pen and paper, or a coloring book. Breathe in...breathe out...release.

Ahhhhhh...



# TAKE CARE OF YOURSELF ACTION

## **Breathing**

Place one hand on your chest and the other on your belly. Take a deep, long breath in through your nose. Feel your lungs stretch, watch your belly rise. Then slowly release your breath until any stress or tension floats up and away from you.

Do this for just 10 short minutes, taking 5 to 10 slow, deep breaths per minute. You'll feel clear, calm, centered and ready for whatever is next.



# TAKE CARE OF YOURSELF ACTION

## Physical and Emotional Re-balancing

Rub your hands together quickly to create warmth. Once your hands feel warm, softly press them against your face with the fatty part of your palms resting on your eyes. Take a deep breath in, counting to three and slowly exhale.

Then, gently move your warm hands over your head, to the back of your neck, and down to your heart. Hold your hands over your heart, feel your breath, and smile. Let the warmth wash all over you.



# TAKE CARE OF YOURSELF ACTION

## Simple, Everyday Things

There are wonderful things around us at every moment, but often we're too busy to notice that little 'hit' of goodness. Sometimes, that's all we need to feel better. Today, take the time you need to notice and appreciate what's around you.

The new bud on a branch, how the sun lights up an object, someone's gestures or expressions, sounds, smells, colours, textures. Do this each day, and pretty soon this will inform how you see the world.



# TAKE CARE OF YOURSELF ACTION

## **Be Good to Yourself**

Sometimes, the biggest challenge of taking care of ourselves, is giving ourselves permission to do it. Taking care of ourselves is the first step to taking care of others because it allows us to offer the best version of ourselves to the community.

Today, do one thing that brings you energy. Take a walk. Put your feet up. Make art... Make some yummy food. Give yourself permission to do something that takes care of you.



# TAKE CARE OF YOURSELF AFFIRMATION

## Self Care

Taking care of myself, emotionally, physically and spiritually is important to me, and I make time for it.

I nurture my mind through positive affirmations and nourishing thoughts.

I nurture my body by drinking enough water and eating nourishing, traditional foods.

I nurture my spirit through prayer and song.

Creator provides everything I need to thrive and I honor these great gifts to help take care of myself



# TAKE CARE OF YOURSELF AFFIRMATION

## Nourishment

I take time to nourish my whole self and am grateful for all the teachings I have to help me.

I am a priority in my own life.

I nurture my spirit through connecting with Creator.

I nurture my mind through positive affirmations  
and nourishing thoughts.

I nurture my body by drinking enough water and  
eating nourishing, traditional foods.

I nurture my being through gratitude.

Right here, right now, what am I grateful for?

Today I will nourish my whole self by...



# TAKE CARE OF YOURSELF AFFIRMATION

## Openess

Everyday, in every way I am open to wonderful experiences.

Opportunities always come my way.

I seize them and accomplish my goals.

I celebrate my success and the success of others.

The world is a wonderful and safe place for me to flourish.





# TAKE CARE OF YOURSELF AFFIRMATION

## Nurture

I nurture my spirit through connecting with  
the Creator.

I take time to nourish my whole self  
and am grateful for all the teachings  
I have to help me. I am a priority in  
my own life.

I allow my light to shine bright.  
I am free to be me, now and always!



# TAKE CARE OF YOURSELF AFFIRMATION

## **Gratitude**

I nurture myself by feeling gratitude.

Right here, right now, I am so grateful for .....

Today I will nourish my whole self by .....

Every day, in every way I am open to  
wonderful experiences.



# TAKE CARE OF YOURSELF AFFIRMATION

## **Freedom**

I choose freedom over being a victim and to release all past pain and emotional baggage.

I am gentle with myself and treat  
with kindness.

I choose to let go of negative thoughts and feelings and replace them with positive thoughts that are good for me.

I am the hero in my own life story.



# TAKE CARE OF YOURSELF AFFIRMATION

## **Achieving Goals**

Because I have made my goals important, I see opportunities all around me, and I am courageous enough to seize them.

I connect with people who will help support me in reaching my goals, creating a circle of support.

I celebrate my success and the success of others.

The world is a wonderful and safe place for me to flourish.

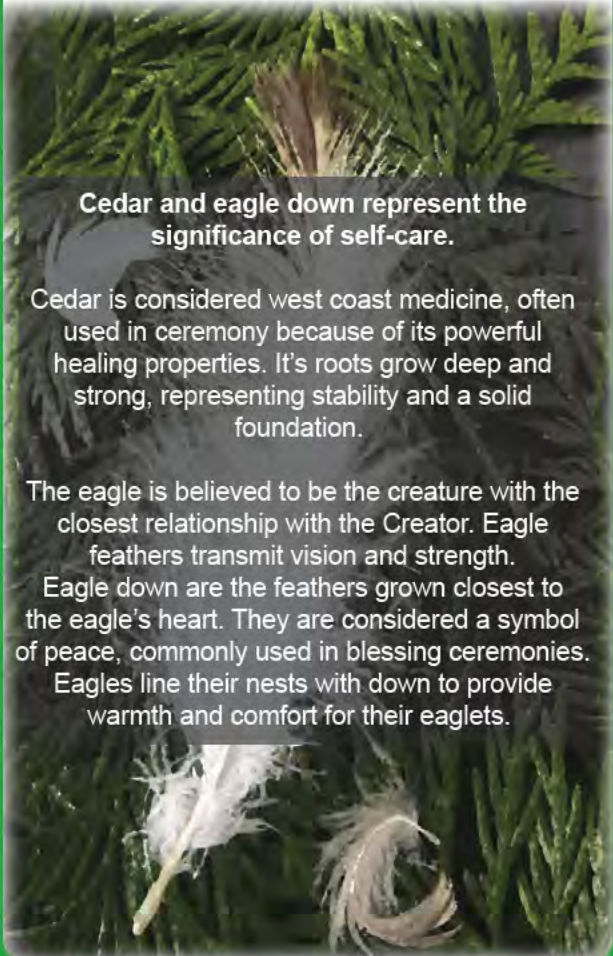
I acknowledge and celebrate my strengths.

I embrace the things I need to work on.

I am perfectly imperfect.



# TAKE CARE OF YOURSELF



**Cedar and eagle down represent the significance of self-care.**

Cedar is considered west coast medicine, often used in ceremony because of its powerful healing properties. It's roots grow deep and strong, representing stability and a solid foundation.

The eagle is believed to be the creature with the closest relationship with the Creator. Eagle feathers transmit vision and strength.

Eagle down are the feathers grown closest to the eagle's heart. They are considered a symbol of peace, commonly used in blessing ceremonies.

Eagles line their nests with down to provide warmth and comfort for their eaglets.