



Boozhoo,

It goes without saying that times have rapidly become more precarious, stressful, worrying, and a host of other descriptive words that can be applied to the current situation. All recommended medical precautions need to be taken and taken seriously. Also, with the emergence of this situation already present anxieties and issues can overwhelm and become extremely difficult to deal with.

Manaaji'idiwin is a word you may have seen as one of the teachings we have been given translated to the English word "respect." This translation only tells part of the story of Manaaji'idiwin. More closely it means sparing each other. Go easy on one another. These are increasingly stressful times and the impulse to feel put upon and lash out, particularly at those closest to us, can be overwhelming. Try and practice Manaaji'idiwin and go easy on each other and our loved ones.

On this note, here are some ways for self-care and destress:

- We live in a beautiful place. Once it's warm enough, open a window and breathe in fresh air, make offerings to spirit helpers, and appreciate the natural world around us. These are stress reducing things that don't involve high-risk behavior.
- Don't burn yourself out. Easier said than done certainly but, between intense or stressful activities, use social media to stay in-touch with family and friends, listen to some music, play a game that you enjoy, read, have low caffeine tea or coffee, tell jokes, or watch a funny movie.
- If you have a care plan for yourself or loved ones use it. Keep in mind it may need to change to accommodate COVID-19 spread prevention measures.



Supportive Telephone Services

Monday-Friday Supportive Services

- * Red Cliff Community Health Center 715-779-3707
- * Mental Health+/AODA: 715-779-3707
- * Mishomis Wellness Center: 715-779-3741
- * Noojimo'ewewin Center 715-779-3508

24 Hour Support / Crisis Services

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- ◊ Mental Health Crisis Line 1-866-317-9362
- ◊ Northland Counseling 715-682-2141
- ◊ Memorial Medical Center 715-685-5373
- ◊ (SAMHSA's) Disaster Distress Helpline:
- ◊ 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517).
- ◊ 911 if threat to harm from self or others.

Some online resources-Taking Care of your Mental Health

- Tips for social distancing <https://store.samhsa.gov/system/files/sma14-4894.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

