



# Indigenous Mental Health First Aid

Day 2

Sandra Harris

Comprehensive Community Planning Workshop 2019

## Topic Overview

- During the 90 min session Sandra shared practical, body-centered, and land-based ways of being that can help bring more balance into our daily lives. We learned how our bodies respond to big stress and practice ways to help release all that stress.

## Key Learnings

- Grounding exercise, visioning a medicine basket, put your stress in the basket and give it back to the earth. It is not yours to carry.
- Self-care & balance is essential.
- Take a moment to rest.
- Medicines from the land keep in the room, including water.
- Lemon trick

## Amazing Quotes from the Session

- “When our people come together there is genocide in the room”

## Further Resources and Links

- <https://www.fnha.ca/Documents/FNHA-PCMHW-Summit-2019-Presentation-Lorraine-Naziel-and-Sandra-Harris.pdf>
- <https://www.fnha.ca/about/news-and-events/news/panel-discusses-trauma-and-healing-at-first-nations-health-authority-mental-health-and-wellness-summit>