



Honoring Our Spirit

Sexual Assault not only impacts our physical self but our emotional, mental and spiritual selves. It is important to find ways in which to heal all dimensions of yourself.

Participating in our traditional culture serves as a tool for resiliency and can be incorporated in all dimensions of care.

Physical



The physical dimension of wellness focuses on your physical self, such as your body

Mental



The mental dimension of wellness focuses on your mental self, your mind



Spiritual



The Spiritual dimension of wellness focuses on your spiritual wellbeing, your spirit.

Emotional



The Emotional dimension of wellness focuses on your emotional wellbeing



Physical Wellness

- Physical exercise through traditional activities and sports
- Eat/grow traditional food
- Get regular sleep
- Rest when you need to
- Get fresh air and breathe



Spiritual Wellness

- Ceremonies and feasts
- Speak in traditional language as much as you can
- Smudge if that is your traditional practice
- Gather/grow traditional medicines (food, teas)
- Connect with elders



Mental Wellness

- Learn something new about your culture
- Take a class you never considered before
- Read and listen to content that inspires you and supports your growth
- Practice mindfulness and gratitude
- Take fewer classes if you need to
- Join a club
- Set healthy boundaries



Emotional Wellness

- Be with people that make you feel good about yourself
- Be gentle with yourself; self-compassion
- Practice positive self-talk
- Reflect on what it traditionally means to be a Native woman, man, two spirit, etc.
- Seek therapy that is holistic and culturally aware



This project is supported by Grant No. 2018-TA-AX-K003 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in any of this guidebook are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.