



Culture of Resiliency and Healing Roundtable Discussion

Connection to Community

1. Is there open dialogue about responses to life, emotional wellness, and pathways to resiliency in your communities?
 - a. What factors contribute to the answer?

 - b. Where are the conversations happening? (Examples: home, cultural activities, church, school, health providers, etc)

 - c. Is there a definition of resiliency in your communities? How do you define it?

2. On a scale of 1-5, how easy is to find the words to talk about emotional, physical, and spiritual responses to life? (1 = hardest to communicate and 5 = easiest to communicate). Please indicate scale number only, no names.

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| 1. | 3. | 5. | 7. | 9. |
| 2. | 4. | 6. | 8. | 10. |



Culture of Resiliency and Healing Roundtable Discussion

Agenda

June 13, 2023

9:30 AM – 12 PM

- 9:00 COVID Recognition
- 9:30 Intro/Purpose/Agenda Review
Intro to Staff
- 9:40 Connection to Self
- 9:55 Connection to Community: Roundtable Reflections with Guided Questions 1 & 2
- 10:10 Group 1 Reflection (Green)
- 10:20 Connection to Culture: Roundtable Reflections with Guided Question 3
- 10:30 **Break**
- 10:45 The Power of Resiliency & Recovery: Tony Ten Fingers
- 11:00 Roundtable Question with Guided Question 4 – Leather Bag Activity: What Does Resiliency Look Like?
- 11:20 Group 2 Reflection (Orange)
- 11:30 Facilitated Discussion: Integration: How do we connect and promote the culture of resiliency and healing?
- 11:40 Group 3 Reflection (Blue)
- 11:50 Resiliency Statements
- 12:00 Closing



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Connection to Self

This activity will allow us, individually, to take a moment to check in with our emotions, body responses, and spiritual connection and find our own words and safe places to acknowledge.

This is yours to keep. Responses to this activity will not be shared with the group. You can answer any or all questions.

Use the space below the questions to write or draw your responses:

1. How am I doing? Am I connected emotionally, physically, and spiritually?
Note observations of connection and/or disconnection.
2. As I check in with my body, are there any areas that draw my attention? How can I support or change what I am feeling?
3. Write a gratitude statement/drawing to your body.
4. What are strengths and wisdoms that help me through life?
5. Who can I check in with regularly to share my life experiences?
6. What resources (people, places, activities, and services) can I access to support me in life?

Personal Resiliency Statement (1-3 sentences to remind me of my strengths, vision, and purpose)

