



BECOMING ME: A GUIDE TO SELF-CARE FOR NATIVE YOUTH

**PARENTS STRONGLY
CAUTIONED**

PG-13

**THIS BOOK COVERS
TOPICS SUCH AS
MENTAL HEALTH,
IDENTITY, AND TRIBAL
SOVEREIGNTY**

Some Material May Be Inappropriate for Children Under 13



A message for

YOU

You are in an amazing time of your life! Adolescence, roughly from ages 13-20, is a time for growth, exploration, and challenges to what you have known to this point of your circle of life. The activities in this book will provide you with mental health tools that you can use as you ride the wave of life. These skills can take time to learn, so be patient and kind to yourself.

All the best on your journey. Shine on!

-The USET Behavioral Health Team



Enlightenment, by Olivia Johnson

Olivia is the winner of the 2024 USET Art Challenge. Olivia is 17 years old and a citizen of the Coushatta Tribe of Louisiana. When asked about the meaning of her artwork, Olivia stated, "My art depicts opening yourself to the world but mainly to yourself. Not being shy of your identity. To me, the title 'Enlightenment' means to discover yourself and to become more connected with a culture that has tried to be taken away from you and reconnecting with yourself."

Reflection Questions

When you are looking at Olivia's artwork, how do you feel?

What does it mean to you when Olivia says "not being shy of your identity"?

Are there actions you can take to become more connected with your culture?
Brainstorm some ways and share with a close friend or family member to support you!

A Conversation with Allie Nokko Johnson



Allie Nokko Johnson is a multi-talented youth from the Coushatta Tribe of Louisiana. When she's not busy working at Coushatta's Environmental Division, she spends her time serving as acting Chairperson of the Tribal Nation's Youth Council. More than

anything, she describes herself as a creative person. She loves to delve into different art forms—drawing, painting, and sewing—and hopes to attend the Institute of American Indian Arts in the future.

In all her endeavors, she works to foster a sense of community and set a positive example for her siblings and peers. She is someone who uplifts Native voices and adamantly believes that Native Americans deserve a seat at the table. Let's hear what she has to say!

What does it mean to be Native American to you?

Being Native American in the modern age is all about adapting. We're just trying to live our ideals. ***We must be proud and especially brave so that our voices can be heard.*** Being Native American is truly an experience that is different from other ethnicities and races. It's a unique experience that should be embraced. Now more than ever, it's about having the will to say that you're Native American.

You talk about embracing being Native American. What does that look for you?

Personally, for me, it means participating in Youth Group and doing my art. I have learned how to sew ribbon skirts and create Native American jewelry. I have even started trying to learn my Native language, even though it is hard in an English language speaking society. ***I make sure to put myself in situations where I am participating in my culture and connecting with my people.***

What are some of the challenges of being Native American right now?

There are objectively many challenges. One of the biggest issues is underrepresentation. We're not in mainstream media. We're not in movies. And if we are, the projects are history oriented. We can't just be without enforcing harsh stereotypes. This is tough. ***It is detrimental to not see or hear yourself, and this impacts the development of self-identity.*** Ultimately, this leads to a feeling of displacement uniquely experienced by Native American Youth and disappointment in the entirety of the entertainment industry.

We also have significant problems around generational trauma. It is something that travels through time. ***It ruins communities and tears apart families. It's something to overcome, but something we're still learning about.*** I feel that it is still difficult to address generational trauma in our communities because we are seen as stoic. We're not supposed to express these sad emotions, or even try to deal with them because you shouldn't even think about them. But still, they are there.

Color the
beaver to bring
it to life!



Collect leaves and other found things. Glue them to this page.

Tell a story with stickers.
(P.S. We've included stickers in the drawstring bag!)

Creativity plays an important role in improving confidence and managing life's challenges. Release your inner artist and feel better!

Creating Space: The Importance of Boundaries

A boundary is a limit or edge that creates personal space. Boundaries can be **physical**, like asking people not to hug you without permission, or **interpersonal**, like telling someone that you would rather not discuss a subject. All in all, boundaries are ways to express what you need and expect from those around you.

Boundary setting is extremely important as you transition into adulthood. It can lead to increased autonomy or independent decision making, a strong sense of self, and good mental and emotional health. Expressing your feelings responsibly, declining things you do not want to do, and addressing problems directly are ways to set your healthy boundaries.

Now that you know why it is important to set boundaries, let's talk about how to do so!

When attempting boundary setting, it is important to first identify what your personal limits are.

Practice below.

What situations make you feel comfortable?

What situations make you feel uncomfortable?

Sometimes it is hard to read your own emotions.

Ask someone you trust

what they have noticed makes you feel uncomfortable.

Creating Space: Set Your Boundaries

Though there are many ways to create boundaries, these are a few critical steps to follow.

Determine language for setting boundaries.

After you have outlined things that make you uncomfortable, it's time to determine what the boundary might look like. For example, if you do not like it when friends call you by your birth name, your boundary may look like asking your friends to call you by your preferred name. Be patient, it can take time for those around you to remember to call you by your preferred name.



Communicate your boundaries.

This is the hardest part, sharing your boundaries with others! Prior to having a conversation, you can write down what you might want to say. You can also practice with someone you trust, making sure to use a respectful and assertive tone.



Revisit boundaries.

Things change. Your limits and discomforts may shift over time. Check in with yourself from time to time to ensure that your boundaries still work for you.



Time to set some boundaries!

Now that you have a list of your discomforts, create corresponding boundaries, and share them with those around you.



SCRIBBLE WILDLY, **BOLDLY**, and outside the lines.

Did you know that play can help
you process difficult emotions?
Let loose, it's good for you!

Cultivating a connection to your ancestral home can help protect you – increasing your resilience and wellbeing.



The Hidden Dangers of Substance Use

Substance use can be harmful and dangerous for youth and adults alike. Reoccurring use of these substances can lead to what is known as a Substance Use Disorder (SUD). SUD is the **persistent use of drugs despite the harm and consequences to one's own self or others**, as a result of their use. It can be hard to tell if those we care about are using drugs or alcohol. Signs of substance use in our friends or community members may not be evident, but here are some things to look for:

- Mood swings or depression
- Withdrawal from friends and favorite activities
- A decrease in grades at school
- Abusing others emotionally, physically or verbally
- Sudden changes in personality, behavior or habits
- Missing classes or skipping school
- Deteriorating relationships with friends and family

What Can You Do to Help Someone Who Is Using Opioids or Alcohol?

- Be a good friend.
- Protect yourself from any dangers.
- Let them know you care.
- Be an example of healthy living.
- Encourage fun and safe activities.
- Encourage your friend to stop using and seek help from a trusted adult, caregiver or teacher. Your local health clinic is also available to help.

Break the Cycle

There are many reasons why youth experiment with opioids or alcohol. Some of these reasons include peer pressure, anxiety, historical trauma, discrimination, lack of connectedness, etc. Focusing on protective factors in your community can help you find positive outlets to continue the cycle of healthy living. Protective factors can help reduce the risk of engaging in risky behaviors and substance use.

Examples of protective factors include:

- Cultural connectedness and ties to your community, such as participating in cultural ceremonies and traditions
- Access to adults and elders that you trust
- Mental health resources (see page 34 for a list of resources)
- Safe "third places" where you can safely hang out like rec centers or coffee shops
- Friends and positive role models
- Sports

DID YOU KNOW?

"Third places" are spaces other than home or school where you can gather or safely hang out.

DID YOU KNOW?

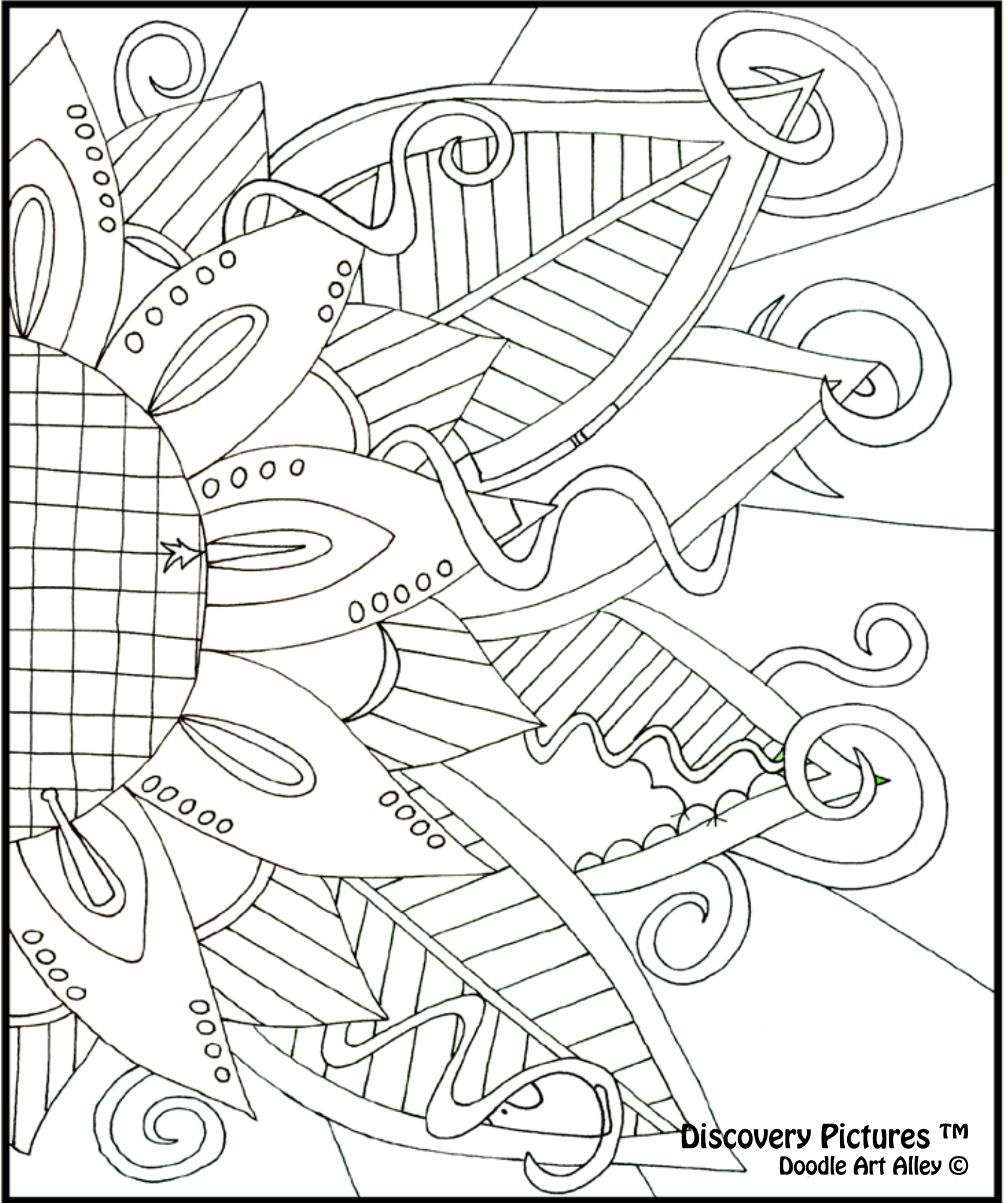
Teens who rise above substance and alcohol use are more likely to:

- Live healthier lives
- Have better grades and performance
- Help their communities, friends and elders
- Make better choices
- Be more successful
- Be happier

My Safe Spaces

Write down some places in your community you can go to hang out. If you don't have any of these "third places," what are some you would like to see?

Hidden in Plain Sight



Social Media Safety

Social media can be a great place to share information, look up trends, watch funny videos or get fashion tips. It can also be a dangerous place with unknown profiles, bullying and harmful information. Being mindful of what you post, who you interact with and what's on your timeline can help improve your wellbeing and keep you safe.

The following checklist can help you take steps to keep you safe online.

- Use privacy settings-** What is on my profile and who can see it?
- Report-** Being safe online is your right. Never hesitate to report or block harmful or suspicious users and content.
- Use your voice and platform-** Do something productive and uplift your community.
- Be careful who you add-** Don't add people or profiles you don't know.
- Ask permission-** Talk to your parents before you download apps.
- Be positive-** Don't cyberbully or troll others.
- Stay true to yourself-** Don't compare yourself to others.

Other things to consider:

- How am I feeling right now?
- Is this information I'm ok with everyone knowing?
- Is this cyberbullying?
- Is this the best way to communicate?
- Is this something I might regret in the future?
- What would people who are important to me say?

THINK before you post!

T- Is it true?

H- Is it helpful or hurtful?

I- Is it inspiring?

N- Is it necessary?

K- Is it kind?

Circle the apps
you use most.



DO on social media

- ✓ Follow pages that uplift you and encourage a positive self image
- ✓ Limit time on apps and online
- ✓ Think before you post- is this true, helpful or kind?
- ✓ Use it to stay in touch with family and friends



DON'T on social media

- ✗ Compare yourself to what you see
- ✗ Cyberbully or "troll"
- ✗ Share personal information
- ✗ Post videos or pictures of yourself or others doing harmful, illegal or inappropriate things- nudity, drug use, gossip

What's the Tea?

Use the spaces below to share some of your favorite influencers or pages you follow on each of the apps below. *Bonus if they are Native influencers.*



Describe a time when something you saw on social media had a positive impact on you.

Describe a time when something you saw on social media had a negative impact on you.

How can you tell if something on social media is real or fake? #FakeNews #NoCap

What do you feel are some of the benefits of using social media?

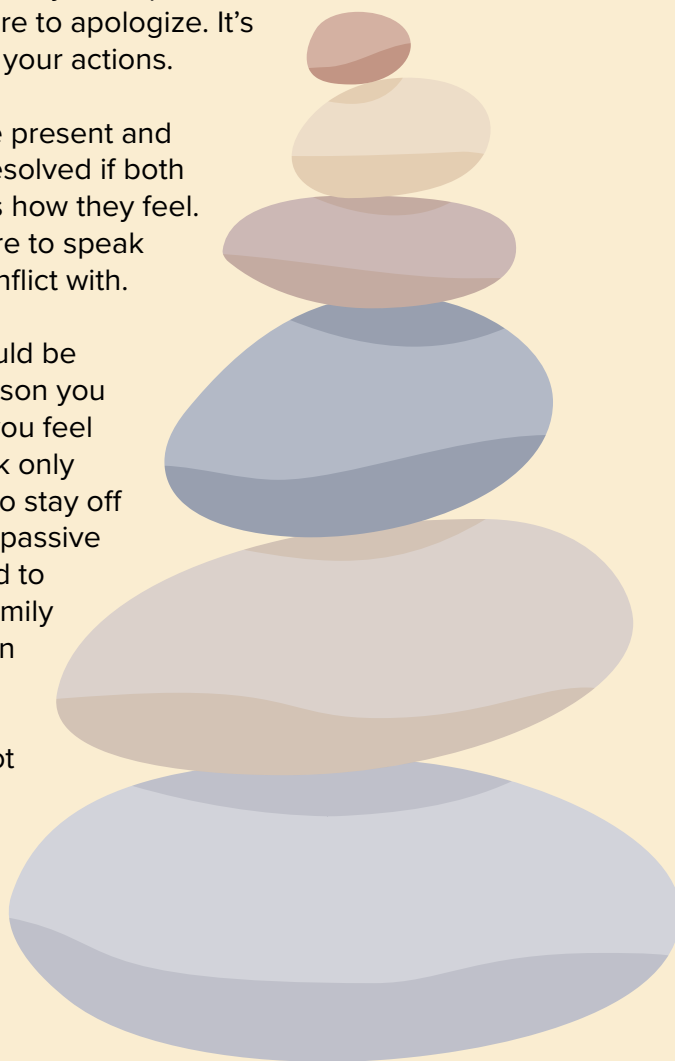
How do you feel you can use your social media platform to uplift yourself, others and your community?

Resolving Conflict: Tactics

Whether it be disagreements with your caregiver or close friend, conflict is bound to happen. **THINGS HAPPEN!** What matters is how you work through conflict.

To help you work through conflict in a healthy way, here are a few tips to get you through it all:

- **Talk Only When Calm.** It is best to wait until you are both calm to talk about the issue. If you find yourself feeling angry while talking, take a moment to calm down before you reconvene. Remember to breathe in and out to release tension!
- **Focus on Feelings.** Instead of blaming the person, focus on telling the person how their words or actions made you feel. The person you are talking to should care about how they made you feel. If you step out of line during the conversation, be sure to apologize. It's important to take responsibility for your actions.
- **Listen.** We mean REALLY listen! Be present and empathetic. Conflict can only be resolved if both people feel heard and can express how they feel. Don't interrupt them, and make sure to speak directly to the person you have conflict with.
- **Don't Involve Others.** Conflict should be resolved between you and the person you are fighting with. Even if it makes you feel better, gossiping and talking smack only complicates the issue. Make sure to stay off social media and avoid publishing passive aggressive posts. If you really need to vent, confide in a close friend or family member and keep the conversation private or write it down.
- **Resolve the Issue.** Avoidance is not a healthy way to resolve an issue. Conflict is meant to be worked through. Both people should be able to express their feelings and commit to making changes to keep the conflict from happening again. Use these conversations to set new, healthier patterns!



Resolving Conflict: Conflict Resolution Map

You got in a fight with your best friend... what do you do next?

1. Get calm first.



- Do breathing exercises
- Count to 20
- Take a social media break
- Create physical space
- Keep the conflict between you two
- Meditate

2. Explore your feelings. Ask yourself...



- What's the problem?
- What's your point of view?
- What's their point of view?
- What are some feelings you experienced during the fight?
- Is there a safe compromise?

3. Talk to the person, using peaceful problem-solving tactics.



- Actively listen – no interruptions!
- Empathize
- Use I-statements
- Apologize as needed
- Address the issue at hand

Time to role play!

Think of the most recent disagreement you had. Use this map to work through the issue. Before you talk to the person you had a disagreement with, role play the conversation with someone you trust.

Trace some essentials from your bag

or pockets. Let the lines overlap.

This book will teach you about various mental health tools. Like the items you traced, carry these tools with you always.

Let's Talk: A Review of Communication Styles

As you grow up, one of the most important things to learn is how to effectively communicate your feelings. Talking about feelings, good and bad, can be awkward, difficult, and even frustrating.

One way to communicate effectively is to better understand you and your loved one's communication styles. For example, it helps to know that you would rather have direct, straight to the point conversations and set the tone accordingly.

How exactly are you supposed to know what your preferred communication style is? Luckily, there is a system that can help you figure it out. DiSC® is a personal assessment tool that measures personality traits, subdividing people into four categories. By knowing your personality trait and that of those around you, you can improve self-awareness, understand other people and adapt to their behavior, and learn how to work together more productively.

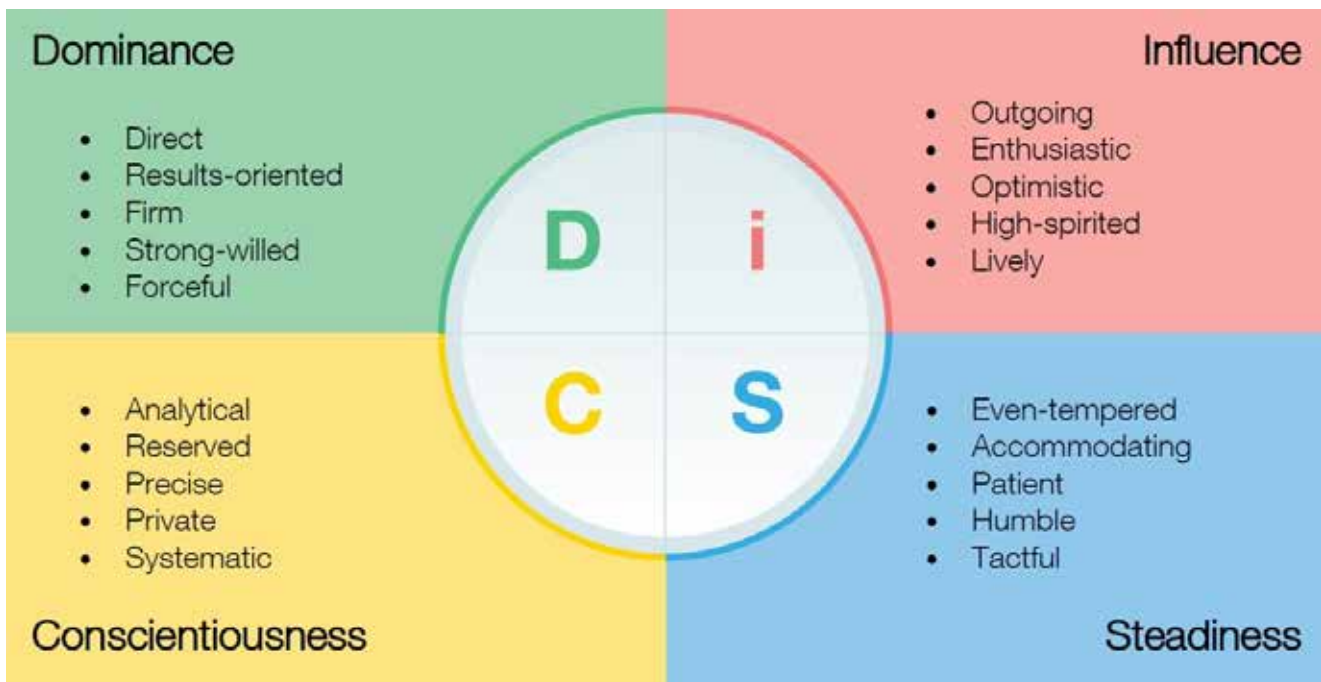


Figure out what your DiSC® profile is by scanning the QR Code. Ask your family and friends to take the quiz too!



These affirmation cards will increase your self-confidence and encourage positive thinking. Cut them out and take them with you wherever you go.



**My
thoughts
and
feelings are
important**

**I love
myself just
as I love
others**

**I am
brave**

**I am safe
and
cared for**



**I have the
strength of my
Ancestors**



**I am
enough**

**This is only
temporary**

**I can
overcome**

Don't put your scissors away just yet!
Here's even more affirmation cards for you.



**Don't let
yesterday
use up too
much of
today
-Cherokee**

**I can ask
for support**

**I am
loved**

**I have Elders
who can
help me**



**I am
right where I
am supposed
to be**

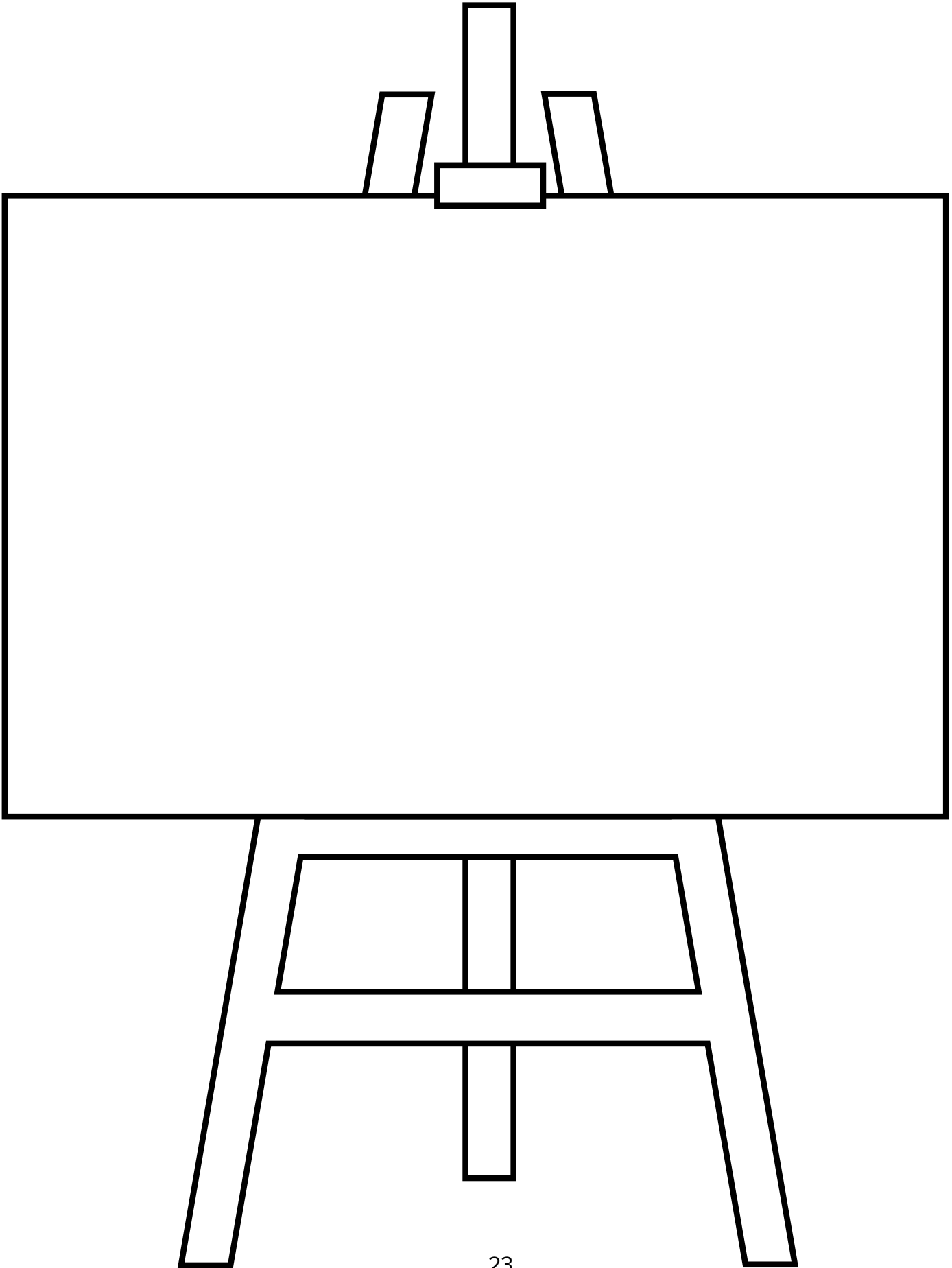
**I am my
Ancestors
wildest dream**



**I am
resilient**

**I am
strong**

Use this as a test page for pens, paints, markers, or art supplies.



Mental Health and Self-Care

↪ a person's condition with regard to their psychological and emotional well-being

↪ the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress

When our mental health is struggling, we can also observe this in other parts of our body. Having a self-care plan is essential for the whole body's well-being.

Having a self-care plan is vital in helping us process difficult situations.

There are **NINE** categories in which we can explore self-care:

Have you ever been nervous about a big test or big game? You might start sweating, your stomach might start hurting, and your breath or heart rate might speed up. Those are the ways that our body reacts to the brain telling it that something is wrong. Having a self-care plan can help calm both our bodies and our brains.

Intellectual Wellness is the many things that keep our brains active and our intellect expanding.

Examples: learning a new skill, researching something you are interested in outside of schoolwork



Physical Wellness is taking care of our physical body through movement.

Examples: going for a bike ride, playing basketball with friends, going for a walk



Environmental Wellness is being able to be safe and feel safe.

Examples: planting a garden, decluttering your closet or room



Financial Wellness is understanding income and savings and the value of money.

Examples: saving up allowance and other monies to purchase something that brings you joy, offering to do yard work for a neighbor for a small fee



Emotional Wellness is the ability to express feelings, adjust to emotional challenges, cope with life's stressors, and enjoy life.

Examples: removing social media apps off your phone (or even just turning off notifications for a while), journaling



Social (Community) Wellness is healthy relationships with friends, family, and the community.

Examples: spending time with friends and family who lift your mood, attending a sporting event or art fair in your city



Spiritual Wellness is a broad concept that represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace.

Examples: creating or finding affirmations or mantras to repeat when needed



Occupational Wellness is participating in activities that provide meaning and purpose and reflect personal values, interests, and beliefs, including employment.

Examples: getting a summer job, volunteering at a local non-profit that is important to you



Cultural Connectedness is understanding the traditions and practices of your Tribal Nation. Culture is Prevention and gives us a way to protect ourselves and provides a space for healing.

Examples: participating in ceremonies, dancing, beadwork, drumming, talking to an Elder



A mantra is a sound or phrase that helps remind you of positive thoughts. Examples include:

I can and I will.

I am grounded in nature.

Everything will be okay.

Let things flow.

Create a mantra of your own:



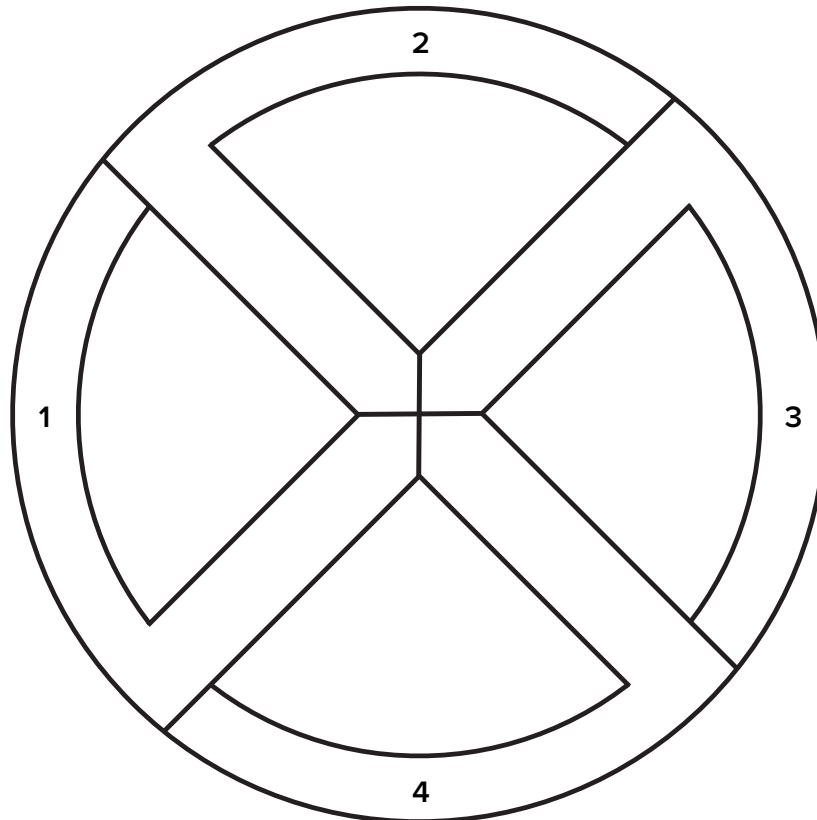
Remember to use your mantra when something seems hard. It can help you feel better and safe.

Color the medicine wheel with these colors:

1 = black 2 = white 3 = yellow 4 = red

The **white section and North direction** represent Mental Health. It is normal to feel sad, angry, or anxious. It happens to all of us. Make sure to talk to your family, friends, and even a therapist when you are feeling down.

The **black section and West direction** represent Physical Health. Physical health is important throughout your lifetime, so keep running, swimming, and doing all the things you love. Bring your friends too!



The **yellow section and East direction** represent Spiritual Health. You come from a spiritual tradition that has helped your community survive. These traditions will make you stronger.

The **red section and South direction** represent Emotional Health. Emotions change quickly and can be difficult to process. It is much easier to work through emotions when you have the support of others. Reach out to your community for support.

Traditional Food: Strawberry

For the Haudenosaunee, the juicy red berry is culturally significant.

According to the Haudenosaunee Creation Story, Skywoman brought strawberries with her as she fell from Sky World onto the back of the turtle. When Muskrat delivered to her that tiny clump of earth in his paw, she planted the seeds she carried. And when she died and was buried, they say, strawberries and medicines sprung up from the ground above her feet.

Strawberries announce the arrival of summer, and ceremonies are done at longhouses throughout the territory to celebrate the gifts Creator continues to provide, and to honor the berries who continue to do their job as He instructed.

A significant part of the strawberry ceremony is the sharing of strawberry juice. This delicious drink is refreshing, simple to make and highly nutritious.

In fact, strawberries have been researched for having a beneficial impact on blood sugar levels. Research has shown that one cup of strawberries can reduce the impact of elevations to your blood sugar from simple sugars. The combination of phytonutrients in strawberries is also proven to reduce inflammation.

Strawberry Drink Recipe

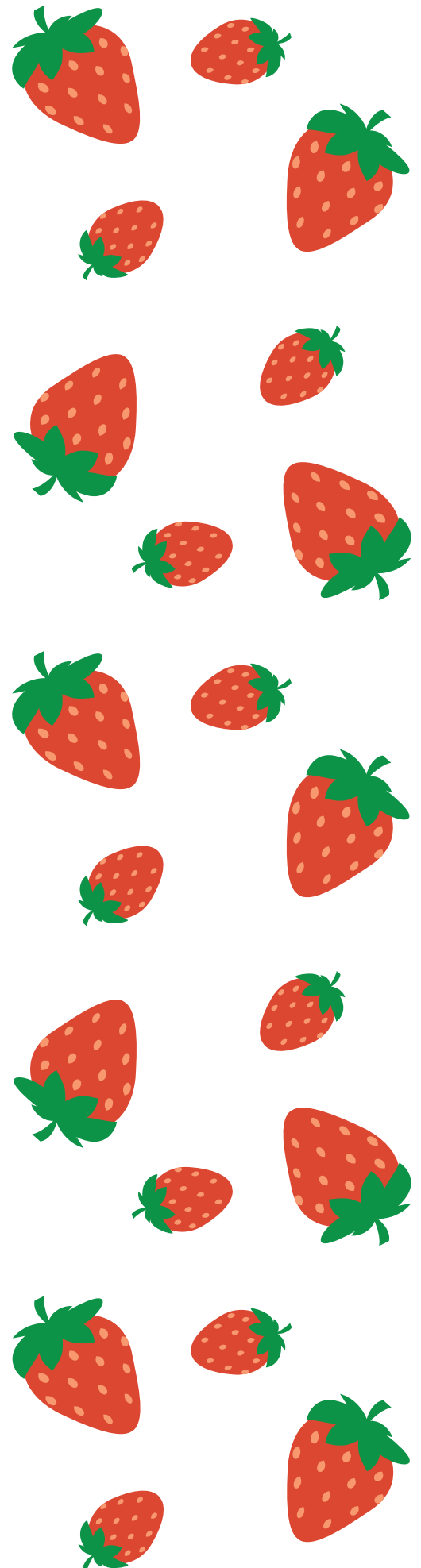
from the Saint Regis Mohawk Tribe

Ingredients

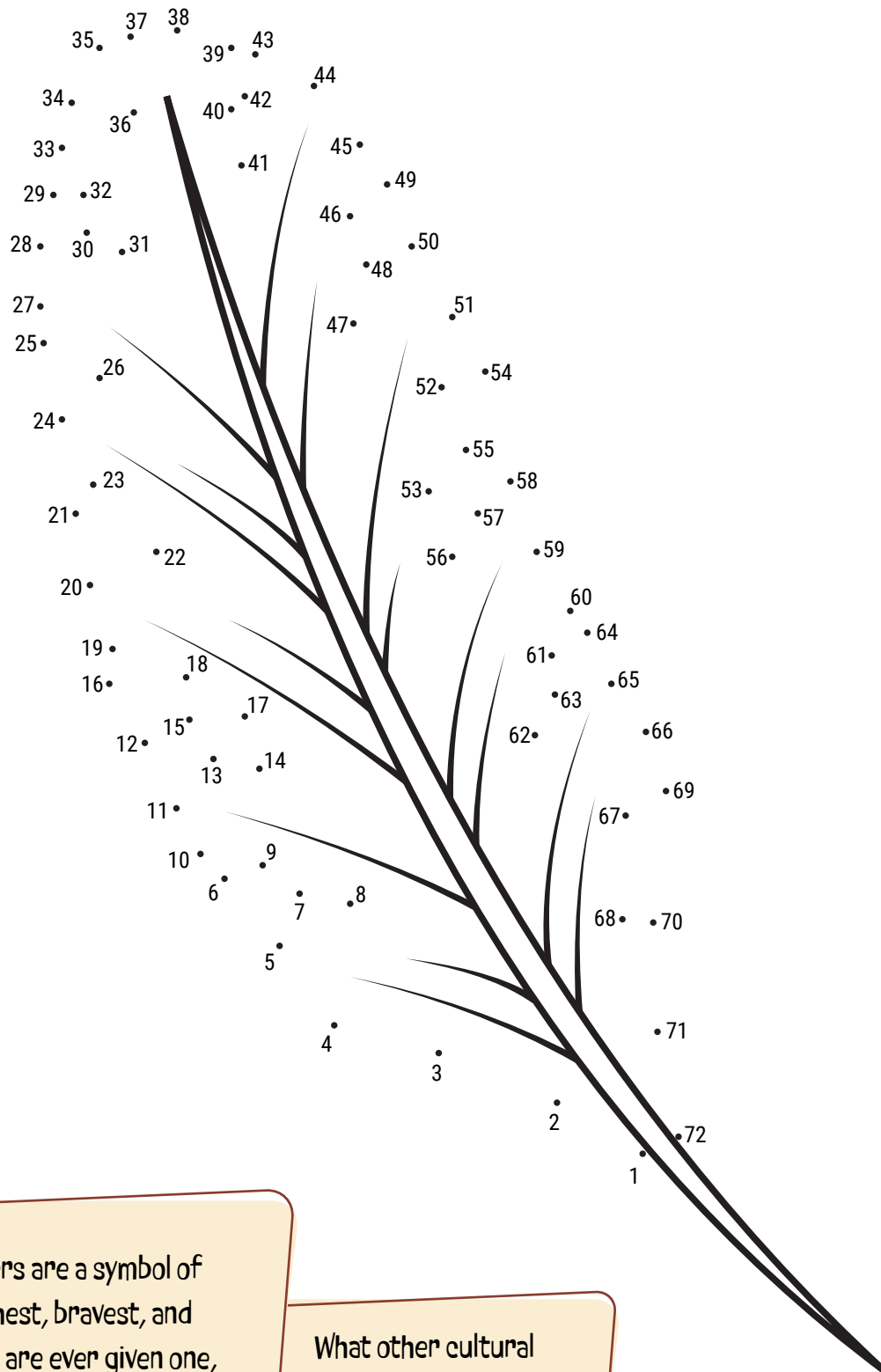
- Wild or Farm Strawberries
- Maple Syrup
- Water
- A Giant Juice Jug

Instructions

1. Wash berries well and drain. Pick off or cut away stems.
2. Place berries in a huge bowl and mash them up!
3. Add maple syrup to the mash. Flavor it to your taste.
4. Transfer the berry mash syrup to a jug and fill it with water.
5. Stir it up, pour a glass, drink and think happy thoughts that Creation and our Creator continue to provide!



Can you see it? There's an eagle feather somewhere. Connect the dots to find it.



Eagle feathers are a symbol of what is highest, bravest, and holiest. If you are ever given one, wear it with dignity and pride.

What other cultural symbols are important to you?

Nature heals us. Spending at least 2 hours per week outside can reduce anxiety and depression.





Glossary of Terms for Tribal Nation Youth

Autonomy means self-governance in which Tribal Nations direct their actions in accordance with their values, customs, cultures, traditions, and inherent forms of social and governing systems.

Blood Quantum is a determination using a method to establish an individual's degree of "Indian" blood. This method has been adopted in many federal Indian programs to determine eligibility for program services and benefits; and also adopted by many, but not all, federally recognized Tribal Nations as a criterion for enrollment or citizenship.

Boarding Schools were created to carry out the U.S. policy of forcibly assimilating Native Americans into mainstream society. The Civilization Fund Act was passed by the U.S. Congress in 1819 and funded the creation of federally funded boarding schools. Approximately 357 boarding schools operated across the U.S. from 1819 to 1978.

Colonization was a large-scale process enforced by European nations between the late 15th century and early 20th century in the hemisphere known as the Americas. They claimed territories and established settlements and eventually countries, by displacing, annihilating, or subjugating Indigenous peoples.

Decolonization is a process that aims to challenge ideologies that uphold the superiority and privilege of Western thought and systems; examines narratives about Indigenous peoples' histories and changes misconceptions; and seeks to reconcile the effects of colonization, revitalizes Indigenous knowledge and systems, and fosters understanding and contributes to a more inclusive and equitable society.

Doctrine of Discovery is a controversial legal theory, now part of U.S. federal law and policy, that the U.S. government has become the owner of all land within the borders of the U.S. by virtue of "discovery" of the North American continent by Europeans.

Federally Recognized Tribal Nation is a sovereign American Indian or Alaska Native Tribal Nation that is recognized as having a government-to-government relationship with the U.S.

State Recognized Tribe is an American Indian Tribe or heritage group that is recognized by individual states for their various internal state government purposes.

Treaty means a contract or agreement between two sovereign entities, such as between a Tribal Nation and the U.S.

Tribal Sovereignty is the inherent power for Tribal Nations to govern themselves.

Tribal Citizenship is the status of being a citizen of a Tribal Nation as determined by each sovereign.

Tribal Traditions are the customs, beliefs, practices, and social order of a people who often share a common ancestry, culture, language, territory, and worldview.

Trust and Treaty Obligations refer to the responsibilities and binding promises either assumed by the U.S. government and upheld by federal court decisions or through written agreements (treaties) between Tribal Nations and the U.S. government.

Definitions provided by Jerry Pardilla, citizen of the Penobscot Indian Nation and Director of USET's Office of Environmental Resource Management.

Glossary Reflection

Let's reflect on what these terms mean to you.

What does Tribal sovereignty mean to you?

How do you engage with your Tribal Government?

How do you practice social activism?

How do you connect to your Tribal traditions and customs?

Resources for Native Youth

Use these resources to keep yourself and those you love safe. Remember, you are not alone.

Mental Health

Suicide and Crisis Lifeline | Dial or text 988 for free 24/7 support | 988lifeline.org

Crisis Text Line | Text NATIVE to 741741 | crisistextline.org | For free crisis counseling 24/7

Mental Health America | Contact 1-800-969-6642 | Text MHA to 741741 | mhanational.org

Teens Helping Teens | Contact 1-800-852-8336 | Text YLNATIVE to 839 863 | theyouthline.org

Teen Line | Contact (310) 855-HOPE | TeenLineOnline.org

Reach Out | ReachOut.com

Sexual Health

Planned Parenthood | Contact (24/7) 1-800-230-7526 | Chat through PlannedParenthood.org

We R Native: Sexual Health | Text SEX to 94449 | wernative.org/ayr

Safe Spaces and GYT (Washington Youth Sexual Health Project) | www.npaihb.org/wysh/

Indigenous Women Rising | iwri.org

I Know Mine | iKnowMine.org

Sex Etc. | SexEtc.org

Bedsider | Bedsider.org

Scarleteen | Scarleteen.com

Get Yourself Tested | CDC.gov/std

Internet Safety

Safety on the Internet | SutterHealth.org

Wired Safety | WiredSafety.org

Childnet | Childnet.com

Drugs and Alcohol

Drugs Free and Help & Hope by Text | Text JOIN to 55753 | DrugFree.org

Truth | Text DITCHVAPE to 88709 | TheTruth.com

National Drug Information Treatment and Referral Hotline | Contact 800-662-HELP (4357) | samhsa.gov/find-treatment

Drinking and Driving | QuitAlcohol.com

Children of Alcoholics and Alcohol Abuse Hotline | Contact 855-955-0771 | AlcoholAwareness.org

Bullying

Stop Bullying | StopBullying.gov

Cyberbullying Research Center | CyberBullying.us

Teens Against Bullying | PacerTeensAgainstBullying.org

STOMP Out Bullying | STOMPOutBullying.org

Relationship and Dating

StrongHearts Native Helpline | 1-844-7NATIVE (762-8483) | strongheartshelpline.org | Call, text or chat 24/7

We R Native: My Relationships | wernative.org/my-relationships

Love is Respect | Contact (24/7) 1-866-331-9474 or 1-866-331-8453 TTY | Text LOVEIS to 22522 | LovelsRespect.org

One Love Foundation and Hotline | Contact 1-800-779-7233 | JoinOneLove.org

That's Not Cool | Contact (24/7) 866-331-9474 or 866-331-8453 TTY | ThatsNotCool.com

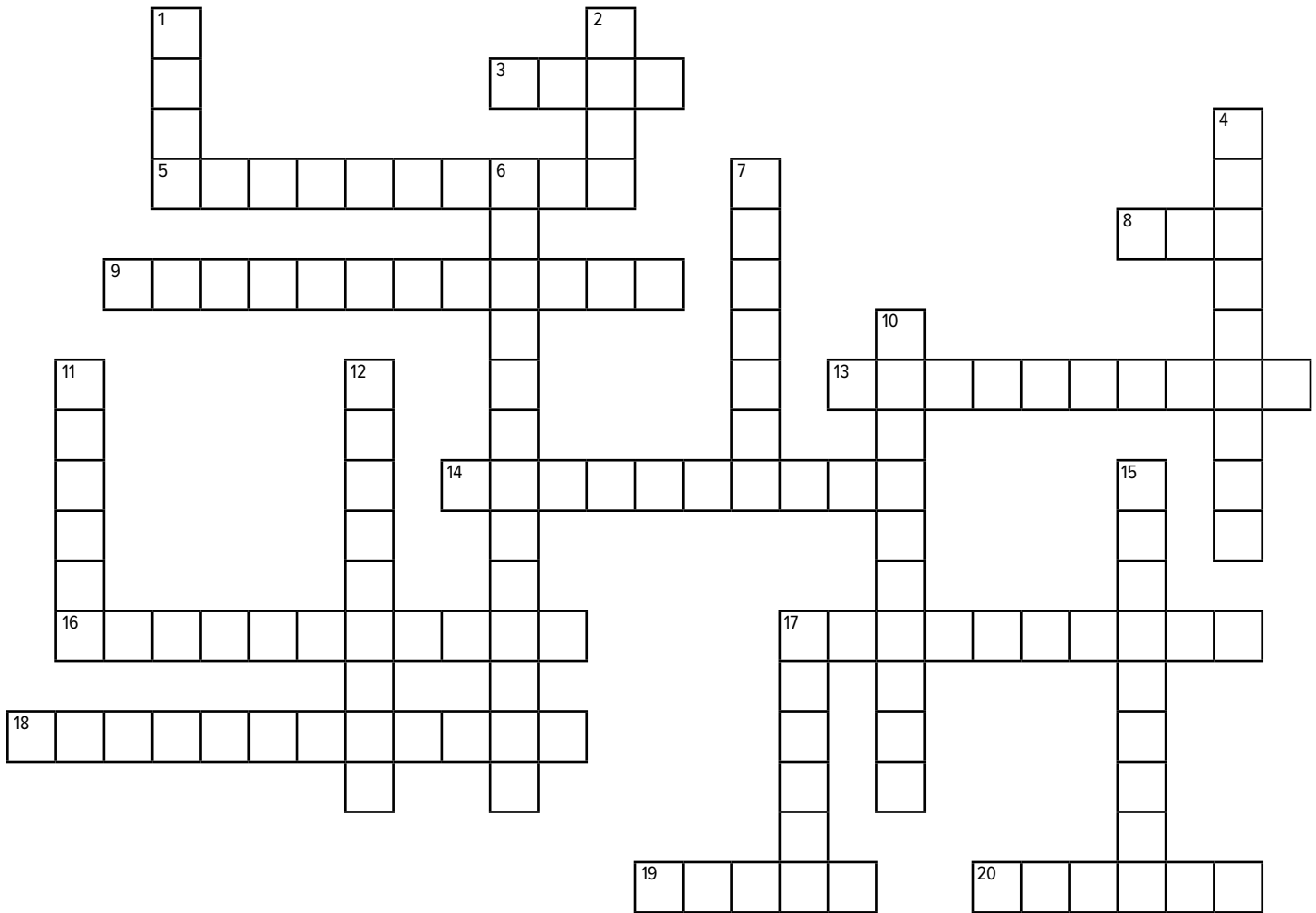
Where is your Line? | WhereIsYourLine.org

Project Respect (Canada) | Contact 605-786-5256 | YesMeansYes.com

Create your own resource toolkit:

- How do you practice self-care?
- What mental health resources are available in your community?
- How can you connect with Elders in your community?
- Who are some artists in your community that you can shadow or learn from?

Crossword Puzzle



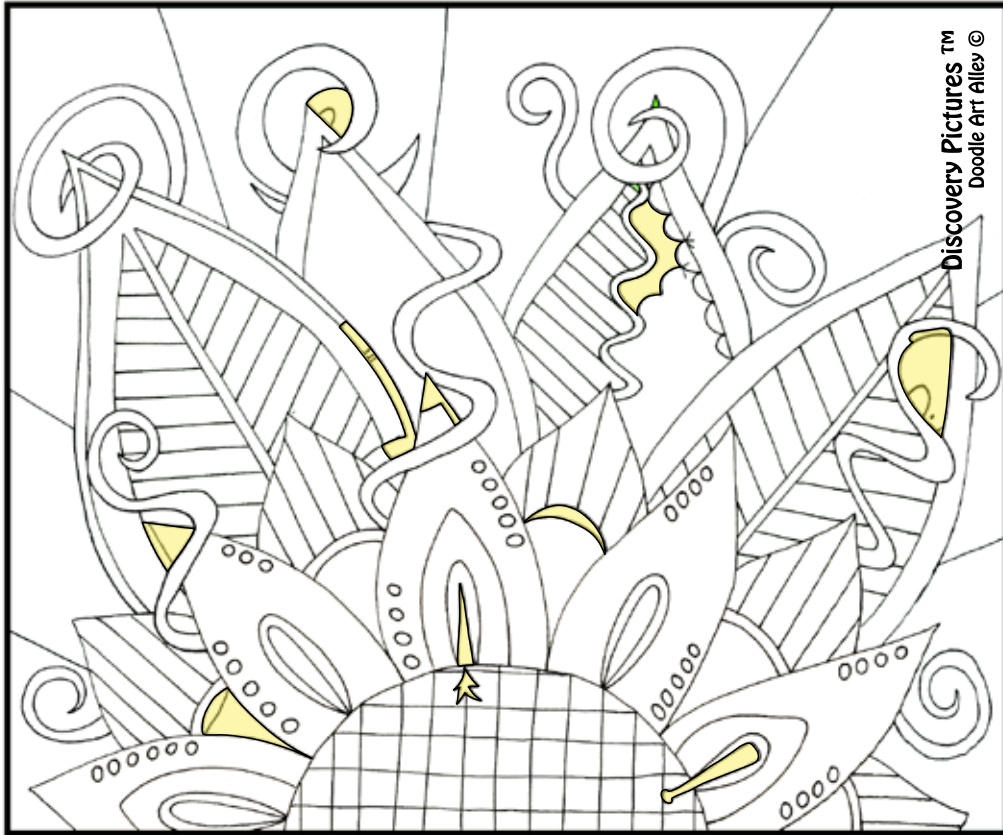
ACROSS

- 3 When resolving conflict, it is essential to talk only when ____.
- 5 Plays an important role in improving confidence and managing life's challenges.
- 8 Nature heals us, reducing anxiety and depression. Try to spend at least ____ hours per week outside.
- 9 Indigenous communities have experienced countless disruptions to traditional food systems due to ____.
- 13 Cultivating a ____ to your ancestral home can help protect you – increasing your resilience and wellbeing.
- 14 Know the signs of substance use disorder, including moods swings or ____.
- 16 Use these ____ cards to increase your self-confidence and encourage positive thinking.
- 17 This fruit is culturally significant to the Haudenosaunee and makes a refreshing and highly nutritious juice.
- 18 The type of wellness that consists of the things that keep our brains active and our intellect expanding.
- 19 ____ feathers are a symbol of what is highest, bravest, and holiest. If you are ever given one, wear it with dignity and pride.
- 20 One way to communicate effectively is to better understand you and your loved one's communication ____.

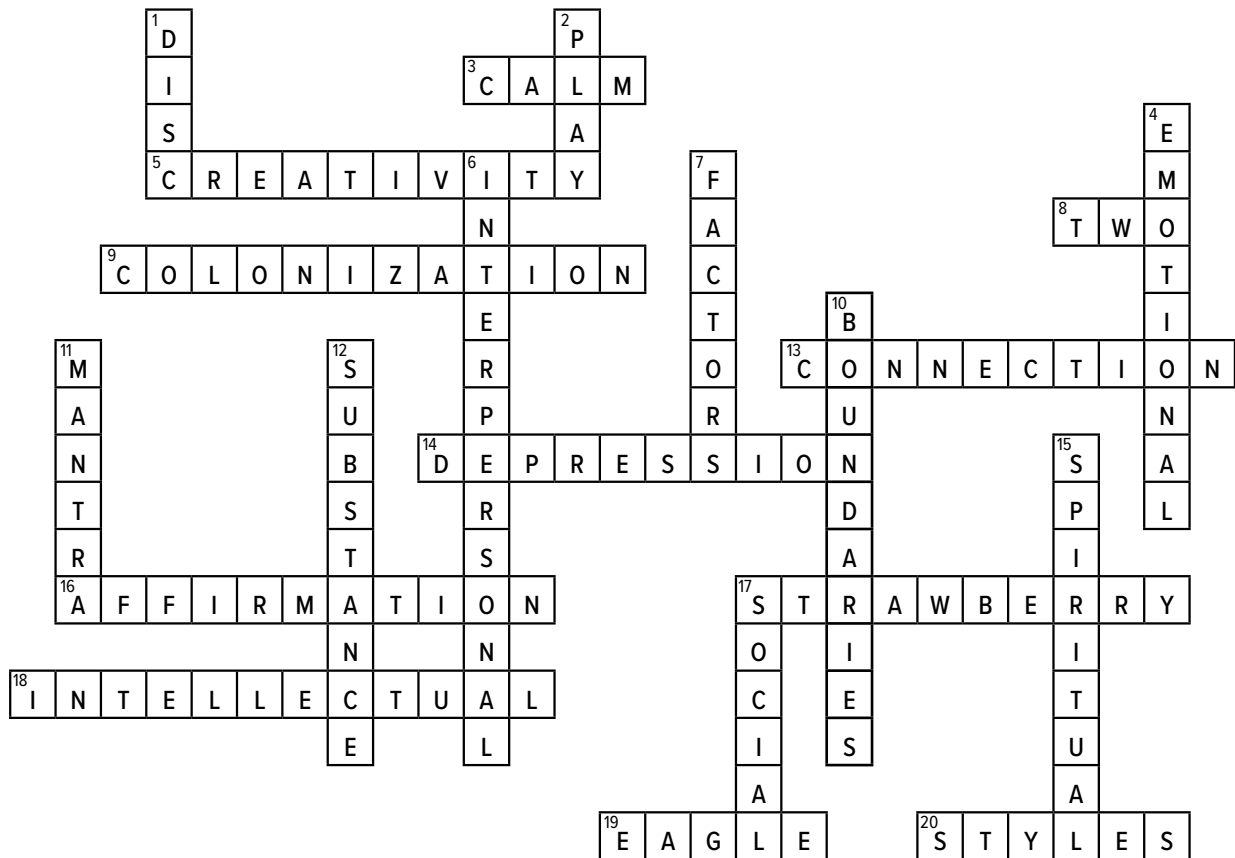
DOWN

- 1 A personal assessment tool that measures personality traits, subdividing people into four categories.
- 2 It helps you process difficult emotions.
- 4 The type of wellness that consists of the ability to express feelings, adjust to emotional challenges, cope with life's stressors, and enjoy life.
- 6 Boundaries can be physical or ____.
- 7 Break the cycle of substance use, focus on protective ____.
- 10 Ways to express what you need and expect from those around you.
- 11 A sound or phrase that helps you feel good.
- 12 ____ use disorder is the persistent use of drugs despite the harm and consequences to one's own self or others, as a result of their use.
- 15 The type of wellness that represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace.
- 17 ____ media can be a great place to share information, look up trends, watch funny videos or get fashion tips. It can also be a dangerous place with unknown profiles, bullying and harmful information.

Answers



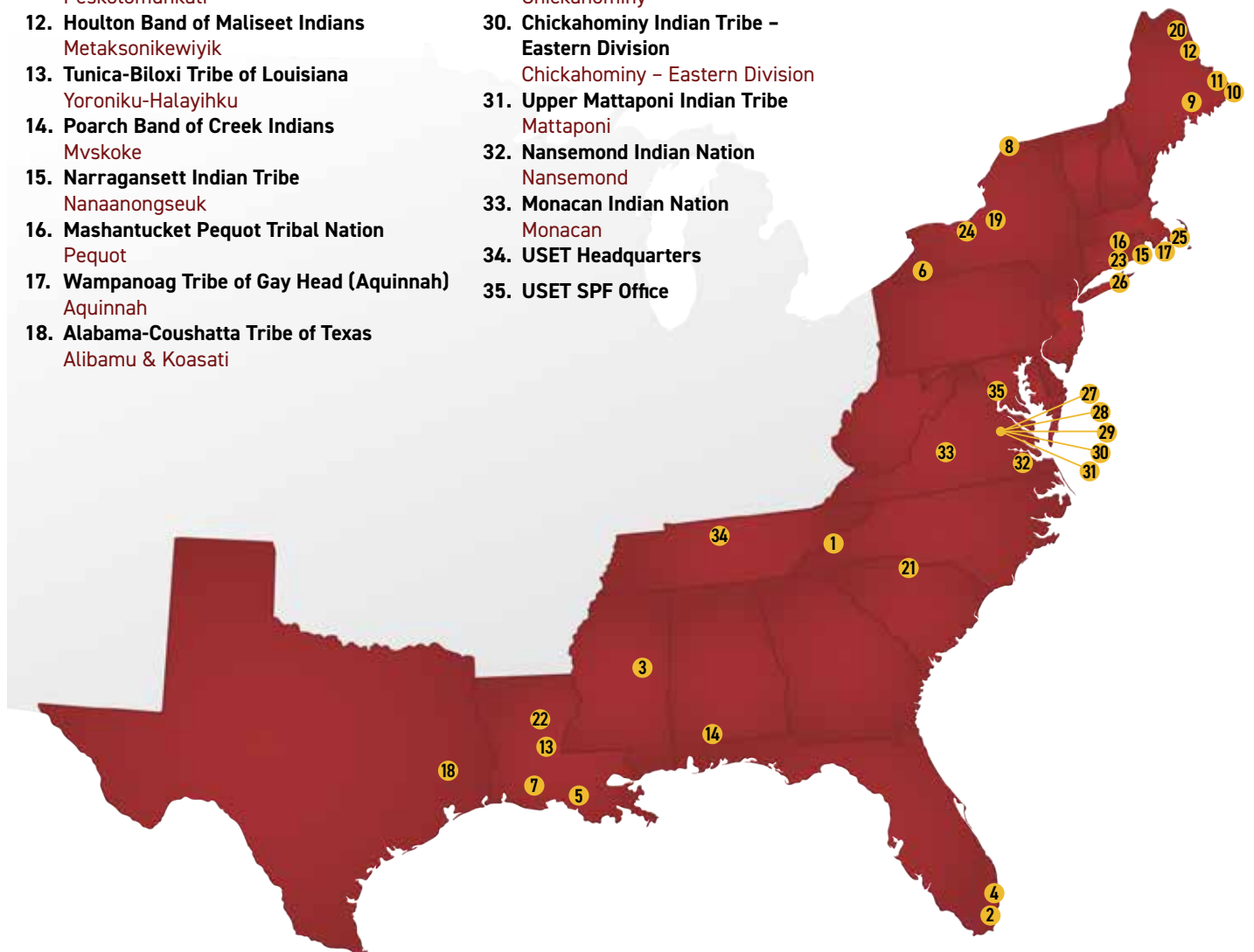
Discovery Pictures™
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USET Member Tribal Nations

As part of the USET family, your community extends far past the boundaries of your Tribal Nation. To learn more about other USET members, visit www.usetinc.org/about/member-tribal-nations.

- | | |
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| <ol style="list-style-type: none"> 1. Eastern Band of Cherokee Indians
Ani'Yunwiya 2. Miccosukee Tribe of Indians of Florida
Mikasuki 3. Mississippi Band of Choctaw Indians
Chahta 4. Seminole Tribe of Florida
I:laponathli 5. Chitimacha Tribe of Louisiana
Sitimaxa 6. Seneca Nation of Indians
Onondowa'ga' 7. Coushatta Tribe of Louisiana
Koasati 8. Saint Regis Mohawk Tribe
Akwesasne 9. Penobscot Indian Nation
Panawahpskek 10. Passamaquoddy Tribe - Pleasant Point
Peskotomuhkati 11. Passamaquoddy Tribe - Indian Township
Peskotomuhkati 12. Houlton Band of Maliseet Indians
Metaksonikewiyik 13. Tunica-Biloxi Tribe of Louisiana
Yoroniku-Halayihku 14. Poarch Band of Creek Indians
Mvskoke 15. Narragansett Indian Tribe
Nanaanongseuk 16. Mashantucket Pequot Tribal Nation
Pequot 17. Wampanoag Tribe of Gay Head (Aquinnah)
Aquinnah 18. Alabama-Coushatta Tribe of Texas
Alibamu & Koasati | <ol style="list-style-type: none"> 19. Oneida Indian Nation
Onyota'a:ká: 20. Mi'kmaq Nation
Mi'kmaq Nation 21. Catawba Indian Nation
Ye Iswah h'reh 22. Jena Band of Choctaw Indians
Chahta 23. The Mohegan Tribe
Maheehkanuwak 24. Cayuga Nation
Gayogoho:no' 25. Mashpee Wampanoag Tribe
Mâseepee Wôpanâak 26. Shinnecock Indian Nation
Shinnecock 27. Pamunkey Indian Tribe
Pamunkey 28. Rappahannock Tribe
Rappahannock 29. Chickahominy Indian Tribe
Chickahominy 30. Chickahominy Indian Tribe - Eastern Division
Chickahominy - Eastern Division 31. Upper Mattaponi Indian Tribe
Mattaponi 32. Nansemond Indian Nation
Nansemond 33. Monacan Indian Nation
Monacan 34. USET Headquarters 35. USET SPF Office |
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Greetings Reader!

I hope you've found this USET Behavioral Health Activity Book resource filled with hope, strength, and determination. You are our future leaders, mothers, fathers, aunts, and uncles. It's your knowledge and forward thinking that will catalyze us into a brighter future. In a world that's constantly evolving, finding your place can be an overwhelming journey, yet, within you lies the strength to navigate your path with confidence and purpose.

Your identity, like braided sweetgrass, is woven from your experiences, values, and aspirations—it is the core of who you are. For many of us, our identities are deeply rooted in the rich traditions and histories of our Tribal Nations. These give us strength, resilience, and a unique perspective on the world as we navigate toward our individual identity. Indian Country needs your perspective, voice, and talents. Your uniqueness is your strength and it must be cared for.

In the ever-flowing rivers of everyday life, it is easy to forget the importance of this care. Self-care is not selfish, it is essential. Your physical, mental, and emotional well-being are the foundations upon which you build your life. Take time to rest, reflect, and nurture your soul. Surround yourself with positivity at every opportunity and seek support when you need it. You are your most valuable asset.

Finally, let's remember what your connection to culture means to your wellbeing. Your culture is your roots, your history, the story of our ancestors, the traditions passed down through generations, and the values that shape your perspective. Whether through language, art, ceremonies, or everyday practices, let us continue to celebrate and pass down the rich culture that has been entrusted to us. In doing so, we honor those who came before us and ensure that our culture thrives for generations to come.

As you journey through life, hold these tools close to your heart. Embrace your identity, cherish your culture, prioritize self-care, and use your voice to become an advocate for you and your people. You have the power to ensure our voices are heard and respected, and to make a difference for generations to come. Even in times of struggle, believe in yourself because you embody greatness.

Dee

Tihtiayas (Dee) Sabattus
USET Deputy Director



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