

PATH TO WELL-BEING: THE INNER JOURNEY



WELCOME

It's wonderful to be here with you.



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AGENDA

1. Speaker Introduction
2. Well-being & Quality of Life
3. Activating our Awareness
4. Critical Concepts
5. Overview of the Narrative Journey
6. Working through states of awareness;
 - a. *Call to Adventure*
 - b. *Trials & Roadblocks*
 - c. *You are the God/Goddess*

- d. *Meet Your Maker*
- e. *For Real, This Time*
- f. *Bring it Home*
- g. *Master of Both Worlds*

7. Q &A
8. Good-bye's



LAND ACKNOWLEDGEMENT



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WHO AM I?

Worked in mental health and public health.



Oldest sibling caring for younger siblings and 4 other foster kids.



High-achiever with substance abuse problems.



From teaching to film/TV/stage studies.



Coping with chronic pain and trauma by escaping through work.



Learned what we're responsible for in life to achieve well-being.



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*The
Unexamined
Life*



OUR MINDSET



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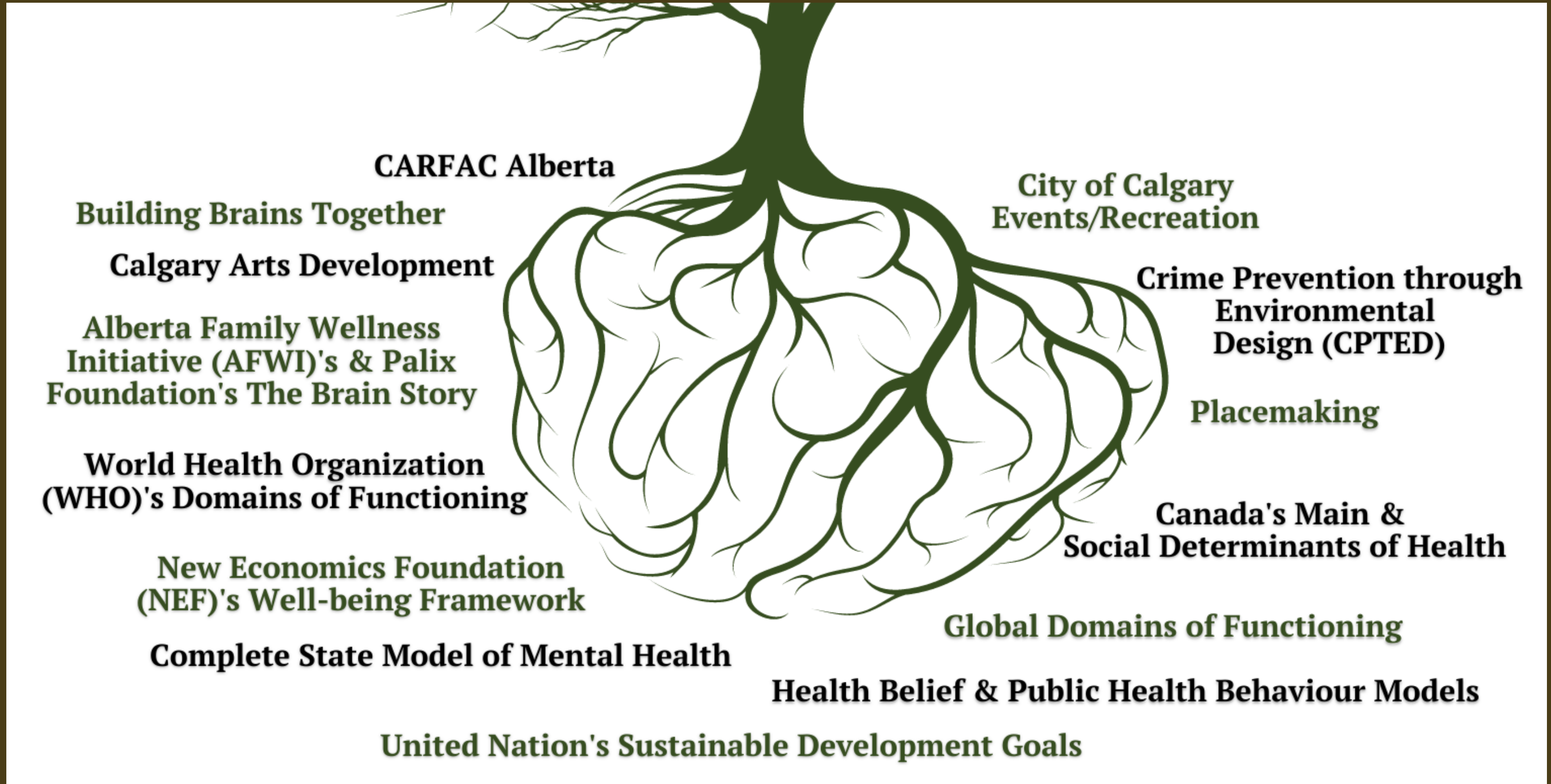
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FRAMEWORKS



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POST-COVID



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“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.” WHO ([source](#))

DIMENSIONS OF WELL-BEING

Material Well-being

Emotional Well-being

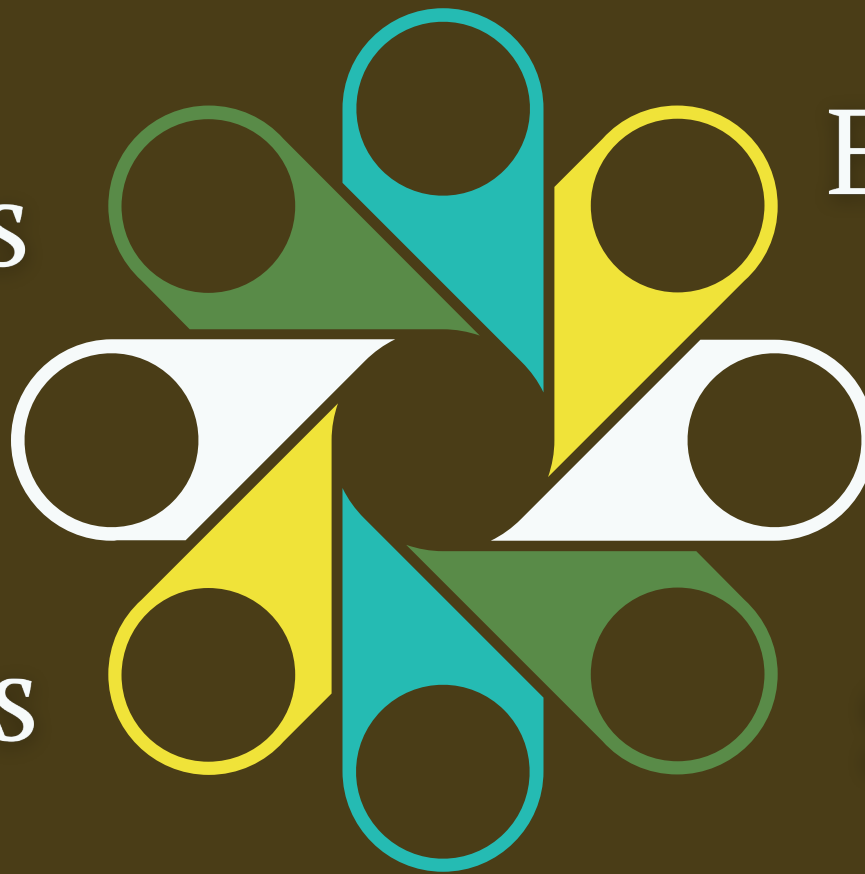
Interpersonal Relations

Personal Development

Physical Well-being

Self-Determination

Rights

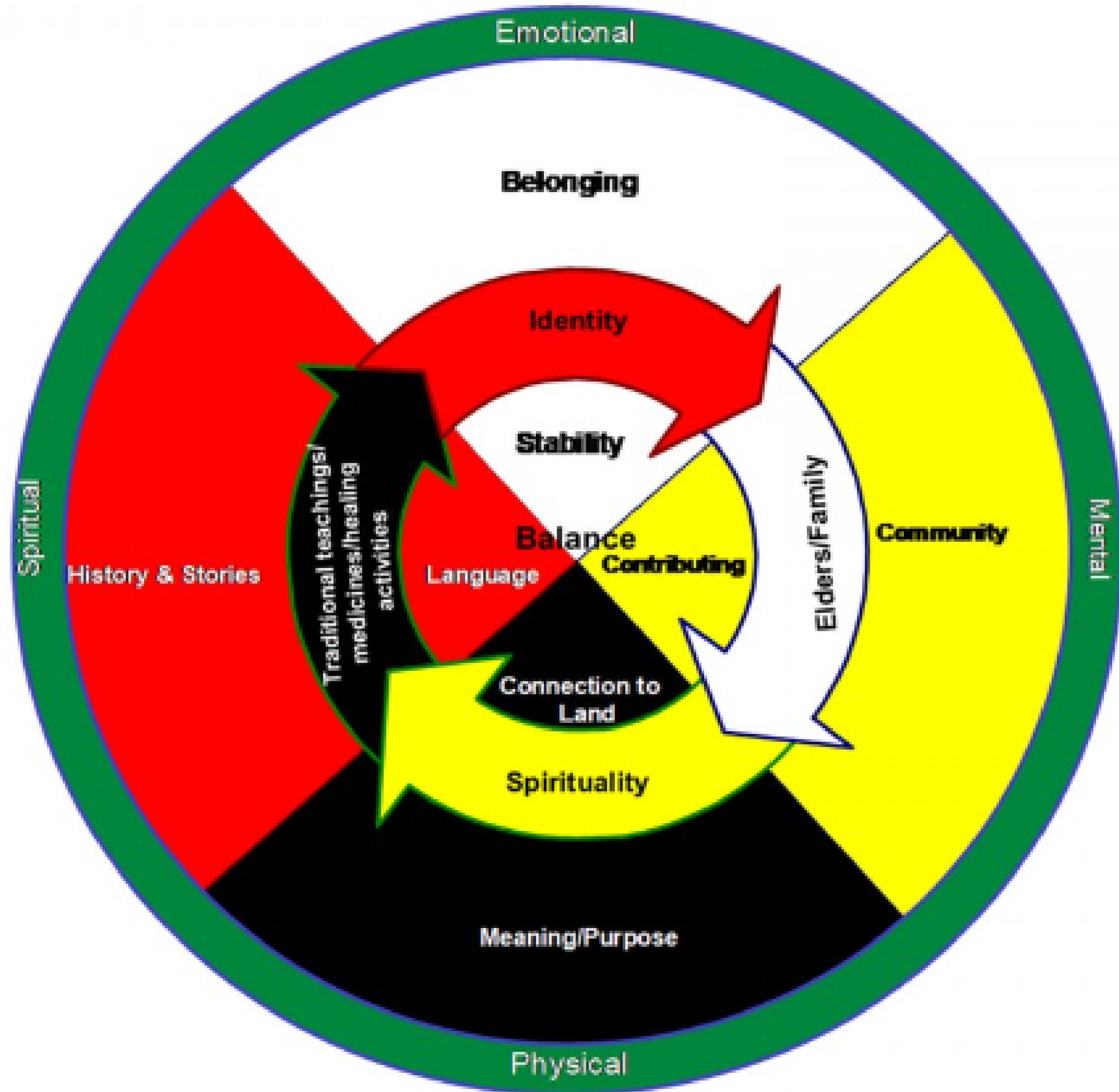


Social Inclusion



THE MEDICINE WHEEL

Looking back, moving forward: a culture-based framework to promote mental well-being in Manitoba First Nations communities, the study was published online in December 2018 by the [International Journal of Culture and Mental Health](#). (Source)



SKILL-BUILDING



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WHAT IS REFRAMING?

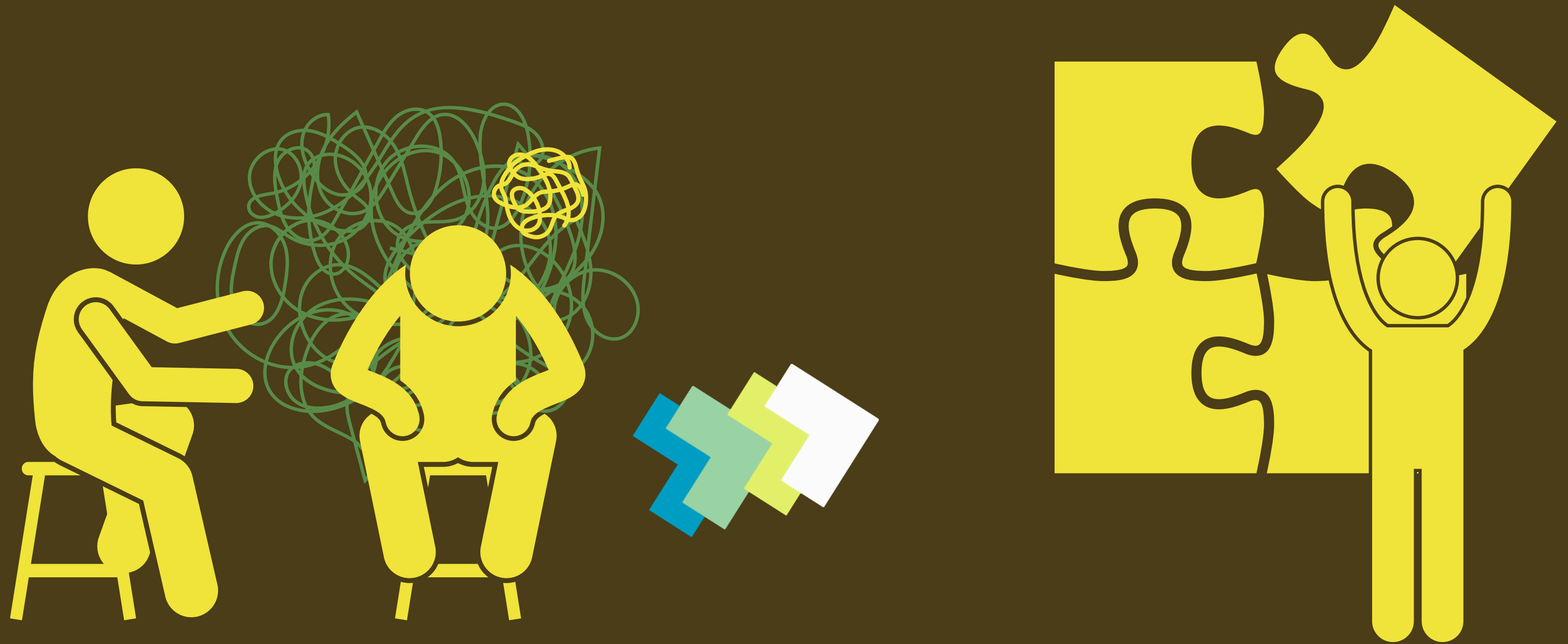


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WHAT IS REFRAMING?



HOW DOES IT HELP?



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LET'S DO IT TOGETHER!



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THE NARRATIVE JOURNEY



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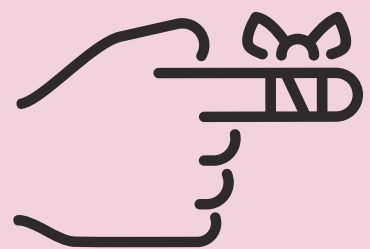


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**My finger
hurts!**



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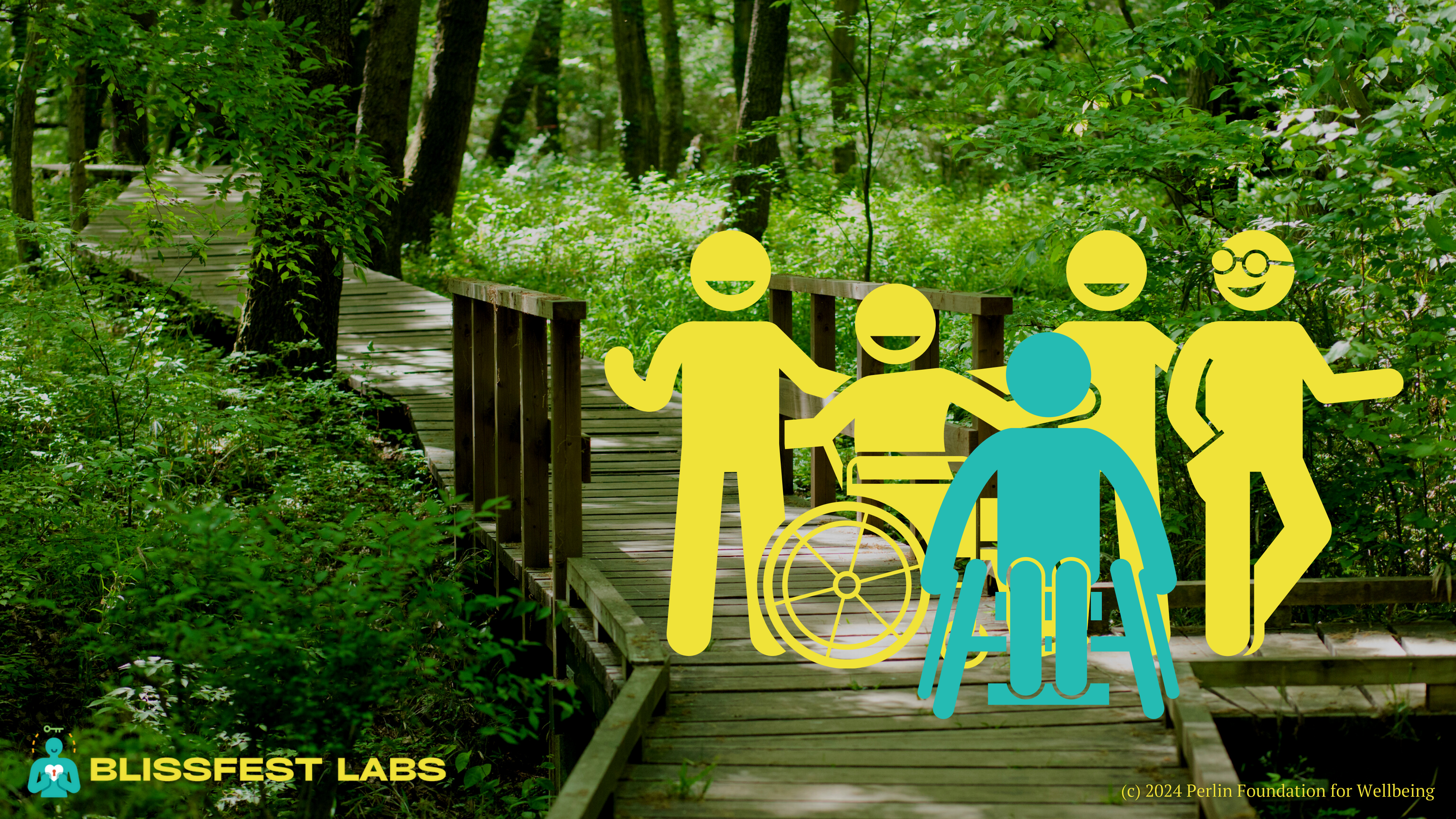
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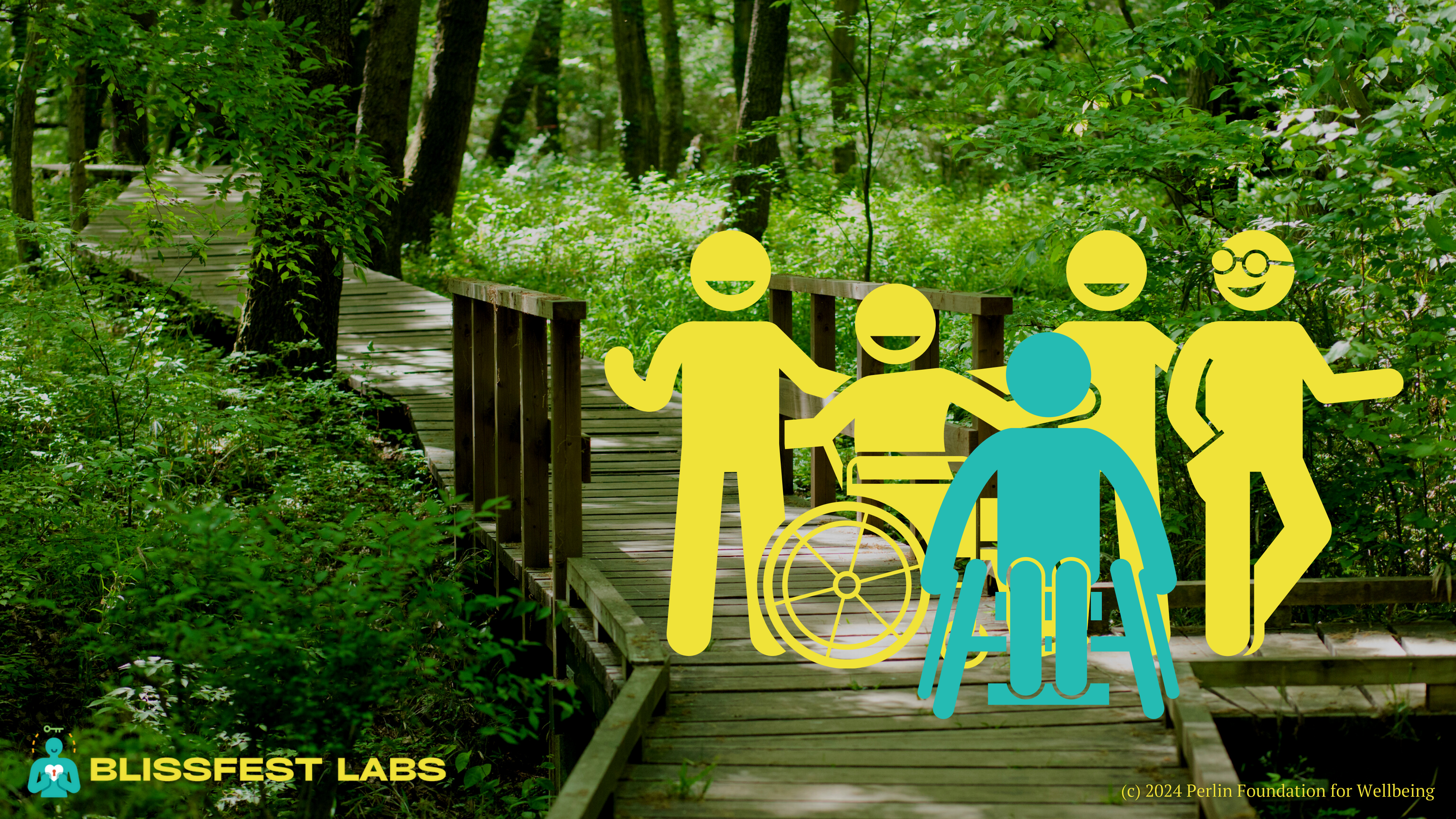


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QUESTIONS & ANSWERS



THANK YOU

for listening.



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