

CULTURAL RESILIENCE COMPONENTS

Practices that support safety, care, and resilience

SUMMARY

Five wellness practices based on the Deg Xit'an, Athabascan cultural teachings taught by Dr. LaVerne Xilegg Demientieff, University of Alaska, Fairbanks.



Wellness is fostered by cultivating love and acceptance for self, which allows us to express love and acceptance for others.

I practice compassion by...



Wellness is fostered by being in our bodies and in relationship with others.

I practice connection by...



Wellness is fostered by being together for celebrations and in times of hardship.

I practice community by...



Wellness is fostered by observing the world around us and being open to signs that help to guide us in our life and in our work.

I practice curiosity by...



Wellness is fostered by practicing rituals that create connection to a higher power, spirit, ancestors, and each other.

I practice ceremony by...