



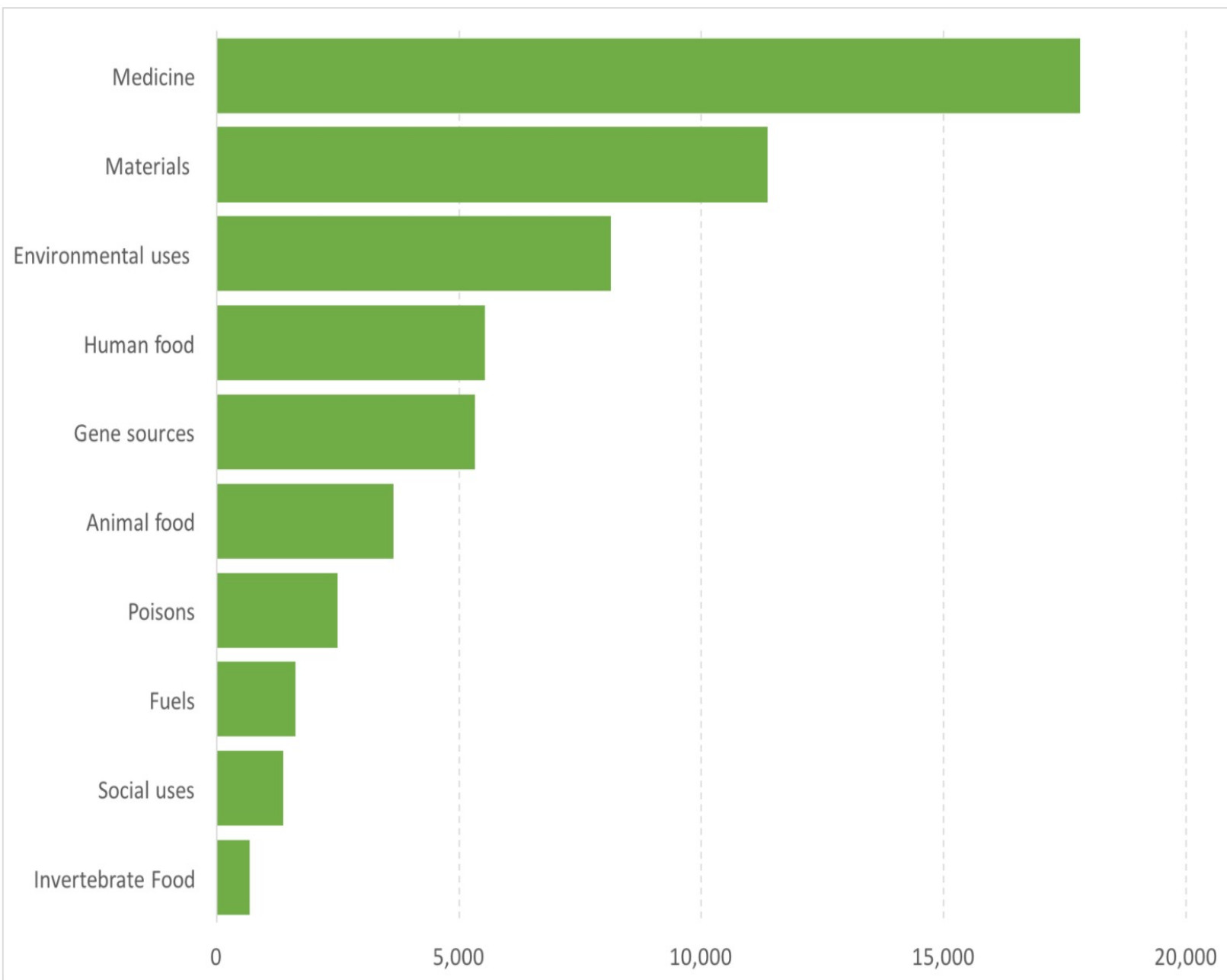
Gardening and Gathering – Practicing Relationality











Top documented uses of plant species. Graphic: Mongabay; Source: Royal Botanic Gardens Kew: State of the World's Plants.

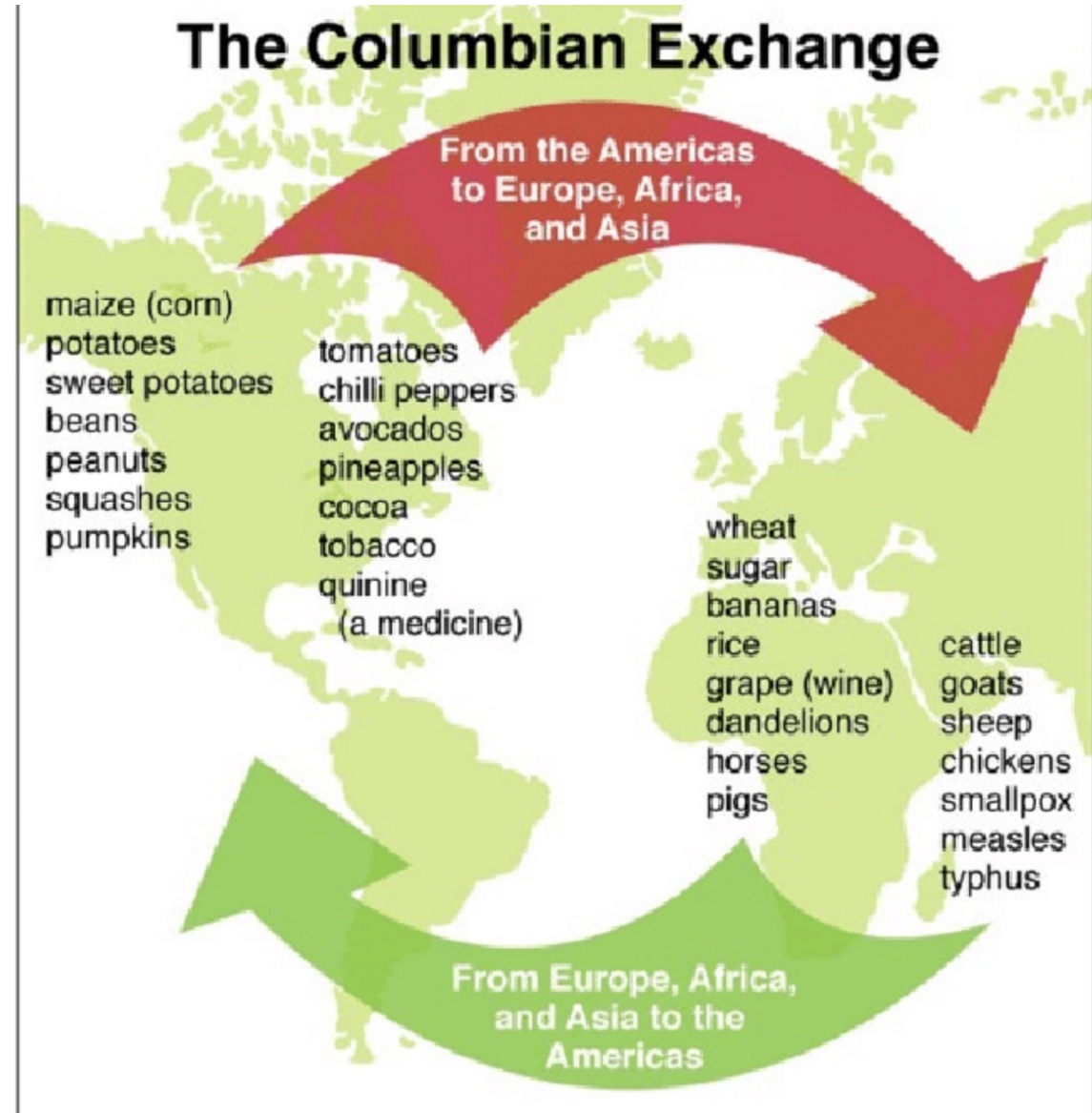
- About 391,000 species of vascular plants identified.
- Most are flowering plants.
- 21% of all plant species are threatened with Extinction.

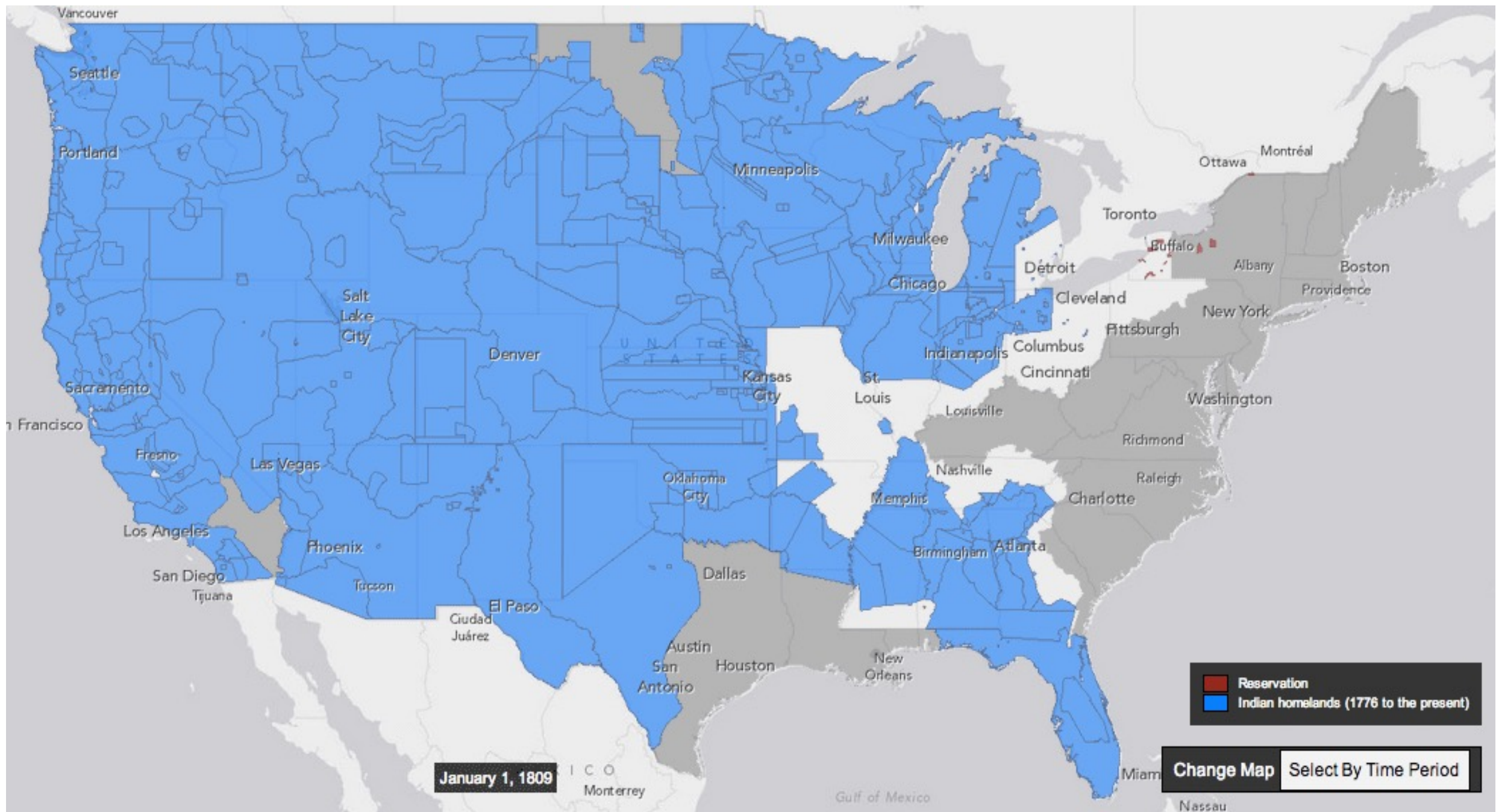
Colonialism

- Settler Colonialism- To stay, to erase and build over.
- Extractive Colonialism- To take, to control, to send resources to home country

We are in a Settler Colonial Society- The entire structure is built on the erasure of Indigenous Peoples.

Exchange?
Really?





Language Diversity = Biodiversity

- Language loss in some areas, such as the Americas, has reached 60% over the last 35, and some linguists predict the disappearance of 50–90% of the world's languages by the end of this century (
- Language diversity strongly correlates with Biodiversity (Indigenous groups showing high diversity)
- These languages contain equally valid and essential ways of viewing the world (land and all it contains as well as the human place in it).
- Indigenous Peoples make up 5% of the world population but caretake 80% of its biodiversity.

This shouldn't be a shock to anyone, but alas, it is.

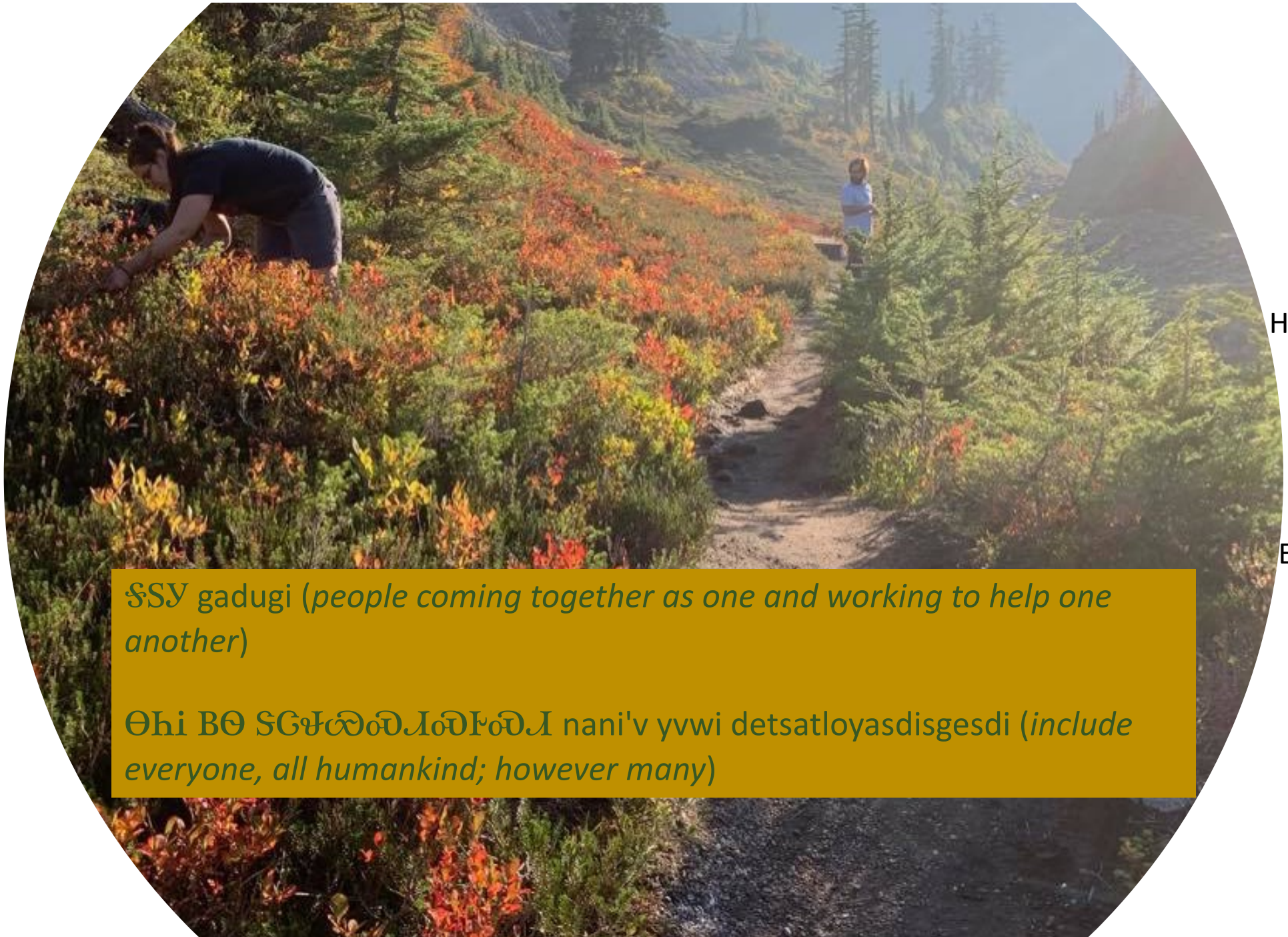
Why the difference and how does that relate to mental health in Indian Country?

Worldview/Reality

- Land- the health of the land is a direct mirror of our health as communities.
- Health- physical, spiritual, relational. All the ways!
- Grief- The land can handle my feelings and it remembers.
- Connection- to our human and non-human relations, medicines, languages, bodies and places.

ᏩᏪᏪ gadugi (people coming together as one and working to help one another)

ᏅᏈᏉ ᏩᏪᏪ ᏩᏪᏪᏪᏪᏪᏪᏪᏪᏪᏪᏪ nani'v yvwi detsatloyasdisgesdi (include everyone, all humankind; however many)



Depression
 Anxiety
 Isolation
 Hopelessness
 Helplessness
 Overwhelm
 Loss
 Feeling alone
 Abuse
 Rage
 Sadness
 Violence
 Chronic illness
 Body image
 Insecurity
 Fear
 Grief

Calm
 Balance
 Community
 Relationality
 Responsibility
 Reciprocity
 Respect
 Hope for future
 Continuence
 Resistance
 Resilience
 Adaptability
 Creativity
 Empowerment
 Laughter
 Language
 Connection
 Home
 Belonging
 Story

ᓱᓱᓂ gadugi (people coming together as one and working to help one another)

ᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ nani'v yvwi detsatloyasdisgesdi (include everyone, all humankind; however many)

Medicinal Plants for Mental wellness

- Valarian- sedative
- Chamomile- relaxant
- Pineapple weed- relaxant
- St. Johns Wort- anti-depressant/SSRI?
- **Evening Primrose- phyto estrogen**
- **Red Clover- phyto estrogen**
- California Poppy- sedative
- Western Bleeding Heart- sedative

Next steps?

- Take a walk (or a roll, or sit on your porch, deck or anywhere that allows you to see the outside world and interact)
- Ceremony and/or Mindfulness
- Practice reciprocity (giving and receiving in community)
- Learn the plant names in your language (if possible)
- Incorporate a traditional food into your diet
- Move your body
- Healing looks different for everyone, but community is essential