

# Shábik'ehgo As'ah Oodááł



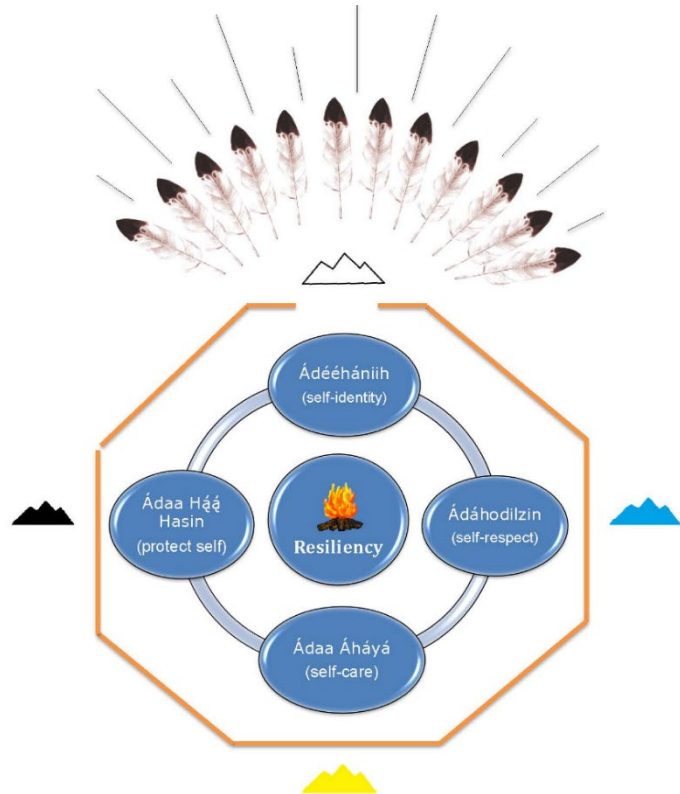
**A JOURNEY WITH WELLNESS AND HEALTHY LIFESTYLE  
GUIDED BY THE SUN**

ECHO

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# Grandma and Grandpa's Teachings are Preventive



# Protective and Resiliency Factors

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Enculturation

Community support

Connection with Family

Participation in Ceremony

Multigenerational Homes

Connection with Mother Earth



# Disclaimer Statement

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The following Navajo Wellness Model Curriculum and sub-set curricula (Navajo Cultural Leadership, Diné Healthy Aging, and Diné Positive Kinship) materials **may not** be disclosed or shared without proper training, education, and written/verbal approval of Shawnell Damon, HPDP Coordinator, 928.871.1338 or [shawnell.damon@ihs.gov](mailto:shawnell.damon@ihs.gov)

Interested parties may contact Shawnell Damon, HPDP Coordinator, 928.871.1338 or [shawnell.damon@ihs.gov](mailto:shawnell.damon@ihs.gov) with any inquiries about arranging a training on the Navajo Wellness Model Curricula.



# Shábik'ehgo As'ah Oodáál

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UNIT 1 – DEFINING AND DESCRIBING

SHÁBIK'EHGO AS'AH OODÁÁL

# Shábik'ehgo

## When in a Southern direction

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Yá'át'ééhígíí  
éí kojigo yigáát

All that is good  
moves in this  
direction

The process in this  
direction is  
harmonious

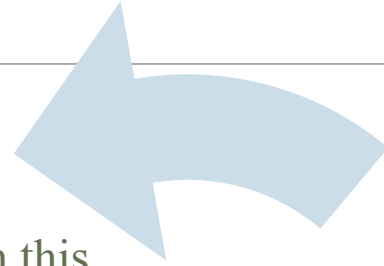
Kojigo éí hózhó  
náhoodleel

Brings about  
growth  
and a good life

Kojigo hoogáaigo éí anooséel dóó  
bee yá'át'éehgo iiná

# Shádaahjigo Against the Path of the Sun

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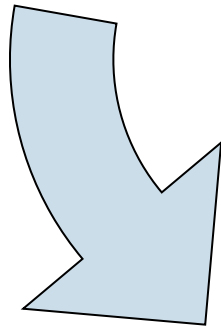


The process in this  
direction is not  
harmonious.

*Nichxóó'ígíí kojigo yigáál*

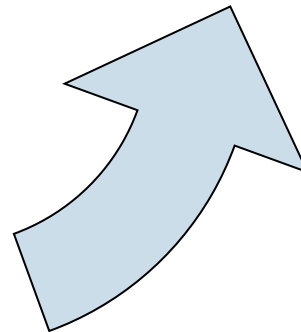
All that are negative  
moves in this direction

*Doo yá'ádaat'éehígíí  
Kojigo nidaalnish*



Brings about  
problems

*Bits'áádóó  
Anáhóót'i' hooleet*





# Shábik'ehgo As'ah Oodááł

## A Journey with Wellness & Healthy Lifestyle Guided by the Journey of the Sun

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### Shábik'ehgo

- According to the daily journey of the Sun
- According to the southern pathway of the Sun

### As'ah

- Far ahead into the future; to old age
- With health and strength of body, mind, and spirit
- Avoiding problems; staying well

### Oodááł

- The personal travel or journey



# As'ah Oodááł

## A Journey with Health and Wellness

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Nízaadgóó jiiináadoo; *living a life for a long time*

Jidina'go nízaadgóó joogáał doo; *when one lives with a sound body*

Sá bee biih nízhdoodáał; *when one will go to old age*

# As'ah Oodááł (Wellness)

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As'ah na'adá;

- Yá'át'éehgo jiiná; *living a healthy lifestyle*
- Hats'íís doo bąąh téehdah; *physically healthy*
- Hółdzilee nitsídžíkees; *having mental strength*
- Háni' bidziil; *having emotional strength*

# Shábik'ehgo As'ah Oodááł



UNIT 2 – THE REASONS WHY  
WELLNESS IS NOT PRACTICED

# Biniinaa doo as'ah neidáhígíí, Reasons for lack of wellness

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Nihł hóyéé'; *we are lazy*

T'óó aha'ííníidlí; *we avoid our responsibility*

Shí hani shik'ehdii dii'ní; *we ignore responsibility*

Ha'át'íi da doo ádíídíníilt'i' da; *we refuse our responsibility*

# Biniinaa doo as'ah neidáhígíí, Reasons for lack of wellness

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Da'ahiiniilch'íí; *we are envious and resent each other*

Naayéé' shee iináa doo dadíiniidígíí doo baa ákoniidzin da; *we are unaware of the correct way to live among potentially harmful elements spared*





# Naayéé' nída' oozkanígíí

## *Spared harmful elements*

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Íł hóyéé' (Laziness)

*We are lazy with little motivation, negative attitude, excuses, avoidance, and no self discipline*

Té'é'í (Poverty)

*Our thoughts, actions, and language do not emphasize work toward the good. We think it's not important to be healthy and have a good home, valuables, positive relationships.*



# Naayéé' nída' oozkanígíí

## *Spared harmful elements*

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- Dichin (Hunger); we are to provide our own food and eat properly

*We eat too much and have poor diet (sweets, fat, starch), which causes obesity and health issues*

Bił (Sleep); sleep just enough to rest the body

*We sleep too much or we lack sleep which causes laziness and fatigue*

Łe' (Jealousy); use just enough of this natural attitude to protect yourself and your family.

*Jealousy and suspicion cause domestic violence*





# Naayéé' nída' oozkanígíí

## *Spared harmful elements*

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Yaa' (Lice); we are to practice good personal hygiene

- *Lack of personal hygiene brings viruses, bacteria, and diseases*
- *Uncleanliness and neglect of personal care*

Sá (Old Age); all life goes to old age. We should reach old age and complete our life cycle.

- *We must respect old age and practice as'ah na'adá*

# Shábik'ehgo As'ah Oodááł

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UNIT 3 – NAVAJO WELLNESS MODEL