

Navajo Wellness Model

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Shábik'ehgo As'ah Oodááł



UNIT 3 – NAVAJO WELLNESS MODEL

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Ha'a'ah East

Hayookáál Dawn

Nitsáhákees Thinking

**Adá nitséskees Thinking
for myself**

Shádi'ááh South

Nohodeet'iizh Daylight

**Ádá nahodisht'á Planning
for myself**

**Ádá yáshti' Speaking for
myself**

E'e'aah West

Nohootsoi Evening light

Iiná Life and proper living

Ashlééh I am accomplishing

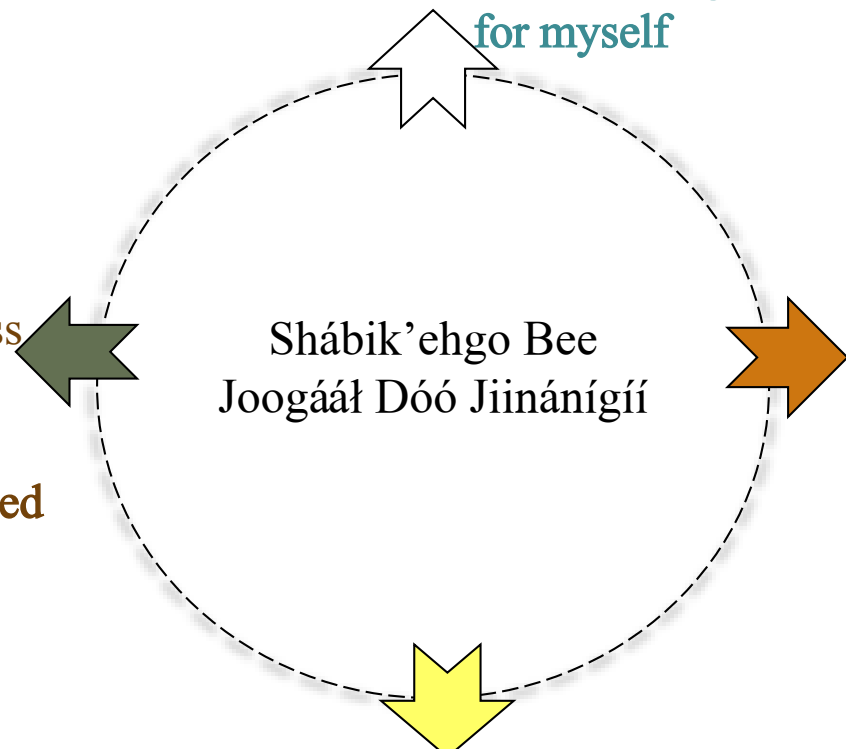
Náhookqs North

Chahałheel Darkness

Siihasin Assurance

Ájiilaa I accomplished

Shábik'ehgo Bee
Joogáál Dóó Jiinánígíí



Ádééháníih (Concern for self)

Hayoolkáál bii' na'adá; *practicing wellness in the dawn light*

Ádaa ní'ch'ookaah; *praying for yourself so you will have a positive outlook*

Nahodi'neestáá'ígíí bik'ehgo ádééjilnih; *live your elders' teachings*

Hats'íís dóó bee hazhdít'éhígíí baa ákoznizin; *be aware of your whole body*

Hózhóq naasháa doo jiníigo; *you want high quality of life*

Ádáhodíłzin (Self reverence)

Hats'íís hoł nilí; *have respect for your body*

Hantsákees baa áhojilyá; *positive thinking guards against negative thought*

Hanahat'a' yá'át'ééh; *Make sure your plans and behaviors are proper and ethical*

Hwe'oodla' bik'ehgo nijighá; *follow your beliefs, values, and principles of good living*

Ádaa Áháyá (Personal Care)

Hats'íís baa áhojilyá; *personal hygiene*

Hasht'e' ázhdólzín; *be prepared and organized*

Hazhó'ó tséłkéí dóó ch'kéí jíłí; *behave and practice proper male and female roles and responsibilities by observing traditional puberty rite teachings.*

Ałdlohodichí; *understanding the proper traditional teasing*

Ádaa Áháyá (Personal Care)

Jéíhodítsaago nijighá; *have confidence and be proud*

Óhojiil‘aah; *learn from others, improve your knowledge and skills, and attain knowledge*

Ádaa Hą́áh Hasin (Know your limits and boundaries)

Hats'íís haatih; *your body ages*

Yá'adahoot'éhégoó nijighá; *be mindful of safe and unsafe places as you travel.*

Hojíyóí dóó hojiyá; *be resourceful, competent, and wise.*

Hanáá' honó'ah; *do not be misled by your eyes; deception, what you see is not what you see; don't be deceived.*

Ádaa Hąąh Hasin (Know your limits and boundaries)

Ádaa' áhojilyá; *always take care of yourself and stay healthy*

Hastóí dóó sáanii hoł nilįigo bina'nitin jidísín; *rely on the elders and their teachings*

Hózhóogo naasháadoo jínízín dóó jiníigo nijighá; *verbalize positive things to yourself and empower yourself with positive words.*

Thank you Ahxéhee'

Closing Exercise- Elfreida Barton

Rich Begay

Shawnell Damon