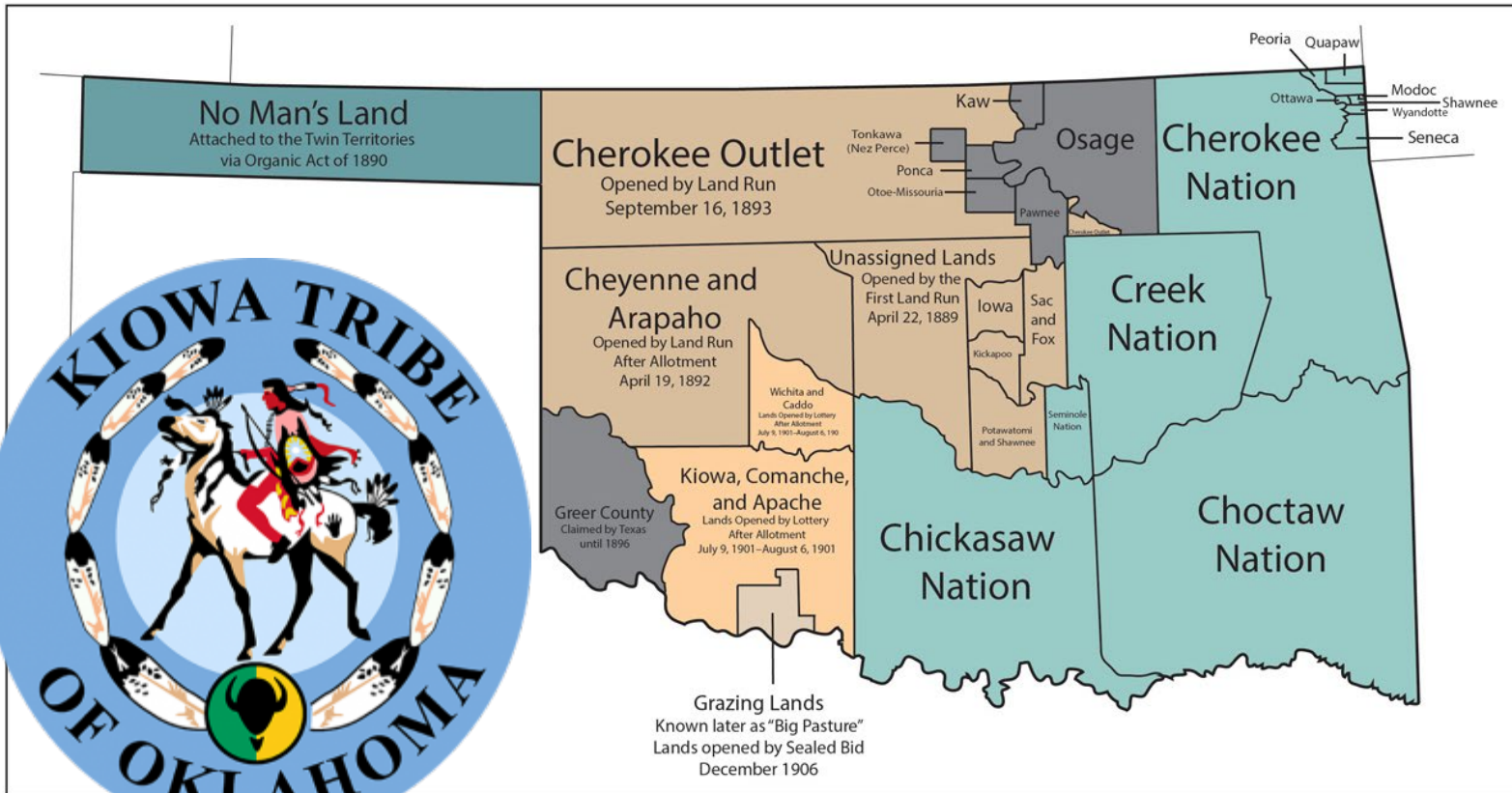


# Spirit of Running

Birdie K. Wermy (S. Cheyenne)  
Behavioral Health Project Manager

# My Tribes

Indian Territory Boundaries, 1889  
(Pre-Organic Act)



## CHEYENNE and ARAPAHO TRIBES





# Who Am I?

- Mother
- Runner
- Teacher
- Coach
- Sober
- Indigenous
- Strong
- Inspiring

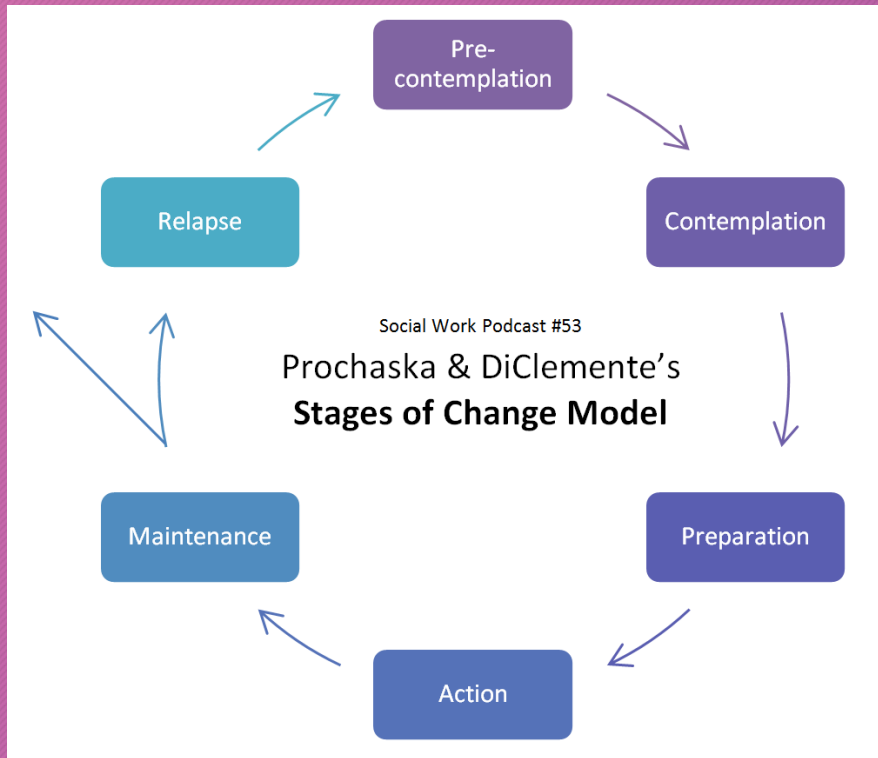




Two roads diverged in the wood....



# The Transtheoretical Model - Stages of Change Model





# Is my goal SMART?

- **Specific:** What exactly do you want to achieve?
- **Measurable:** How will you know when you've achieved your goal?
- **Attainable:** Is it something you have control over?
- **Relevant:** Why is this applicable to your life?
- **Time-based:** When do you want to achieve your goal?





# True Spirit of running

- Mental health
- “My time”
- Time stands still
- Sacred
- Spiritual
- Balance
- Strength
- Emotional
- Meditation
- How am I *feeling* in this moment?
- *What* am I feeling? How am I dealing?
- Is there another solution?
- Where was I wrong?
- Accepting the things I cannot change
- Creator
- Who can I go to for help?
- What does your self-care look like?
- Open minded





# Clear mind, body and spirit

- 100% in everything I do (parent, teach, coach, run)
- Take nothing for granted
- One small change at a time
- Lead by example
- Change the 7 generations
- Walk the talk!
- Motivation





# Opportunities









# The Work

- “You don’t just get out and run a marathon!”
- “You can’t teach a curriculum without practicing it.”
- “If it was easy, everyone would be doing it.”
- “Practice makes perfect”
- “To be great, it takes time”
- “Sometimes the road less traveled, is less traveled for a reason.” - Jerry Seinfeld
  
- What are your own expectations?
- How do you advocate for yourself?







# Where do I go from here?

- Maintain
- New goals
- New projects
- New learning experiences
- New Knowledge
- Sharing
- Healthy risks
- Roll modeling



# A'ho!

Questions? Comments?

[Bwermy@npaihb.org](mailto:Bwermy@npaihb.org)

503-416-3252

[www.npaihb.org](http://www.npaihb.org)

