

HÓZHÓÓJÍK'EHGO NANITIN:
WELLNESS IS
DECOLONIZATION

PRESENTED BY:
YAKAIYASTAI GORMAN-ETL
(DINÉ/ CHEYENNE)



YAKAIYASTAI GORMAN- ETL (*DINÉ/ CHEYENNE*)

BII'TSII BIZ'NII BI'TAHNII (CHEYENNE
BRAIDED HAIR-UNDER HER COVER)

NOO'DAAI NAKAI DINE'É (UTE
MEXICAN)

HASHK'ÅÅ HADZOHÍ (YUCCA FRUIT
STRUNG IN A LINE)


TÓDÍCH'II'NII (BITTER WATER)

NORTHWEST INDIAN COLLEGE BEHAVIORAL
HEALTH PROGRAM COORDINATOR/ COMMUNITY
HEALTH AIDE PROGRAM COORDINATOR



The image shows the interior of a traditional log cabin. The walls and ceiling are constructed from rough-hewn logs. On the right side, there is a large, cylindrical metal stove. The floor is covered with a patterned rug. Several framed pictures and a quilt are visible on the walls. The overall atmosphere is warm and rustic.

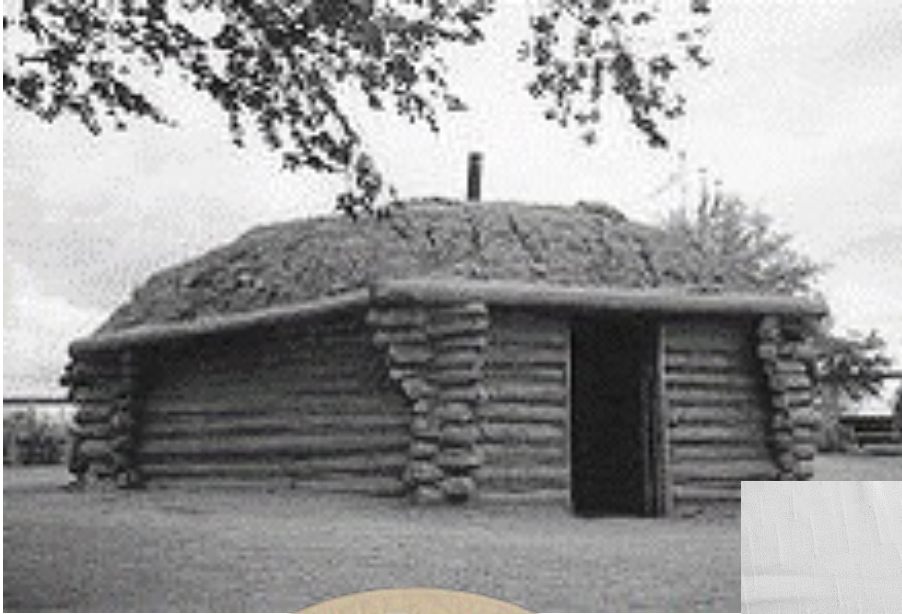
WELLNESS IS DECOLONIZATION



HÓZHÓÓJÍK'EHGO

Each and every person makes their mark in this world through their existence and the experiences they have throughout their life. Each of us comes from somewhere, we have a story, a life and purpose

SHAPING OUR REALITY



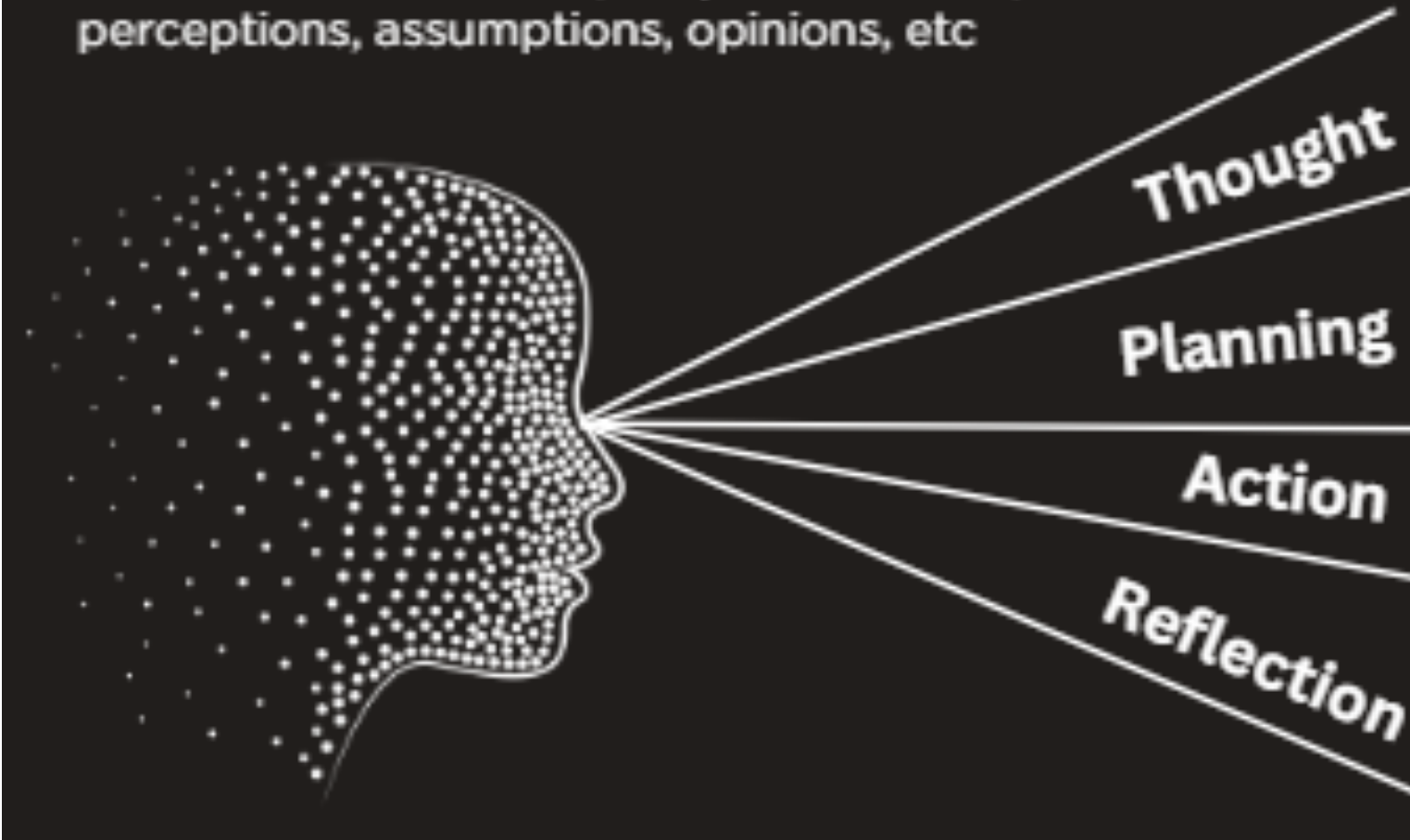
Communication & language is powerful. It creates the world we live in and affects every part of our existence.

Effective language enhances your message, making it more impactful and memorable:

- Meaningful eye contact
- Purposeful gestures
- Maintain good posture
- Control your expressions



Understanding our worldview means having self-awareness around our entire being, how we conceive the world, shapes our views, perceptions, assumptions, opinions, etc

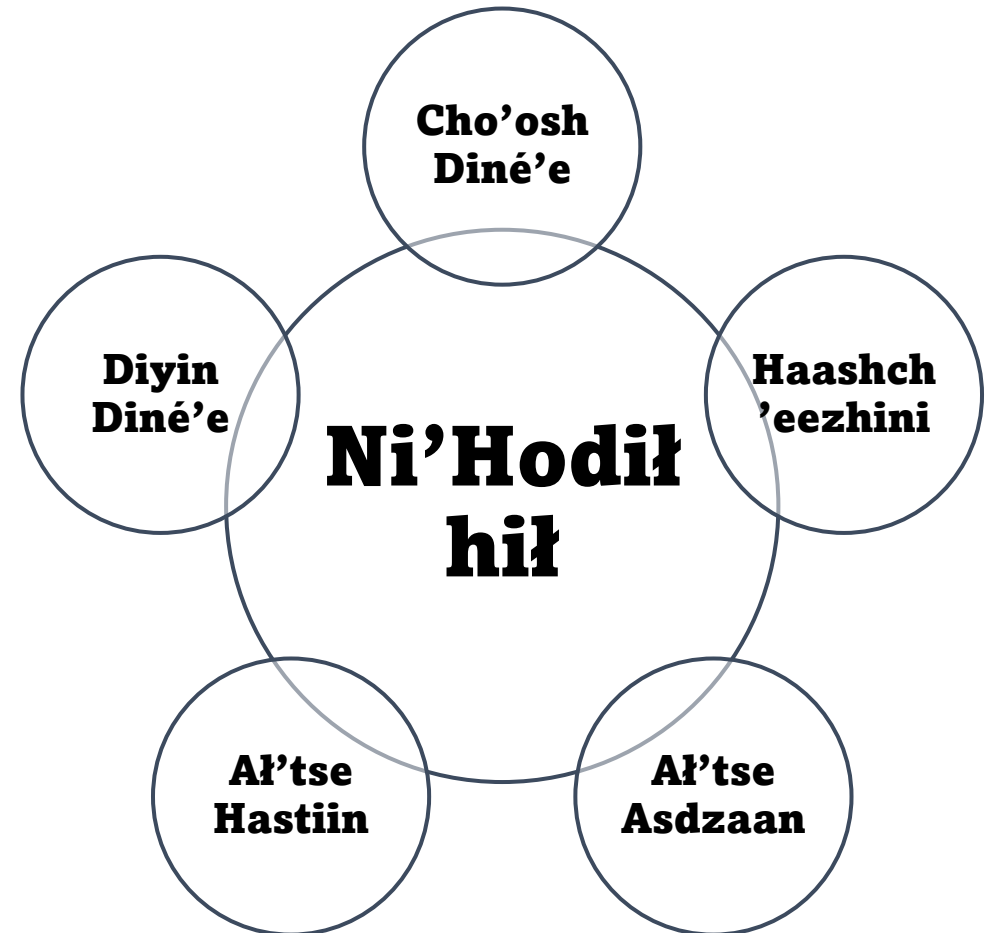


WELLNESS WITHIN

As human beings, we are conditioned by and often controlled through our worldview. Our society constructs it and takes shape over time as a person grows, develops, and engages in new experiences.



INDIGENOUS FRAMEWORK & WORLDVIEW



Planning Your Family

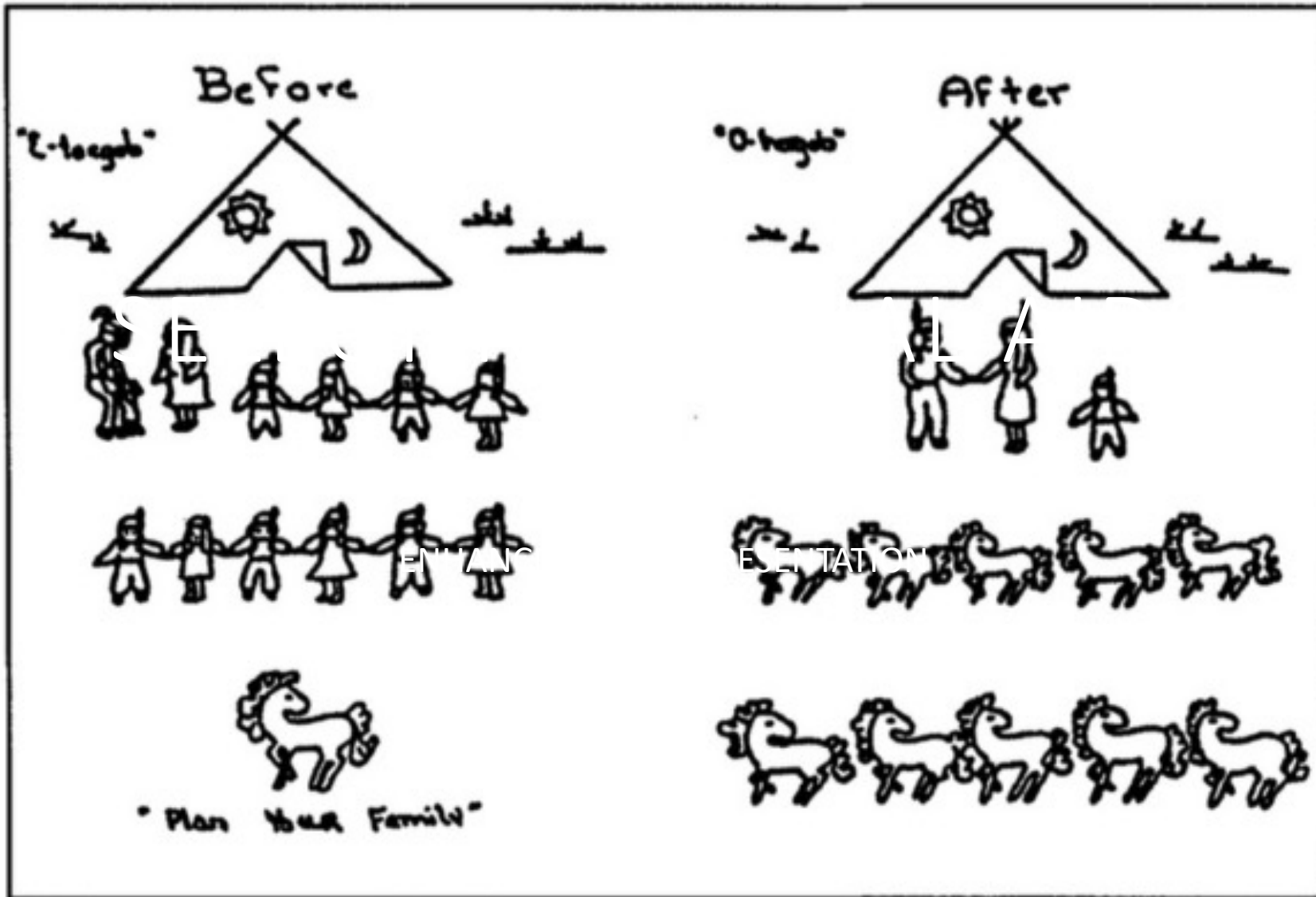


Figure 1 These illustrations are from a family planning pamphlet produced by the Department of Health, Education, and Welfare and are reprinted in *Akwesasne Notes* (1974):6 and *Caduceus* (Winter 1974).

Two Realities

Revitalize for the future generations

Decolonize for mental sovereignty and autonomy

Daily routines

Lost in our work and tasks

All of us

Sa'ah Naaghai Bikeh Hozhoon



Hózhóójík'ehgo Nanitin

Beauty in taught as a foundation of life and where our roots of life first begin. This is our foundation of life and connects us to ancestral existence. This foundation is also the same foundation that will be pillar for future generations.



Ta'didiin Shikéédée'Hózhó



Walking along the corn pollen path means balance of embracing all that comes in our pathway and receiving it with the mindset of Sa'ah Naaghai Bikeh Hoozhoon. Taking care of our entire wellbeing with respect, love, and reverence. This takes practice in learning about ourselves. The perspectives of Diné Cultural Sovereignty comes in teaching practices from early ages for resilience and discipline of self.



Axhéé'heé (Thank you)