

The Good Road of Life (GRL)

Personal Wellness & Managing Stress

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Northern Cheyenne
July 26, 2023



Learning Objectives

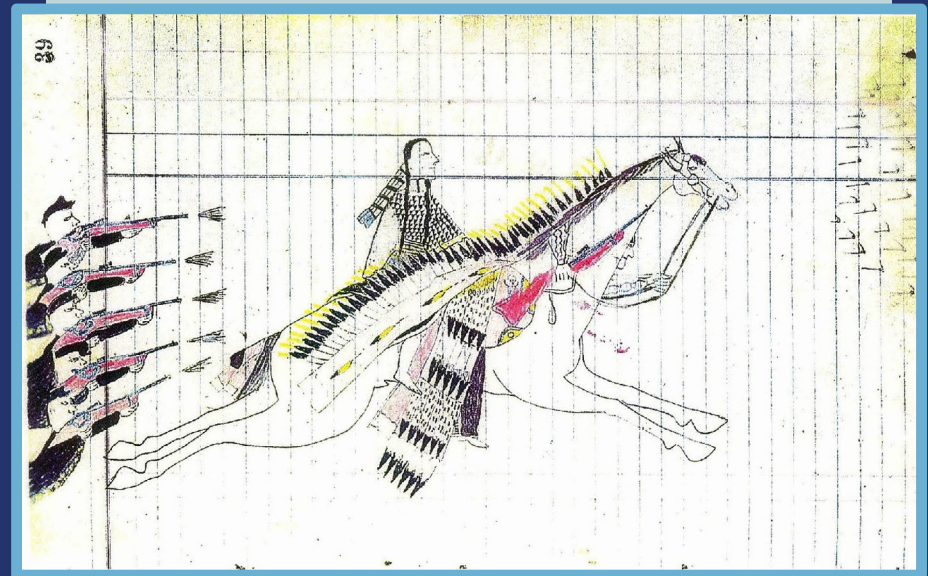
1. **Apply the story** - Sister Saves Her Brother, to addressing historical trauma, grief, and loss.
2. **Define epigenetics** and impacts of multigenerational trauma on wellness.
3. **Discuss culture as resiliency** approach to living a good life.
4. **Practice the circle of wellness**, identify areas of strengths using physical, mental, social, emotional, and spiritual.
5. **Discuss factors that contribute to happiness**, emotional intelligence, and belonging in Native people.
6. **Use the family tree exercise** to past, current, and future generations.

Lesson: Sister Saves Brother

The lesson for Native people from this Ledger Art is that in their healing journey, they need to allow their feminine energy (emotions) to emerge. Like “Buffalo Calf Robe woman,” who allowed her masculine energy to emerge to save her brother, Native people need to permit themselves to express their emotions fully.

Early in the healing journey for Native people, the expression of feelings is difficult due to the conditioning of all men to be strong and not appear weak. As Native people make decisions and commitments to become healthier people, they discover that the appropriate expression of their emotions becomes one of their greatest sources of strength.

This is the time to begin grief work and healing.



Epigenetics

Talking about our
trauma is healing...

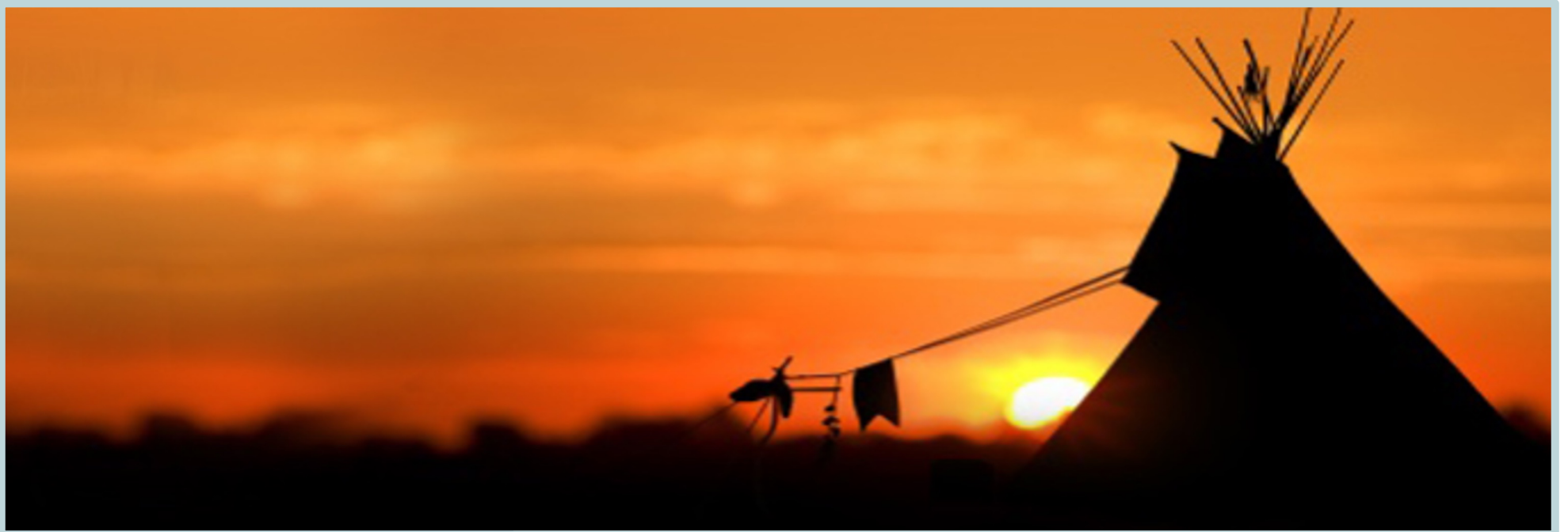


Outcome:

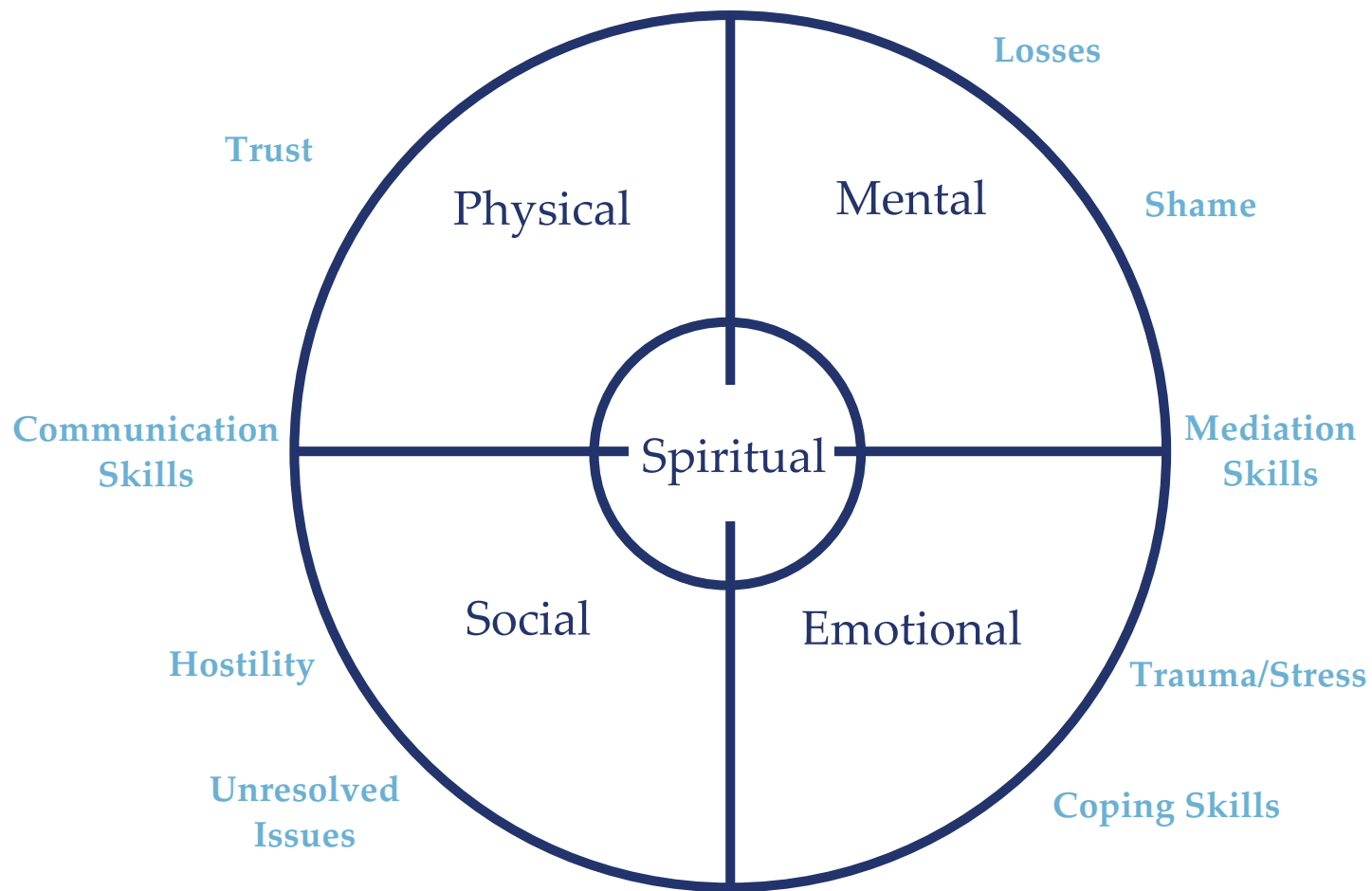
We stop the cycle of unhealthy multigenerational behaviors
for our children and grandchildren.

Culture Resiliency is....

Using our Native culture to
overcome trauma, tragedy, threats,
and other stresses in our lives.



Circle of Wellness



Blocks to Leadership

1.
Wanting to be liked

2.
Closed-minded

3.
Savior

4.
Fear of risking

5.
Indecisiveness

6.
Low expectations of others

7.
Critical

8.
Control vs. Empowering

9.
Low self-worth

10.
Low self-esteem

11.
Focus on problems

12.
Lack of purpose

13.
Fear of embarrassment

14.
Fear of rejection

15.
Have to be perfect

16.
Have to work hard



Emotional Intelligence

These skills can be developed...

bit.ly/RMTI.CLeadership



Leadership Skills: Rate Yourself

The best leaders have strengths in at least a half-dozen key emotional-intelligence competencies out of 20 or so. To see how you rate on some of these abilities, assess how the statements below apply to you. While getting a precise profile of your strengths and weaknesses requires a more rigorous assessment, this quiz can give you a rough rating. More important, we hope it will get you thinking about how well you use leadership skills—and how you might get better at it.

Statement	Seldom	Occasionally	Often	Frequently
1. I am aware of what I am feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know my strengths and weaknesses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I deal calmly with stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I believe the future will be better than the past.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I deal with changes easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I set measurable goals when I have a project.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Others say I understand and am sensitive to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Others say I resolve conflicts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Others say I build and maintain relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Others say I inspire them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Others say I am a team player.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Others say I helped to develop their abilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total the number of checks in each column:				
Multiply this number by:	x 1	x 2	x 3	x 4
To get your score, add these four numbers:	=	+	+	+

Interpretation:

36: An overall score of 36 or higher suggests you are using key leadership abilities well—but ask a co-worker or partner for his or her opinions, to be more certain. 30-35: Suggests some strengths but also some underused leadership abilities. 29 or less: Suggests unused leadership abilities and room for improvement.

Leaders are unique, and they can show their talent in different ways. To further explore your leadership strengths, you might ask people whose opinions you value: "When you have seen me do really well as a leader, which of these abilities am I using?" If a number of people tell you that you use the same quality when doing well, you have likely identified a leadership strength that should be appreciated and nurtured.

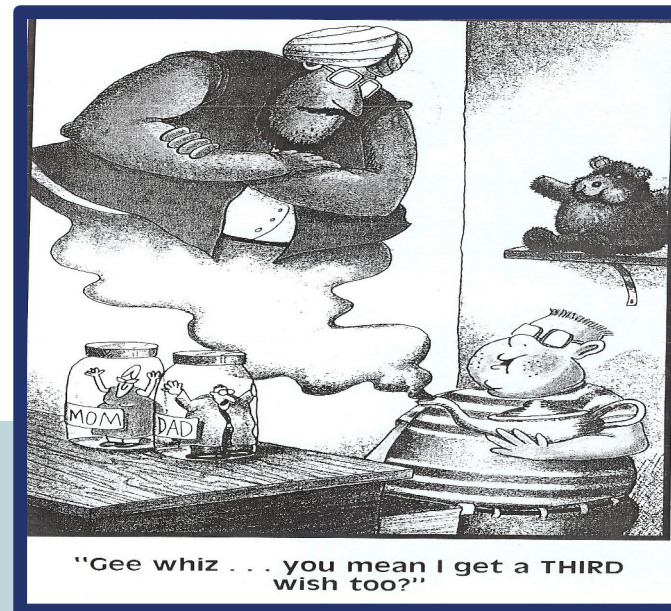
Forgiving Our Parents

“Where the father is absent from the son’s life, a hole forms, and demons rush in...”

- Mitscherlich, 1969

“But there’s always a story behind everything. How a picture got on a wall. How a scar got on your face. Sometimes the stories are simple, and sometimes they are hard and heartbreaking. But behind all your stories is always your mother’s story, because hers is where yours begins. “For One More Day,”

- Mitch Albom



“In the situation, at that time, I did the best I could, and that’s good enough, Today, I choose to let those feelings go.”

Family Tree History

paternal great grandfather

paternal great grandmother

paternal great grandfather

paternal great grandmother

maternal great grandfather

maternal great grandmother

paternal grandfather

paternal grandmother

maternal grandfather

maternal grandmother

father

mother

name

notes

wikitree.com

Addressing Our Hostility

Defeat of the 7th Cavalry, 1876

Scoring Key

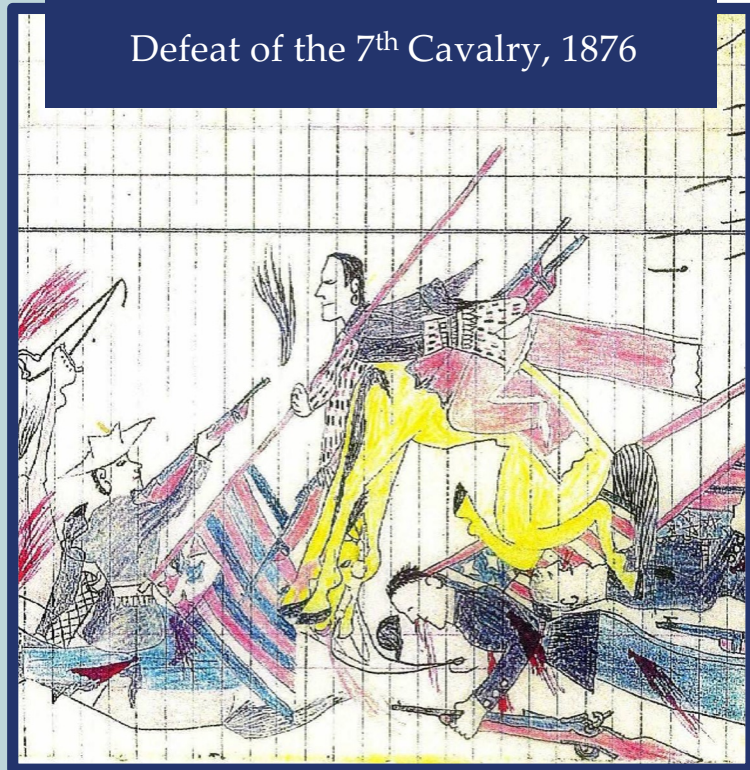
Cynicism (attitude) _____

Anger (feelings/emotions) _____

- Anger Tips:
1. When your angry, don't hurt yourself.
 2. When your angry, don't hurt others.
 3. Forgive.
 4. Take a time out.

Aggression (behavior) _____

Total Hostility _____



Seeking Happiness

The positive psychological science of what makes life worth living...

WHY?

- Better health
- Longer life
- Fulfilling relationships
- Higher-income
- Better work performance
- Social community connections
- Increased happiness

50% =
genetics



10% =
job/location



40% =
our control

Long Term Happiness

- Relationships
- Personal growth
- Giving to community

Past – Present - Future



Seeking Happiness

Worrying about the past =

DEPRESSION

Worrying about the future =

ANXIETY

Focusing on today =

PEACE

Mindfulness, Meditation
and Self-Care

Seeking Happiness

Fear can hold us back

90% of our fears never happen

10% of our fears that happen allow us time to address it...



Victory Dance



Questions?



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**Rocky Mountain Tribal
Epidemiology Center**

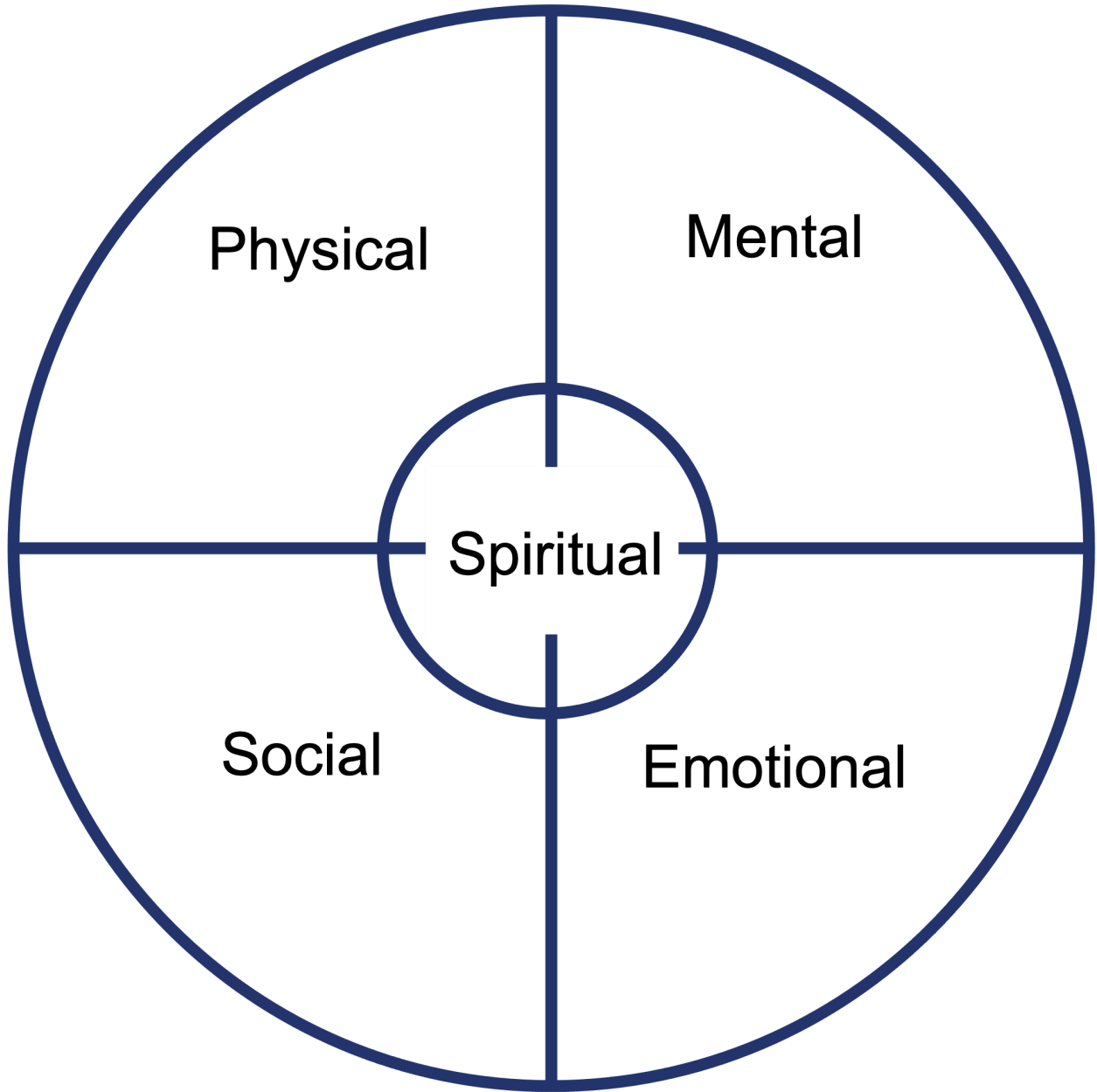
eleanor.gunshows@rmtlc.org

www.rmtlc.org/tribal-epidemiology-centers/

Thank You!



Circle of Wellness



Family Tree History

Paternal Great Grandfather	Paternal Great Grandmother	Paternal Great Grandfather	Paternal Great Grandmother	Maternal Great Grandfather	Maternal Great Grandmother	Maternal Great Grandfather	Maternal Great Grandmother
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Paternal Grandfather	Paternal Grandmother	Maternal Grandfather	Maternal Grandmother
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Father

Mother

Name

Notes

