



Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation

ACTIVITY RESOURCES

BE WHAT THE WORLD NEEDS

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Introduction

The activity resources provided below are part of the *Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation* webpage hosted by the University of Saskatchewan (USask) Health Sciences. The learning opportunities referenced there and in this document have been provided for people seeking to develop or enhance their understanding of — and approaches to — health and wellness through an Indigenous lens.

Curated and annotated by a USask development team, these resources foster compassionate and respectful interactions through increased awareness, deeper understanding, and thoughtful consideration. It is the development team's understanding that community members, Elders, and Knowledge Keepers have contributed to the experiences, resources, and courses that form the various resource lists or that those responsible for developing these materials did so with community involvement.

Follow the stepping stones to Indigenous health and wellness that resonate with you and self-direct your unique journey towards more appropriate, equitable, inclusive, and caring interactions.

Additional resources and more information

To learn more — or to access additional resource lists from this archive focussed on videos and webinars, readings, websites, courses, and instructor resources — visit the *Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation* webpage located at <https://healthsciences.usask.ca/education-and-research/stepping-stones-resources-for-indigenous-health-wellness-and-reconciliation.php>.

Learning opportunity guide

Descriptions of how the resources provided in this document have been categorized to reflect learning opportunities associated with Attitudes (A), Skills (S), and/or Knowledge (K) are provided below.

Attitudes

These *Stepping Stones* resources explore:

- traditional cultural practices, beliefs, and Indigenous health models, as well as seeing ***One Health*** as *our* health **(A1)**;
- accepting your 50 per cent in all relationships **(A2)**;
- the diversity and individuality of communities in order to better support unique community needs **(A3)**;
- the value, integrity, authenticity, and emotional commitment related to your professional role **(A4)**; and

- how cultural humility, cultural safety, and cultural training can enhance your practice to deliver appropriate and responsive care **(A5)**.

Skills

These *Stepping Stones* resources provide opportunities to practice and further develop:

- self-awareness through ongoing and guided reflecting **(S1)**;
- cultural humility **(S2)**;
- relationship-building skills **(S3)**; and
- being a resilient collaborator and partner in care **(S4)**.

Knowledge

These *Stepping Stones* resources provide:

- a positive and “wholistic” approach to care which respects traditional cultural practices, beliefs, and Indigenous health models **(K1)**;
- strategies to promote health and wellness in Indigenous communities, such as community-based programs **(K2)**;
- strategies to maintain positive mental health while working in and with communities **(K3)**;
- a growing toolkit to support cultural responsiveness, anti-oppressive, and anti-racist care in professional settings **(K4)**;
- the recognition that social determinants impact health outcomes and disparities **(K5)**; and
- an awareness of the intersection of Western science and Indigenous knowledge **(K6)**.

Activity resources list

Activities are organized by time investment and by availability. Some activities are components of existing programs.

| Title, link, and associated learning opportunities | Resource annotation | Details | Notes |
|--|---|---|-------|
| <p><u>Planning your Journey to Wellness: A Road Map</u> K (3)</p> | <ul style="list-style-type: none"> A roadmap you can work through as you step onto the path and begin to plan your journey to wellness. | <p>Provider: First Nations Health Authority (FNHA) Audience: General</p> | |
| <p>Connecting with your environment S (3)</p> | <ul style="list-style-type: none"> Keep a log, sit and do work in a specific environment (under a tree, by a boulder, a river, a particular space or park, etc.) every week for six weeks. * <p>* Inspired by an activity in the University of Saskatchewan's <u>One Health Certificate</u>.</p> | <p>Provider: University of Saskatchewan Audience: General</p> | |
| <p><u>SWITCH / SEARCH</u> A (2, 3, 4, 5) S (1, 2, 3, 4) K (1, 2, 3, 4, 5, 6)</p> | <ul style="list-style-type: none"> Health science student-run volunteer programs available in Saskatoon and Regina, Saskatchewan. Designed to offer culturally safe community programs while providing additional opportunities to health professionals in training. | <p>Providers: SWITCH (Student Wellness Initiative Toward Community Health) and SEARCH (Student Energy in Action in Regina for Community Health) Audience: General</p> | |

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| <p><u>Experiences in Northern Saskatchewan / International</u></p> <p>A (2, 3, 4, 5) S (1, 2, 3, 4) K (1, 2, 3, 4, 5, 6)</p> | <ul style="list-style-type: none"> • Part of the two-year Making the Links: Certificate in Global Health offered by the University of Saskatchewan College of Medicine. • The webpage provides background reading. | <p>Provider: University of Saskatchewan</p> <p>Audience: Restricted to University of Saskatchewan College of Medicine and School of Rehabilitation Science learners</p> | |
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