



## Center for Native Child and Family Resilience

### The Medicine Wheel

Many Tribes teach and practice the Medicine Wheel as a guide to individual and collective wellness. Consider practices within the four quadrants, Physical, Mental, Emotional, and Spiritual, that support healing and protection from secondary traumatic stress/vicarious trauma while creating balance and harmony.

Physical self-care practices that support health and wellness of the body:

- Hunting, fishing, gathering
- Jump dances
- Walks/runs coordinated by the community
- Healthy eating with a focus on traditional diets
- Hide tanning
- Exercise classes or going to the gym
- Sweat lodge
- Sports

Spiritual self-care practices that support health and wellness of the spirit:

- Smudging
- Sweat lodge
- Prayer
- Connecting with relatives
- Connecting with nature
- Ceremonies

Emotional self-care practices that support health and wellness of the emotions:

- Self-reflective check-ins
- Journaling
- Identifying and naming feelings
- Mindfulness practices like breathing and visualizations
- Validating feelings as they are experienced
- Assessing how we react to different emotions
- Practicing gratitude
- Sharing stories with others

Mental self-care practices that support health and wellness of the mind:

- Beading
- Quilting
- Learning the Tribal language
- Playing an instrument
- Dances
- Taking a class on something of interest
- Reading
- Focusing on the positive