

# Pathways to Well-Being

For First Nations, Inuit, and Métis, traditional values of health and wellness include living in balance. That means being healthy and living a good life to stay connected to themselves and the world around them. When these connections are damaged or broken, it may lead to illness.

**OTHERS** ↗  
**SELF** →  
**VALUES** ↘

## Family

- Who we care for
- Our support networks

## Mind

- Feelings of safety and security
- Being aware of thoughts and feelings
- Activities for the mind

## Respect

- Being good to self, others, and the land
- Honouring cultures and traditions

## Community

- Where we live
- Groups that we share interests and experiences with

## Nation

- Extended family and community
- Links between communities, governments, and institutions

## Natural World

- Weather
- Air
- Land
- Water
- Ice
- Animals
- Medicines

## Body

- Housing
- Food
- Movement

## Spirit

- Cultural teachings
- Ceremonies
- Connection to ancestors
- Peace within ourselves

## Emotions

- Feelings we have inside ourselves
- How we react to our experiences

## Responsibilities

- Working together for the common good
- Showing leadership and modelling healthy behaviours
- Accountability

## Relationships

- Sharing
- Showing love
- Working together
- Trust
- Kindness

## Wisdom

- Storytelling
- Learning from the past and using this knowledge/wisdom to plan ahead
- Planning seven generations ahead

**Think About It!**  
 How can connecting with your culture be good for your well-being?

Indigenous Peoples share many beliefs about health and wellness—but each Indigenous group has its own way of maintaining health. For example, to return someone to health after they become ill, different plants and medicines are used by the Nisga'a [nis-gah] in British Columbia than are used by the Nehiyawak [na-HEE-ah-wahk] in Saskatchewan.