Building your medicine bundle: Understanding your mental health journey

Our teachings can be helpful in understanding our well-being. Some communities use the Medicine Wheel to show how **different areas of our well-being are connected and are equally important**. If one area needs more attention from us, it can cause imbalance and can affect other parts of our health.



Choose your own path and what is good for your well-being. Feeling comfortable expressing Feeling like you're not yourself, or feeling annoyed, your emotions Here are some examples of different (e.g., with friends, experiences that people have. family, or a pet) restless or guilty Everyone's experience can look for being happy Having daily different, and that is okay. activities or things Keeping to yourself, or avoiding school, work, or you enjoy It can be hard to know Getting when you may need more enough sleep and eating food that makes your body feel good activities you used to enjoy help. If you notice you're experiencing more lows, try to reach out and talk Sleeping or Loving and to someone you trust. eating more or being kind to Share how you're feeling less than usual yourself or what you're struggling If you drink with. Even when we have alcohol or take difficult feelings, our pride drugs, doing so in a safe Thinking about environment with people may sometimes make us harming yourself or you trust - and balancing feel like we can't reach out. this with other ending your life enjoyable We may also be nervous or activities scared about being judged, Understanding Being negatively or about what treatment well-being as a affected by drinking journey and might look like. This is finding what works best for you and drugs, in your normal. well-being, relationships, or daily routine Whatever challenges you

Remember that we carry intergenerational strength with us. We're still here, staying tenacious!

This resource was developed by a team of experts, including young people and a Knowledge Keeper, with support from Indspire, the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health and Sunnybrook Research Institute.

If you are experiencing thoughts of suicide, you are deserving of help.

Please explore resources at www.camh.ca/gethelp

If you feel safe in the moment, follow up with your family physician or care team.

If you require immediate, in-person emergency care, call 911, or go to your nearest emergency department.



are going through, you

deserve help.







Needing support to understand your

thoughts and feelings, or experiencing things that are troubling you