

HOUSING AND WELLNESS PROGRAM

A Comprehensive Wellness Guide for **First Nations Youth**

MENTAL HEALTH AND WELLNESS



First Nations Housing
Professionals Association

L'Association des professionnels de
l'habitation des Premières Nations



Youth

Youth play an important role in shaping the strength and future of their communities. Supporting the wellness of youth living on-reserve helps build vibrant, healthy communities where young people can grow and thrive.

This wellness guide is designed to support First Nations youth by providing information, tools, and strategies that promote physical, mental, and emotional well-being.

By supporting youth wellness, communities can create environments that encourage resilience, positive development, and strong connections between generations.

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Acknowledgement

The **First Nations Housing Professionals Association (FNHPA)** is delighted to introduce the Housing and Wellness Program, aimed at offering crucial information and guidance to First Nations individuals residing on-reserve or engaged in housing-related roles. This initiative delivers educational programs, tools, and resources tailored for First Nations housing staff, residents, and youth. Through the implementation of this program, our aim is to address housing, health, and safety concerns holistically.



Healthy Lifestyle Tips

Healthy lifestyle habits help support both your physical and mental well-being. Taking care of your body, mind, and emotions can help you feel more balanced, confident, and prepared to handle everyday challenges.

Here are some simple habits that can support your overall wellness:

Stay active

Regular physical activity helps improve mood, reduce stress, and strengthen your body. Activities like walking, sports, dancing, or cycling are great ways to stay active.

Eat balanced meals

Fuel your body with nutritious foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. Drinking enough water throughout the day also helps your body function properly.

Get enough sleep

Aim for 7-9 hours of sleep each night. Maintaining a regular sleep schedule helps improve focus, energy levels, and emotional well-being.

Manage stress

Find healthy ways to relax and unwind, such as deep breathing, meditation, spending time outdoors, or doing activities you enjoy.

Stay connected

Strong relationships with friends, family, and community members provide support and help improve overall well-being.

Stay present

Taking time to appreciate the positive things in your life and being present in the moment can help improve mood and reduce stress.

Be mindful of substances

Alcohol, drugs, and other substances can negatively affect both physical and mental health. Making informed choices helps protect your well-being.

Continue learning and growing

Trying new activities, setting goals, and learning new skills can help build confidence and personal growth.

Connect with culture

For many First Nations youth, connecting with culture, traditions, language, and community can strengthen identity and support mental wellness.



Self-Care Practices

Self-care means taking time to support your mental, emotional, and physical well-being. Practicing self-care can help you manage stress, improve your mood, and maintain balance in your daily life.

Here are some self-care practices that can support your mental wellness:

Connect with culture

For many First Nations youth, connecting with culture, traditions, language, and community can strengthen identity and provide a sense of belonging.

Set healthy boundaries

Learning to say no and setting boundaries can help protect your time and energy. Prioritizing your well-being is an important part of self-care.

Create a comfortable environment

Make your living space a place where you feel calm and supported. Keeping your space organized and adding things that bring you joy can help create a relaxing environment.

Practice mindfulness

Mindfulness techniques such as meditation, deep breathing, or quiet reflection can help reduce stress and improve emotional balance.

Connect with supportive people

Spending time with trusted friends, family members, or mentors can provide encouragement and emotional support.

Spend time doing things you enjoy

Hobbies such as art, music, sports, or being outdoors can help reduce stress and support emotional well-being.

Ask for help when needed

If you are feeling overwhelmed or struggling emotionally, reaching out to a trusted person or mental health professional can provide helpful support.

Be kind to yourself

Treat yourself with compassion and understanding, especially during difficult times. Everyone experiences challenges, and it's important to be patient with yourself.



Building Resilience

Resilience is the ability to cope with challenges, adapt to change, and recover from difficult experiences. Developing resilience can help youth manage stress, overcome setbacks, and maintain a positive outlook during challenging times.

As youth transition into adulthood, resilience can help them navigate new responsibilities, relationships, and life experiences. Here are some ways to build resilience:

Develop a growth mindset

View challenges as opportunities to learn and grow. Believe in your ability to improve and adapt when facing difficult situations.

Build strong relationships

Surround yourself with supportive friends, family members, mentors, or community members who can offer encouragement and guidance.

Practice self-care

Taking care of your physical and emotional well-being through rest, healthy habits, and relaxation can help strengthen resilience.

Set achievable goals

Break larger goals into smaller steps and celebrate progress along the way.

Focus on solutions

When facing challenges, try to focus on possible solutions rather than only the problem.

Maintain a positive perspective

Recognize that setbacks are a normal part of life. Reflecting on past successes can help build confidence during difficult times.

Ask for support

Reaching out to trusted people or professionals when you need help is an important part of building resilience.

Practice self-compassion

Be patient and kind to yourself during challenging moments and recognize that everyone experiences difficulties.

MENTAL HEALTH AND WELLNESS

Mental health is an important part of overall well-being. Taking care of your mental health can help you manage stress, build healthy relationships, and cope with challenges in everyday life.

Maintaining mental wellness often involves a balance of healthy habits, supportive relationships, and access to helpful resources. Talking openly about mental health and seeking support when needed can make a positive difference.

It is important for youth to know that they are not alone. There are many people and organizations that offer support, guidance, and resources during difficult times.

Note

The information in this guide is meant to provide general support and education about mental wellness. It is not a substitute for professional medical advice, diagnosis, or treatment.

If you or someone you know is experiencing a mental health crisis or needs immediate support, please contact one of the resources below or seek help from a qualified healthcare professional.

National Resources

Suicide Crisis Helpline

Phone or text: 9-8-8
Website: 988.ca

Crisis Service Canada

Phone: 1-833-456-4566
Text: 45645
Website: crisisservicescanada.ca

Kids Help Phone

Phone: 1-800-668-6868
Text: CONNECT to 686868
Website: kidshelpphone.ca

First Nations and Inuit Hope for Wellness Helpline

Phone: 1-855-242-3310
Website: hopeforwellness.ca

National Indian Residential School Crisis Line

Phone: 1-866-925-4419

Canadian Mental Health Association

Website: cmha.ca



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MENTAL HEALTH

Supporting Your Mental Wellness

Taking care of your mental health is an ongoing journey. By practicing self-care, building supportive relationships, and learning healthy coping skills, youth can strengthen their resilience and overall well-being.

Remember that challenges are a normal part of life, and support is always available. Taking small steps each day toward caring for your mental health can help create a healthier future for yourself and your community.

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