

# Take Care of Yourself, Take Care of Each Other, Take Care of This Place



# PAST

💧 Ancient Spirit – Modern Mind



# PRESENT



# FUTURE

- ◆ If it's meant to be its up to me
- ◆ If it's meant to be its up to we



# What is Culture?

- ◆ Culture = Worldviews and ways of being and individuals, family systems, communities and absolutely organizations.
- ◆ Culture shifts and changes and is responsive or reactive to internal and external influences.



# Take Care of Yourself



# Take Care of Each Other



# Take Care of This Place



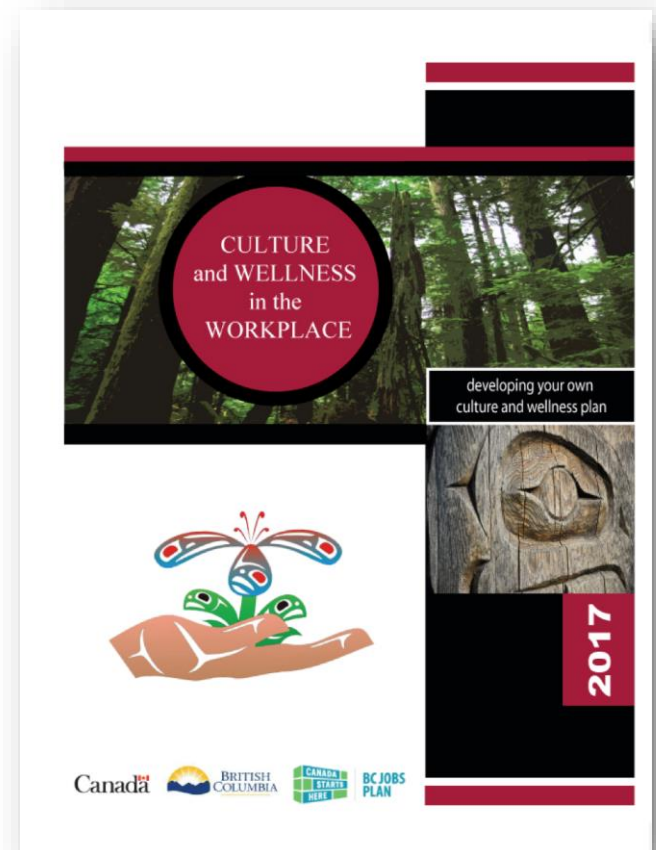


# Take care of This Place Hulitan



# ANP Culture and Wellness Guide

- ◆ **Reflect** on the degree to which wellness and cultural values are embedded in your workplace
- ◆ **Define** your vision and what success means to you in the areas of culture and wellness
- ◆ **Take Steps** to further integrate culture and wellness into policies and practices.



# Additional Resources

Simpletruths.ca

<https://www.simpletruths.com/most-inspirational-videos.html>

ANP Culture & Wellness Guidebook and Cards

<http://anpbc.com/toolkits/culture-wellness-workplace-toolkit/>

First Nations Health Authority

<http://www.fnha.ca/wellness/cultural-humility/webinars>

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