

Date : _____

Name: _____

Handout 2: Answer Key

Post Viewing Discussion Guide: Many Ways to Wellness

Use the questions below to help guide your discussion of the video. Make notes in the space provided.

	Notes
1. Access to Help What did T'ánocháy and Lindsay say about the differences in getting mental health support in some Indigenous communities compared to cities? Why might it be harder to get certain kinds of help in some places?	- Indigenous communities may not have the same access to mental health services as urban areas. - There may be fewer counsellors, mental health programs, or resources. - Physical distance, lack of transportation, or lack of culturally safe services can make it harder to get help.
2. Connection to Nature What examples did T'ánocháy and Lindsay give about using the land, water, or trees to feel better? How might being outside or in nature help with mental health?	- Going to the river or lake, sitting by a favourite tree. - Maintaining a connection to land is a part of Indigenous identity, and spending time in nature can feel calming, grounding and healing. - The land can be a place to reflect, feel connected, and recharge.
3. Laughter and Joy Why do T'ánocháy and Lindsay call laughter "medicine"? How can humour and having fun help when you're stressed or sad?	- Laughter is called "medicine" in Indigenous teachings. - Finding humour and lightness can help release stress and lift mood. - Spending time with friends laughing can help when struggling with mental health challenges.

4. Different Ways to Get Support Besides talking to a counsellor, what other ways did T'áncáy and Lindsay mention for getting help? Which of these ways are new to you? Which ones have you tried or heard of?	■ Talking with friends, connecting to land, spending time with pets, reading books or comics, watching videos like We Matter. ■ Doing creative things or enjoying hobbies. ■ Using digital connections to hear supportive messages.
5. Not Relying on Just One Thing Why do T'áncáy and Lindsay think it's important to have more than one type of support? What could happen if you only had one person or one way to help you?	■ Having many kinds of support means you can get help in different situations. ■ If one resource isn't available, another might still be there for you. ■ Depending only on one person or one type of help can be risky if they're unavailable or not the right fit in the moment.
After Watching: Circle one idea from your notes that you might want to try for your own wellness.	

Additional Notes/Questions/Comments: