

Date : _____

Name: _____

Handout 2

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?	
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?	
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?	

4. Different Ways to Get Support Besides talking to a counsellor, what other ways did T'áncháy and Lindsay mention for getting help? Which of these ways are new to you? Which ones have you tried or heard of?	
5. Not Relying on Just One Thing Why do T'áncháy 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?	
After Watching: Circle one idea from your notes that you might want to try for your own wellness.	

Additional Notes/Questions/Comments: