

# NALLUNRITNARQELLRIIT NAULLUUTEM NALLIINI

## Yup'ik Practices and Teachings to Know During the Coronavirus

1 Keep your hands busy. When doing things like sewing or chopping wood, the mind is focused on the task at hand rather than what might be causing stress. Put your whole mind into it and focus. When you complete a task, it creates good feelings and positive thoughts.

2 There are old traditional teachings about not bringing your kids out into the public. This was a very strict teaching because it risked exposing children to illness.

3 Start your day on a positive note with gratitude. For example, a Yup'ik ritual that was used was rinsing the face with water every morning to wash away the previous day's negative energy, reminding yourself to be grateful for another day, living with all the beautiful things our creator meant for us to be.

4 Smudge with a salve, ayuq (tundra tea), or sage. We use smudging to cleanse, purify, and remove negative energies, centering ourselves and promoting healing.

5 Talk to someone. Share what you're feeling and thinking. Doing so doesn't necessarily change the situation, but it could change how you may think and feel about the situation. It opens up our minds to think more clearly about what's going on around us. It helps to feel lighter.

We often find ourselves in a place where what is happening around us is beyond our control, but how we respond to it is totally within our control.

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We must mind how we respond and cope.

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There are many ways to cope in a healthy way. It doesn't change the situation but it really makes a big change inside.

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Everything can look more hopeful when we use healthy coping strategies

*Created in collaboration between YKHC Research and Behavioral Health Preventative Services*