



Dr. Andea Avila Sakar

Self-care strategies and techniques for First Nations Health Directors to empower clients

Leading - Transforming - Experiencing

Who am I?

Who are you?

How do we define who we are?

How do we define our clients?

And how does the Who relates to our wellness?

Based on Relations

grandmother - grandfather
mother - father
son - daughter
sister - brother
aunt- uncle
friend - enemy
etc

Based on Age

baby
child
teen-ager
young adult
adult
Elder

Based on Activity

First Nation Health Director
hunter
artist
sport person
gamer
cook
etc

Based on Culture

Based on Geography

Based on moods

Based on eating habits

When the demands and expectations of the community come to you, which part, or parts of the who you are get activated to respond?

1- How can Health Directors respond to emergencies, and everyday stressful situations without exhausting themselves?

2- How can Health Directors empower their staff to respond in a healthy and self-protected way?

0- First Response Words and Actions

1- Breathing techniques and Stillness

2- Creativity

3-Visualization

Lets see how things usually go on
during an emergency call or situation....

**The Subconscious gets activated
with fight/fly response, sensing
the whole situation, feeling and
responding!**

**Cognitive Mind begins searching,
sorting, analyzing, and categorizing
information to come up with a resin to
validate an action.**

The role of the subconscious is to protect us and get us through difficult moments, even if that requires the use of a lot of energy.

And the role of the conscious is to evaluate, think
organize

Yet if this happens often, the possibility of burn-out, stress, and sickness increases

Conscious

Will power

Thinking

Verbal

Subconscious

Fight -FlyProtective

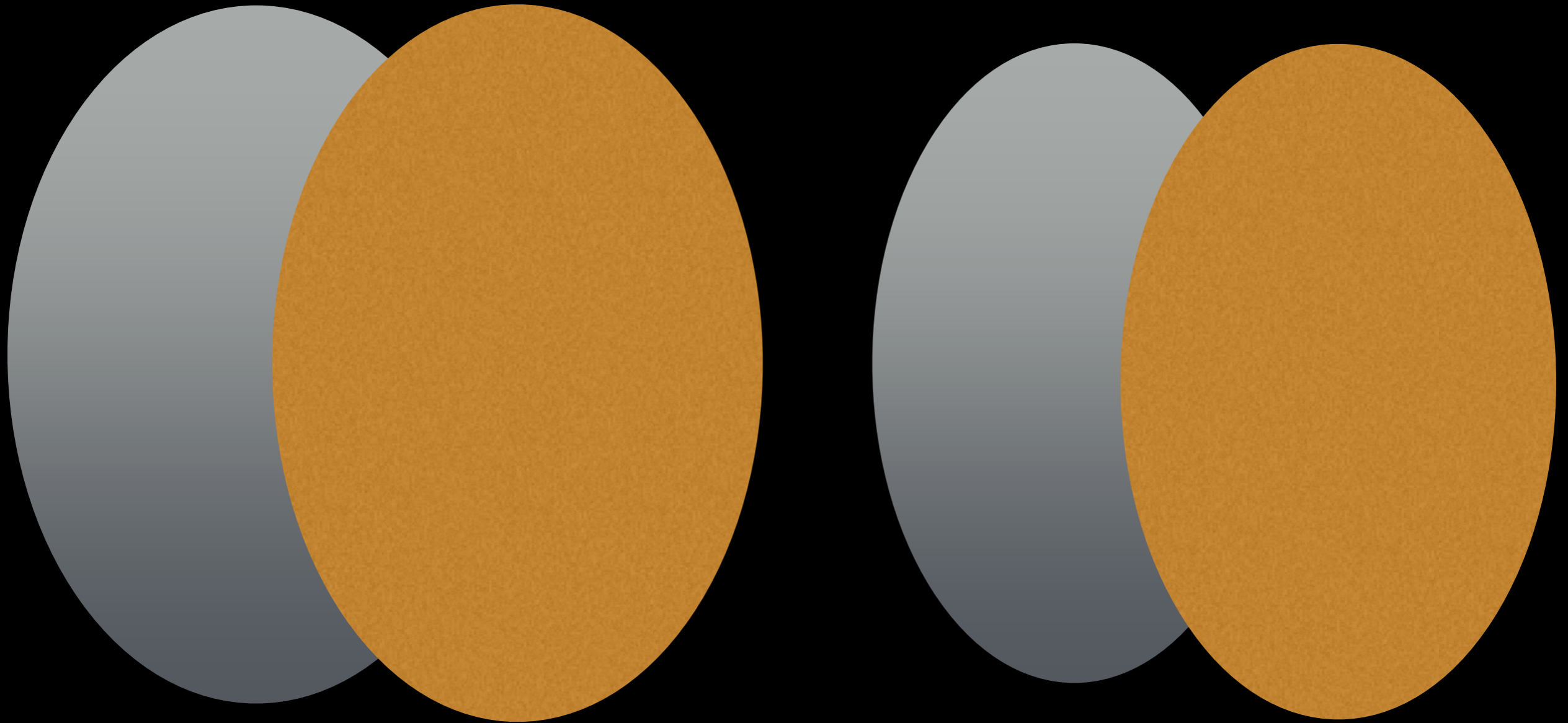
Images

Non-verbal

Sensations

Fetus to 8 years

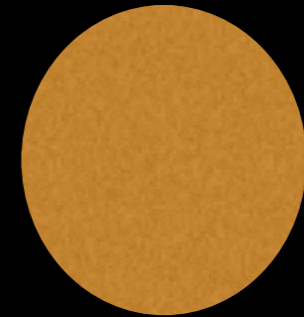
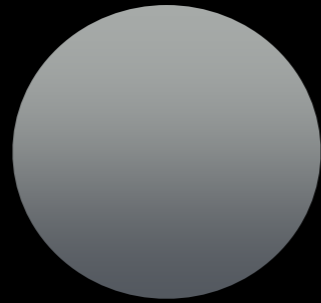
Four Brains start a conversation or a battle



Health Director
Therapist
Counsellor

Client

Process of Information
Verbal and Non-Verbal



Left Hemisphere
Cognitive Analysis
Logical
Calculates
Verbal
Focused on one point

THINKING

Right Hemisphere
Fight-fly
Images
Non-Verbal
Mosaic and lateral thinking
Body

EXPERIENCE

The subconscious job is to protect the whole being

The symptom is always the best way the person has been able to cope with the situation. It is their strength at that precise moment

First response Crisis

The worst is over, I'm here with you and you
are going to get the help you need

Distraction

Details

What is good and positive

Breathing
Stillness
Mindfulness

Creativity

Change demands something new
Become open to new perspectives
Try new materials

Change requires:
trust, humility, courage, honesty and dignity

By doing and creating, we become empowered

Art
Music
Movement
Photography

Activity

EXPERIENTIAL Approaches

Hands-on activities, programs and therapies

Focus on Strengths

Solution Oriented

lunch

Visualization Imagination

The power of imagination

Creating moods

activity

Leadership

activity



Interdependence



Leadership and Team Building

Experiential activity

Conclusions

It is possible to respond to crisis and trauma in a self-protective way

A life-saver takes care of him/herself first

Practice Practice Practice

Solution oriented

Experiences

