

My entourage is my
balance





It is important to take care of each other, but
it is equally essential to take care of yourself.



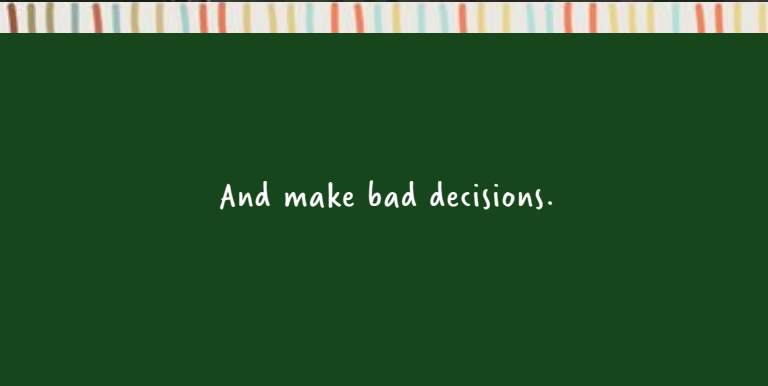
When you encounter difficulties,
frustration can set in.



We can sometimes react impulsively.

An illustration of a young boy with dark hair, wearing a blue long-sleeved shirt, black pants, and a red backpack. He is climbing a large, mossy tree trunk in a lush green forest. His arms are outstretched for balance, and he has a determined expression. A speech bubble above him contains the text "That's not going to stop me!". The background is filled with various green trees and foliage under a blue sky with a few clouds. A small bird is visible in the upper left sky area.

That's not going to stop me!

A decorative horizontal border with vertical stripes in orange, yellow, green, and blue. Below this border is a solid dark green background.

And make bad decisions.



If this situation is ignored, it can get worse.



This can have an impact on our wellness.



It is important to be aware of the four spheres that surround our wellness: physical, mental, spiritual and emotional.



Sometimes we react by saying the opposite of what we feel to protect ourselves.



Repressing our negative emotions causes them to
take up more and more space.



By talking about how we feel, we free ourselves!



This is often the first step to getting better.

Friends

Workers

Teachers

Family

To not worry about the
opinions of others is to
demonstrate your **STRENGTH**
of spirit.

Seeking help is **HEALTHY**.

And to talk about it is to
FREE YOURSELF.

Health
Professionals

Colleagues

Community
Members



Taking a step back to refocus is important.



Sharing moments together can make life more positive. The main thing is to find what makes us feel good.



Together, we come out stronger!

A few hours later...



Because our entourage is our balance.

oh! It feels good to be together!



Taking care of yourself is also a way of taking care of others.

Credits

Content creation

Anne-Marie Hélie, FNQLHSSC

Zani Boillat, FNQLHSSC

Anaisa Cornejo, FNQLHSSC

Geneviève Jacques-Gingras, FNQLHSSC

Catherine Morissette, FNQLHSSC

Valérie Vennes, FNQLHSSC

Mary Mark, FNQLHSSC

Translation

Wendatraductions

Revision

Chantale Picard, FNQLHSSC

Illustrations and Graphic design

Maxime Bigras

All rights reserved for the FNQLHSSC.

This document is available in electronic format, in French and English, at www.cssspnql.com/en/.
Reproduction, translation, and publication, in whole or in part, must receive prior approval from the FNQLHSSC.

ISBN Web version: 978-1-77315-454-1

ISBN printed version: 978-1-77315-455-8

©FNQLHSSC 2023

If you need help, you may contact the following:

Health and social services centre in your community or other community organizations



First Nations and Inuit Hope for Wellness Help Line (24/7)

 1-855-242-3310

 hopeforwellness.ca

Suicide prevention centres (24/7)

 1-866-APPELLE (1-866-277-3553)

 suicide.ca/



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION