

My canoe,  
my balance





Life is like a canoe trip.

Everyone has their own baggage, which varies according to one's culture, family, education, etc.



The contents of the canoe accumulate and evolve over time. Responsibilities, stress and bereavements are also added to it.

When this baggage becomes too heavy to bear, it becomes more difficult to move forward.



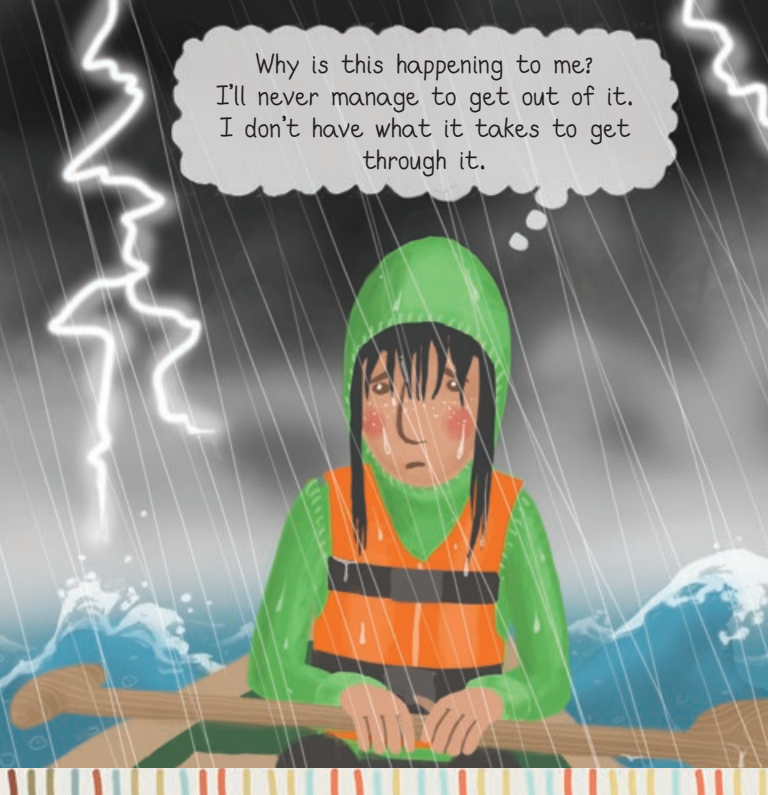
Sometimes, there are hurdles in the way, like a thunderstorm that comes down on you.



When that happens, you can only choose  
how to react.



You paddle harder to keep going through the storm, but eventually run out of steam.



Why is this happening to me?  
I'll never manage to get out of it.  
I don't have what it takes to get  
through it.

You lose confidence because you don't  
understand why it is so difficult to  
keep going.



You get frustrated, even angry, because things don't work out the way you want them to. You feel like giving up.



You feel exhausted and you don't try to move forward anymore. You just let yourself go.



You feel overwhelmed and like you won't get back on track in any way.





What could help me get through this?

We all have inner resources. We often overlook them, but they are there and they can help us during difficult times.



If you need a moment to step back,  
stop, and refocus, it's important to  
take time for yourself.



There are also lots of people around you that you can count on. Whether it's your family and friends, professionals, elders... there will always be people who can help you.



Even if it is not always the easiest thing to do, you must be able to ask for help and accept it.



Even though storms can be long and hard to navigate, the sun always comes out eventually.



No matter what you're going through, remember that the hurdles that get in the way are just a small part of the journey.

Each challenge you overcome fills your canoe with baggage that will accompany you for the rest of your journey.



The hardships you face in life do not define  
who you are.

# Credits

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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

 <https://www.hopeforwellness.ca/>

Suicide prevention centres (24/7)

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

 [suicide.ca/](https://suicide.ca/)



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