

This year, my wellness
is my priority

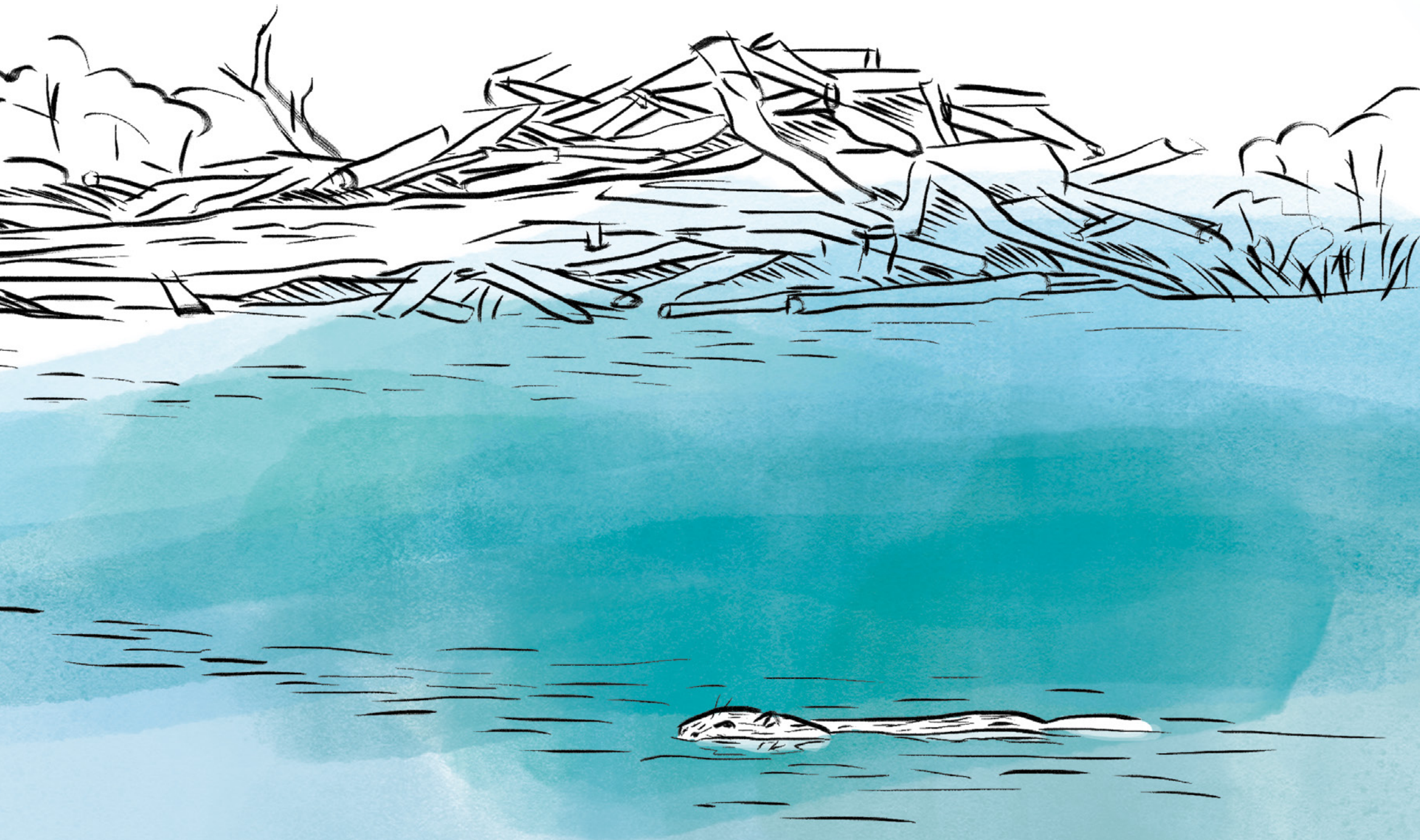
Twelve months
to take care
of ourselves

Calendar

From January 1, to
December 31, 2024



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION





Production

FNQLHSSC

Translation

FNQLHSSC collaborator

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Every year on February 1, the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) marks First Nations Wellness Day, decreed in 2011 by the Chiefs of the Assembly of First Nations Quebec-Labrador following a major Summit on Addictions. This day is intended to raise awareness among the entire First Nations population on individual and collective wellness by highlighting the importance of taking care of ourselves and those around us every day.

Drawing from the theme *This year, my wellness is my priority*, the FNQLHSSC created a calendar for 2024. It is an agenda, a reminder for important dates and a tool to set new-year goals and monthly challenges based on various themes. The calendar will help you balance the four elements of the medicine wheel—mental, physical, emotional and spiritual—in order to improve the wellness of all.



How to use the calendar

The calendar is designed to be used both individually and as a family.

Every month, there is a theme and a challenge to accomplish either individually or as a family. Different seasonal sections and activities are included, but these ideas are entirely customizable.

At the beginning of the year, you can set goals and follow their progression every month by filling out boxes with the activities completed. The end-of-year review allows you to look back and take stock of your achievements since you set your goals initially.



Before you get started...

THE SEVEN SACRED TEACHINGS

The traditional First Nations values of respect and sharing are the foundation of our way of life and stem from the seven sacred teachings, which celebrate the basic qualities of a healthy and fulfilling life.

Each of the seven sacred teachings is represented by an animal. The animal kingdom teaches humans about the connection between life and the Earth and the need to respect for all forms of life.

Throughout the year, keep these lessons in mind and draw on them in your daily life.



Love

The eagle is the bird that flies the highest. True love is linked to the Creator. Love for the Creator is expressed by self-love and love for others.

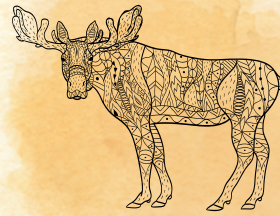


Honesty

The crow reminds us to be honest with the Creator and with one another. Honesty is shown when we keep promises made to the Creator, to ourselves and to others.

Respect

The moose tells us to respect all forms of life. To be respected, one must show respect for those around them.



Wisdom

The beaver teaches us that communities are built on the gifts that each person has received from the Creator. Have the wisdom to use these gifts to build healthy and peaceful communities.



Courage

The bear can be gentle and ferocious. It teaches us to have the mental and moral strength to do what is right and good, even though the consequences may be difficult to accept.



Humility

Recognition of the Creator's higher power is considered true humility. Putting others before oneself is a form of humility. The wolf teaches us this lesson. He lowers his head in the presence of others and does not take food until it is shared with the pack. The wolf is not arrogant and respects its community.



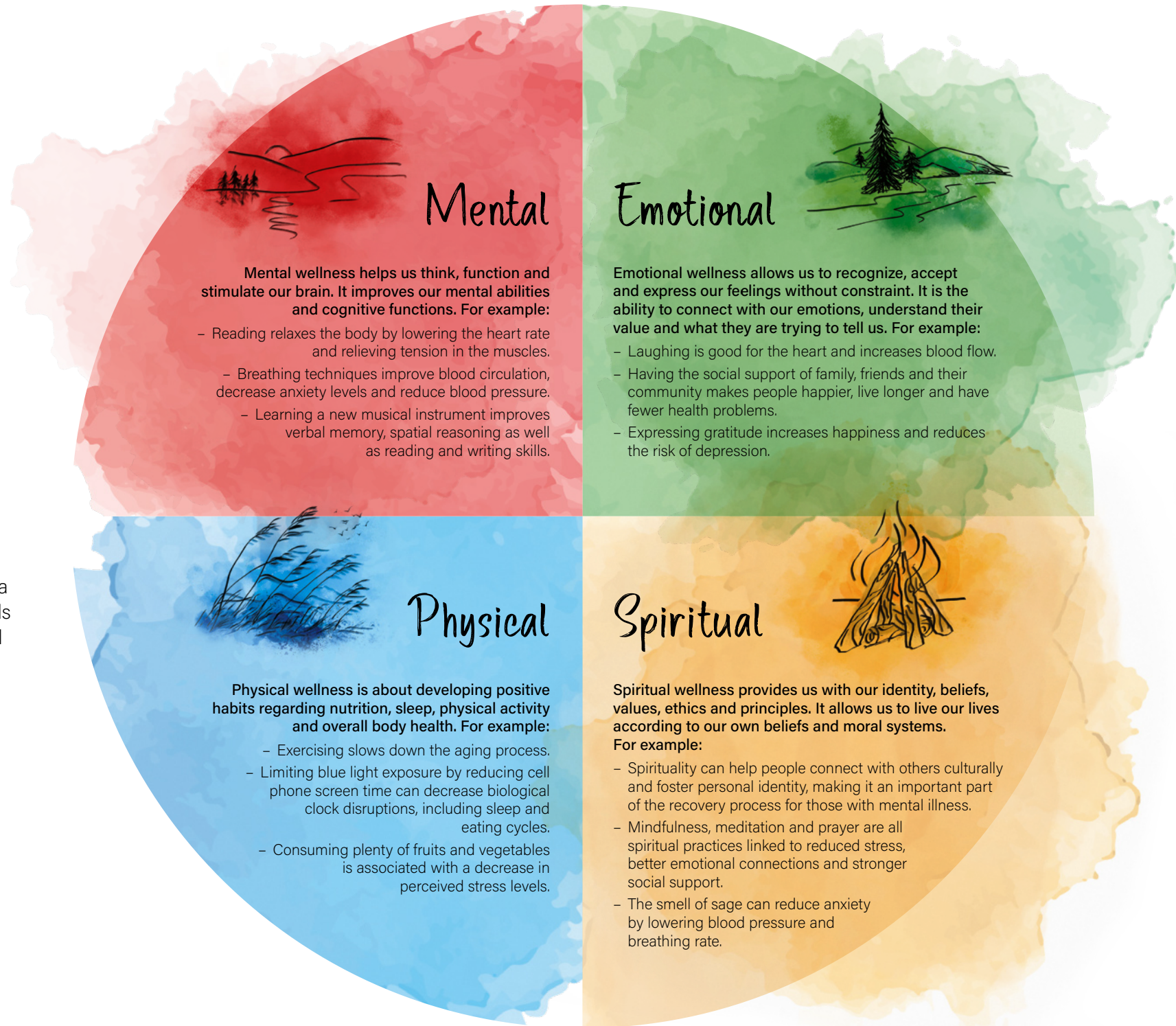
Truth

The turtle was present when the Creator created man and passed on the seven sacred teachings. It was the turtle's duty to ensure laws were not lost or forgotten. Knowing the truth means learning, understanding, and respecting these teachings. Speak the truth. Don't make mistakes and don't deceive others.

Dimensions of wellness

For First Nations, wellness is a balancing act between the spiritual, emotional, physical and mental dimensions, as represented by the medicine wheel.

According to this concept, wellness is a journey, a constant progression towards a positive and balanced state of overall health. It is a whole rooted in culture and values, where each sphere has an important role to play.



Review of the past year

BEFORE YOU BEGIN THE NEXT TWELVE MONTHS, TAKE A QUICK AND PERSONAL LOOK BACK OVER THE PAST YEAR BY ASKING YOURSELF THE FOLLOWING QUESTIONS:

- What were my best successes?
- Who has been there for me this year?
- What did I learn?
- What were some of my best successes and not so good moments?
- What are my greatest personal challenges?
- What are the things I wish I had done? Why?
- Have I always acted according to my personal beliefs and values?
- Are there things that have hurt me in the past year?

Considering this, answer the four following questions by trying to focus on the positive and not the negative. Think of this assessment as an opportunity to find constructive and positive approaches that will help you take better care of yourself in the coming year.

TO STOP

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TO START

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TO CONTINUE

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TO IMPROVE

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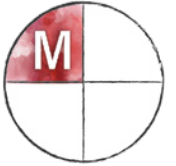
My wellness goals for 2024

Using your answers from the previous page, choose five categories from column below and write them at the top of the bubbles. For each of the chosen categories, write down the goals you want to achieve this year.

GOAL CATEGORIES

1. Health, nutrition and sports
2. Relationships with family and friends
3. Romantic relationship
4. Finances
5. Career or education
6. Skills to develop
7. Leisure and relaxation
8. Personality traits and attitude
9. Inner life and personal growth
10. Influence and social involvement
11. Other, your choice

The graphic features five overlapping circles, each serving as a template for a goal. The circles are colored green, blue, red, orange, and yellow. Each circle contains a white pill-shaped box at the top for writing a category and several horizontal dotted lines below for writing specific goals.



HAPPY New YEAR!

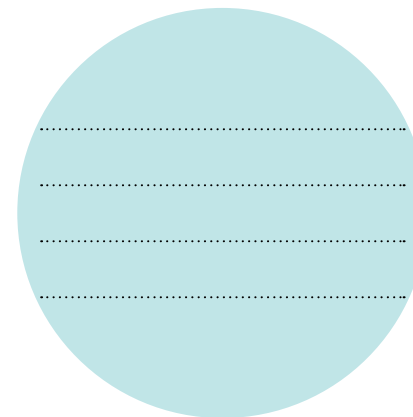
THEME 1

Choosing your priorities!

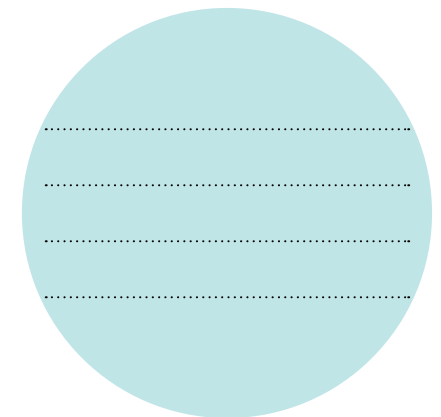
Your mental health is a priority, your happiness is essential,
your wellness is a necessity.

After identifying your wellness goals for 2024, you are encouraged to set a priority
and a challenge for this month. Don't forget to be kind to yourself.

PRIORITY THIS MONTH



MONTHLY CHALLENGE



January

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New Year's Day

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Non-smoking week

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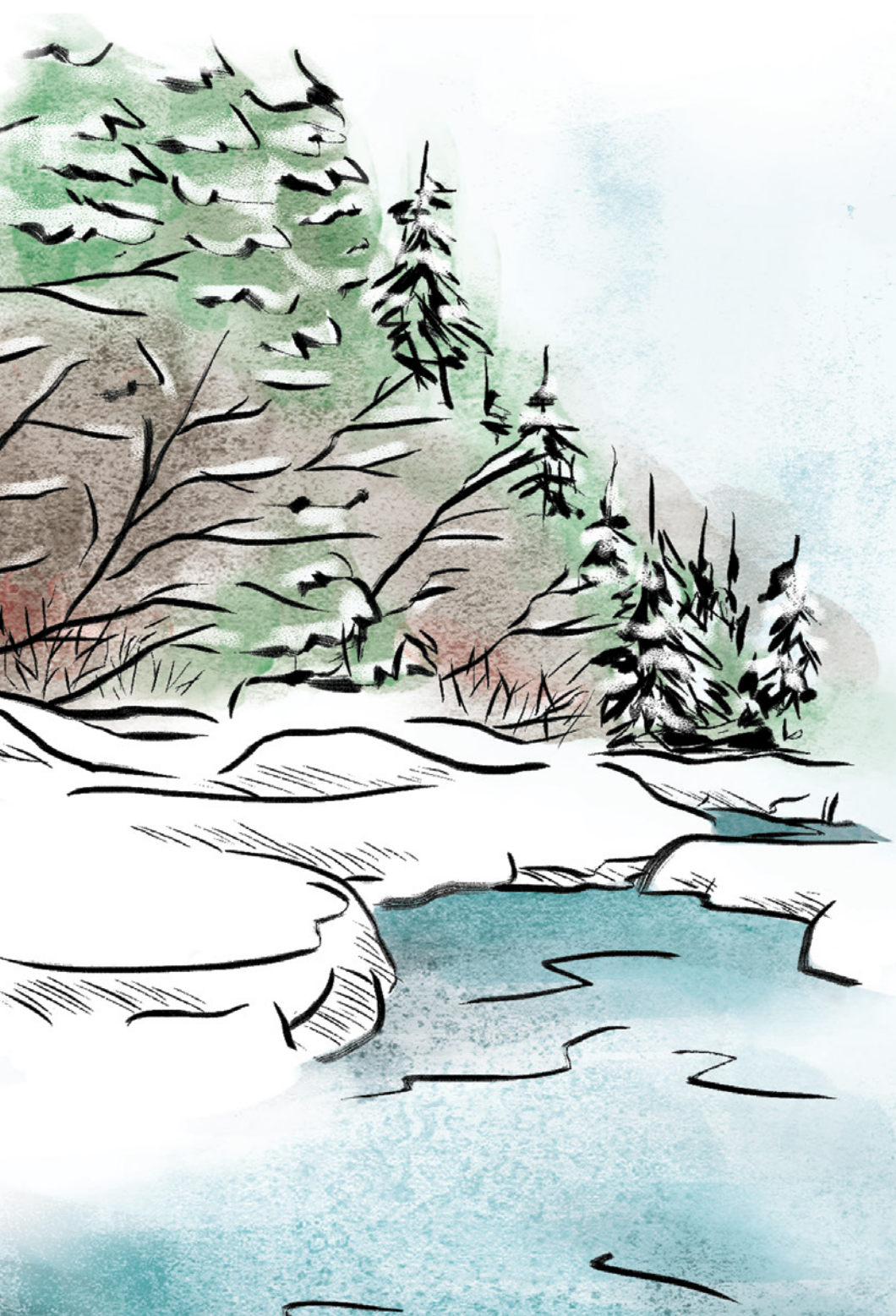
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THEME 2

Living in the present!

*Don't let your mind wander in the past or future.
Focus on the present moment.*

Living in the present means being connected to what is happening at this very moment, without worrying about the future or the past. Stress, fear and guilt often take over our thoughts and prevent us from fully enjoying the moments we are living. When we can focus solely on the present moment, we are better able to thoroughly embrace it.

MONTHLY CHALLENGE

This month, take a few minutes to relax and focus on your feelings. After your break, how did you feel? Explain in the circles below.

February

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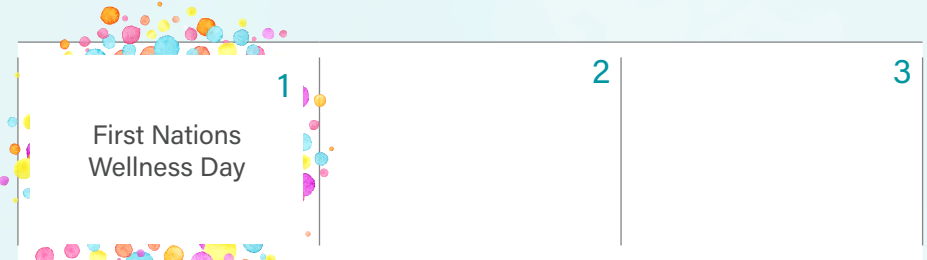
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First Nations
Wellness Day

World Cancer Day Suicide Prevention Week	4	5	6	7	8	9	10
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Sexual and Reproductive Health Awareness Week	11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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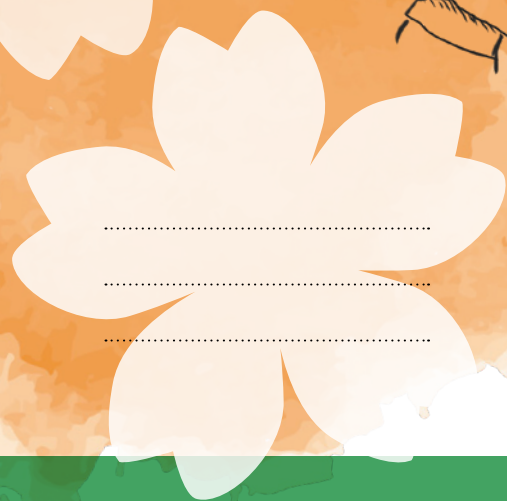
25	26	27	28	29
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HERE ARE SOME SUGGESTIONS
FOR *springtime* ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS SPRING
THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.





THEME 3

Targeting healthy eating!

Love yourself enough to pursue a healthy lifestyle.

In Canada, March is dedicated to nutrition and highlights the importance of making smart and healthy food choices. Since a varied and balanced diet helps us improve our health, avoid diseases and promote our wellness, this month is an opportunity for us to pursue healthy eating habits, while also having fun and exploring new things!

MONTHLY CHALLENGE

Choose healthy foods or new recipes to incorporate into your diet this month and list them below.

Five green circles arranged in two rows (three in the top row, two in the bottom row). Each circle contains three horizontal dotted lines for writing.



If you want to plan seasonal activities to do this spring, feel free to fill out p. 15 before starting the month!

March

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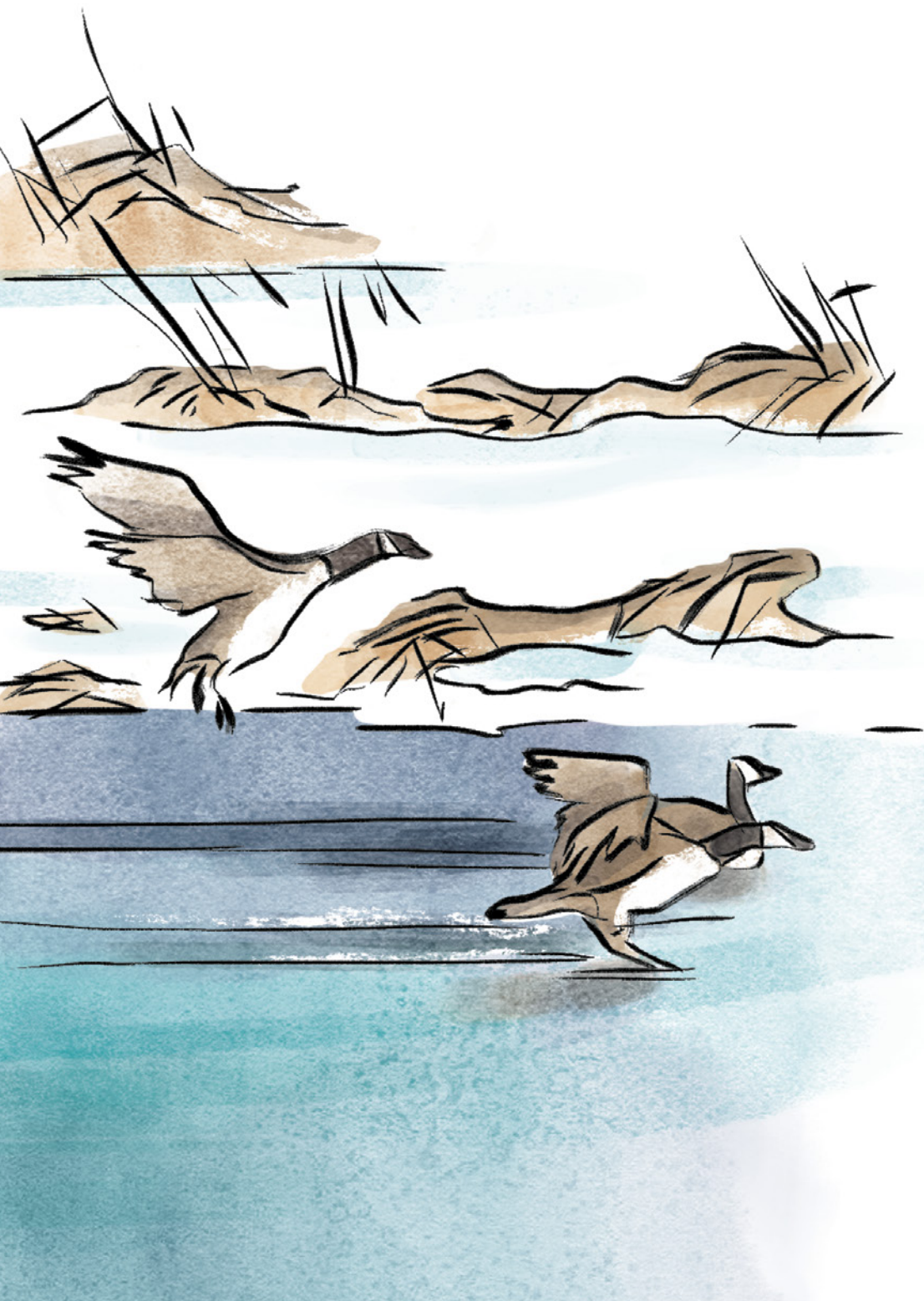
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3	4	5	6	7	International Women's Day		9
10	11	12	13	14	15	16	16
17	18	Spring Equinox		20	21	22	23
24 31 Easter	25	26	27	28	Good Friday		30



THEME 4

Taking care of the planet!

I honour and care for Mother Earth and thank her for all her blessings.

Reducing our environmental footprint starts with small, simple gestures every day. For example, there's travelling by bike or on foot, taking short showers to limit hot water consumption, cooking recipes with food you already have at home to avoid waste, using eco-friendly and reusable items, recycling or composting. Picking up a few pieces of garbage left in a park or other public space is another good way to help keep your community clean!

MONTHLY CHALLENGE

Choose a few eco-friendly gestures you can make during the month, either for yourself or for your circle of friends and community. List them below when they are accomplished.

Five light blue circles arranged in two rows (three in the top row, two in the bottom row). Each circle contains three horizontal dotted lines for writing.

April

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Easter
Monday

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Administrative
Professionals
Week

Mother
Earth Day

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THEME 5

Stepping out of your comfort zone!

Today, I love passionately, laugh freely, and live bravely.

Stepping out of your comfort zone means leaving what is familiar to you and fearlessly opening yourself up to what life brings. Admittedly, day-to-day life and routines are pleasant, because knowing what to expect makes us feel comfortable and secure. It's by changing our habits, however, that we open ourselves up to new horizons and experiences which allow us to learn and grow.

MONTHLY CHALLENGE

Find ways to step out of your comfort zone and list the experiences and discoveries they have given you.

Five circular writing areas arranged in two rows: three in the top row and two in the bottom row. Each circle contains three horizontal dotted lines for writing.

May

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				1	2	3	4
National Aboriginal Hockey Championships 5	Indigenous Nurses Day 6	7	8	9	10	11	
	Safety and Health Week						
	National Nursing Week						
12	13	14	15	16	17	18	
				Moose Hide Day			
19	Victoria Day 20	19	22	23	24	25	
Intergenerational Week							
26	27	28	29	30	31		

HERE ARE SOME SUGGESTIONS
FOR *summertime* ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS SUMMER THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.

A large blue circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.A large green circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.A large light green circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.A large pink circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.A large light orange circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.A large light blue circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.A large light orange circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.A large light orange circular area with a white sunburst border. Inside the circle, there are three horizontal dotted lines for writing.



THEME 6

Promoting cultural transmission!

One of the most rewarding things to do is reconnecting with your culture.

June is National Indigenous History Month. The occasion to celebrate and honour our rich history and cultural heritage reminds us of how important it is to protect and transmit our languages, customs and traditional skills. It is also an opportunity to encourage all those who contribute to making it shine on a small or large scale.

MONTHLY CHALLENGE

Do something that supports First Nations economy or entrepreneurship. For example, buy a book, artwork or craft, or promote the work of local artists, authors or businesses through social media. List your efforts below.

Five pink circular shapes arranged in two rows (three in the top row, two in the bottom row). Each circle contains three horizontal dotted lines for writing.



If you want to plan seasonal activities to do this summer, feel free to fill out p. 23 before starting the month!

June

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2	3	4	5	6	7	8			
9	Men's Health Week	10	11	Anniversary of the signing of the Declaration of the Rights of First Nations Children	12	13	14	World Elder Abuse Awareness Day	15
16	17	18	19	20	Summer Solstice	21	National Indigenous Peoples Day	22	
23	24	25	26	27	28	29	30	Quebec's National Day	



THEME 7

Get moving!

Every day, I choose to improve my physical health, because it is the only body I have and it is home to my spirit.

Physical activity helps prevent chronic illnesses, promote brain function such as memory and creativity, maintain good mental health, improve sleep and reduce stress.

MONTHLY CHALLENGE

Try new physical activities to explore their benefits and list them below.

Five pink circles arranged in two rows (three in the top row, two in the bottom row). Each circle contains three horizontal dotted lines for writing.

July

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Canada
Day

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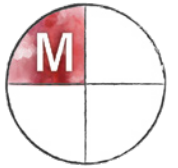
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THEME 8

Being positive!

Your mind is a powerful tool. Transform your life with positive thinking.

Since our thoughts generate our emotions, being negative can cause fear, anger, stress and anxiety. Positive thinking, on the other hand, can promote an open, enthusiastic and optimistic state of mind. The ability to transform negative thoughts into positive ones is beneficial to your wellness.

MONTHLY CHALLENGE

List positive thoughts you had this month.

Five light green circles arranged in two rows (three in the top row, two in the bottom row). Each circle contains three horizontal dotted lines for writing.

August

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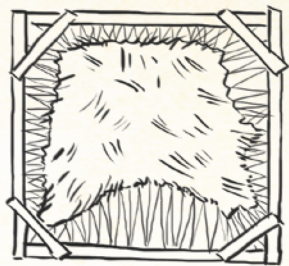
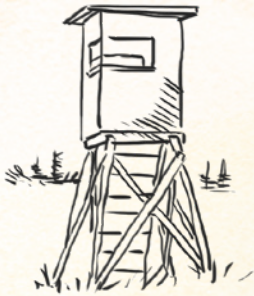
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4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	International Overdose Awareness Day	



HERE ARE SOME SUGGESTIONS
FOR *fall* ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS FALL
THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.



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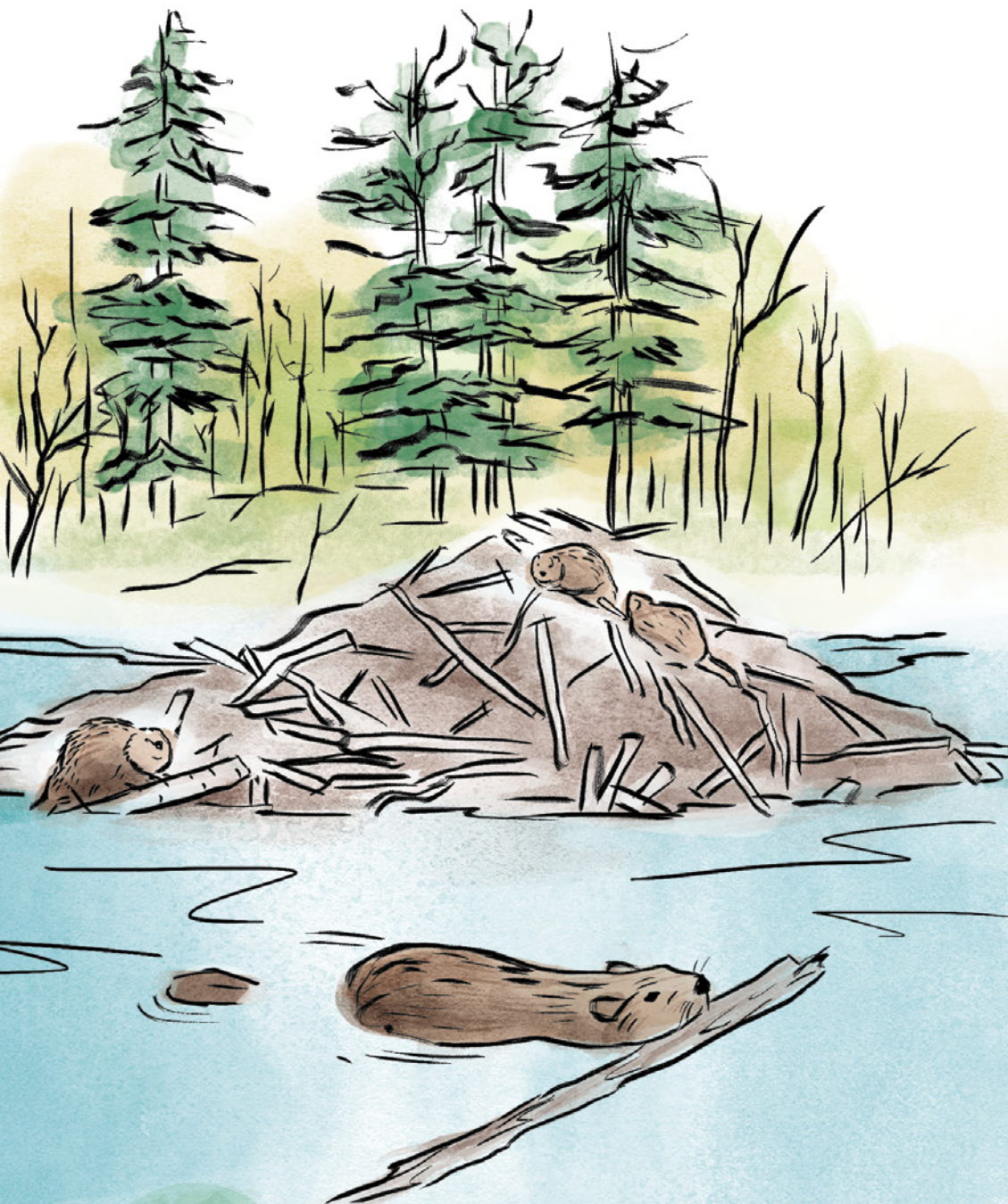
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THEME 9

Surrounding yourself well!

Be around people who make you grow.

Good, healthy, positive relationships with family and friends are essential to your overall health and wellness. Our relationships with others provide support, comfort and a sense of belonging that brings us stability and strength. This month, do activities that you enjoy with your loved ones!

MONTHLY CHALLENGE

Spend time with people who are good to you and list the times you shared together below.

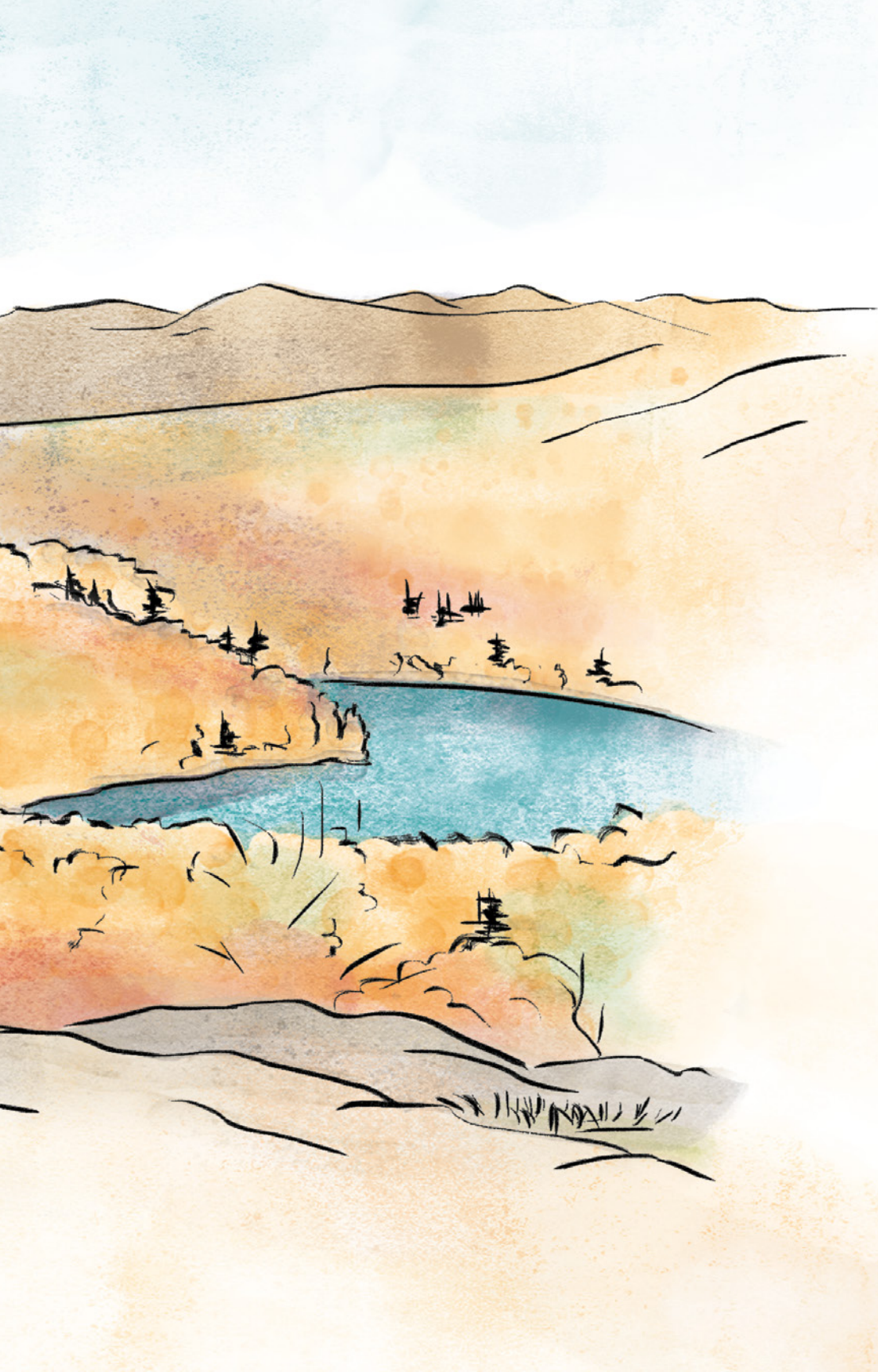
Five green circular areas for writing, each containing three horizontal dotted lines for text entry.



If you want to plan seasonal activities to do this fall, feel free to fill out p. 31 before starting the month!

September

s	m	t	w	t	f	s
1	2 Labour Day	3	4	5	6	7
8	9	10	11	12	13 Anniversary of the United Nations Declaration on the Rights of Indigenous Peoples	14
15	16	17	18	19	20	21
22	23 Fall Equinox	24	25	26	27	28
29	30 Orange Shirt Day	<p>Did you know? Orange Shirt Day commemorates six-year-old Phyllis (Jack) Webstad's first day at St. Joseph's Mission Indian Residential School in British Columbia, where her new orange shirt, given by her grandmother, was taken from her. Since then, September 30 has been the annual day of remembrance for residential schools, which were attended by over 150,000 First Nations children across Canada between 1831 and 1996. The date was chosen to commemorate the time of year when children were taken to residential schools.</p>				



THEME 10

Discovering yourself!

Everything you need—courage, strength, compassion and love—is already part of you.

Self-discovery is a thorough self-examination that aims to restore your life's purpose. Knowing yourself better means fully accepting, developing and fulfilling yourself, understanding your true aspirations and doing what it takes to achieve them.

MONTHLY CHALLENGE

Do activities that will challenge you or that you've never dared to do, and list them below.

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October

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Day of Remembrance
and Action for
Missing and
Murdered Indigenous
Women and Girls

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Thanksgiving

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Birthday of Jordan
River Anderson
(Jordan's Principle)

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THEME 11

Thinking about your consumption habits!

Motivation is how you start, but it's your habits that will achieve your goals.

In Canada, National Addictions Awareness Week is held every November. It's the time to question our alcohol, drug and other consumption habits and to be aware of the impact they have on our health and wellness. The goal is not to condemn or put an end to all types of consumption, but rather promote responsible behaviours that reduce short-term and long-term risks and consequences.

MONTHLY CHALLENGE

Target one or more responsible habits or changes to make this month that affect your consumption and list them below.

Five orange circles arranged in two rows (three on top, two on bottom) for writing a monthly challenge. Each circle contains three horizontal dotted lines for text entry.

November

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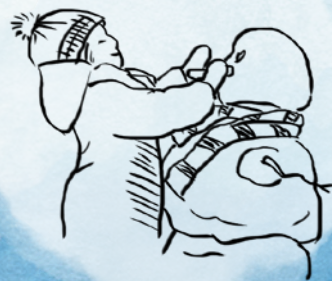
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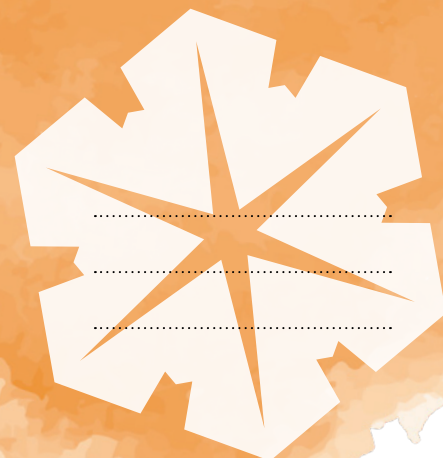
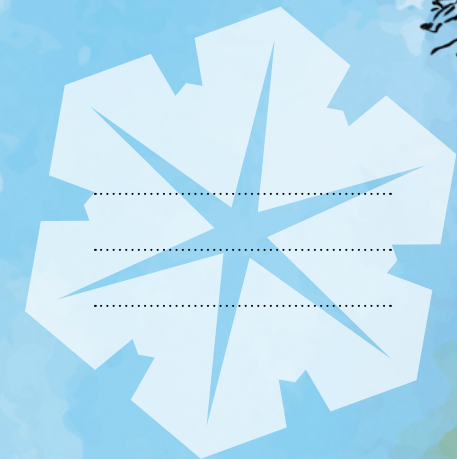
						1	2
3 National Caregivers Week	4	5	6	7	8	9	
10	11 Remembrance Day	12	13	14	15	16	
17 Addictions Awareness Week	18	19	20 World Children's Day	21	22	23	
24	25	26	27	28	29	30	

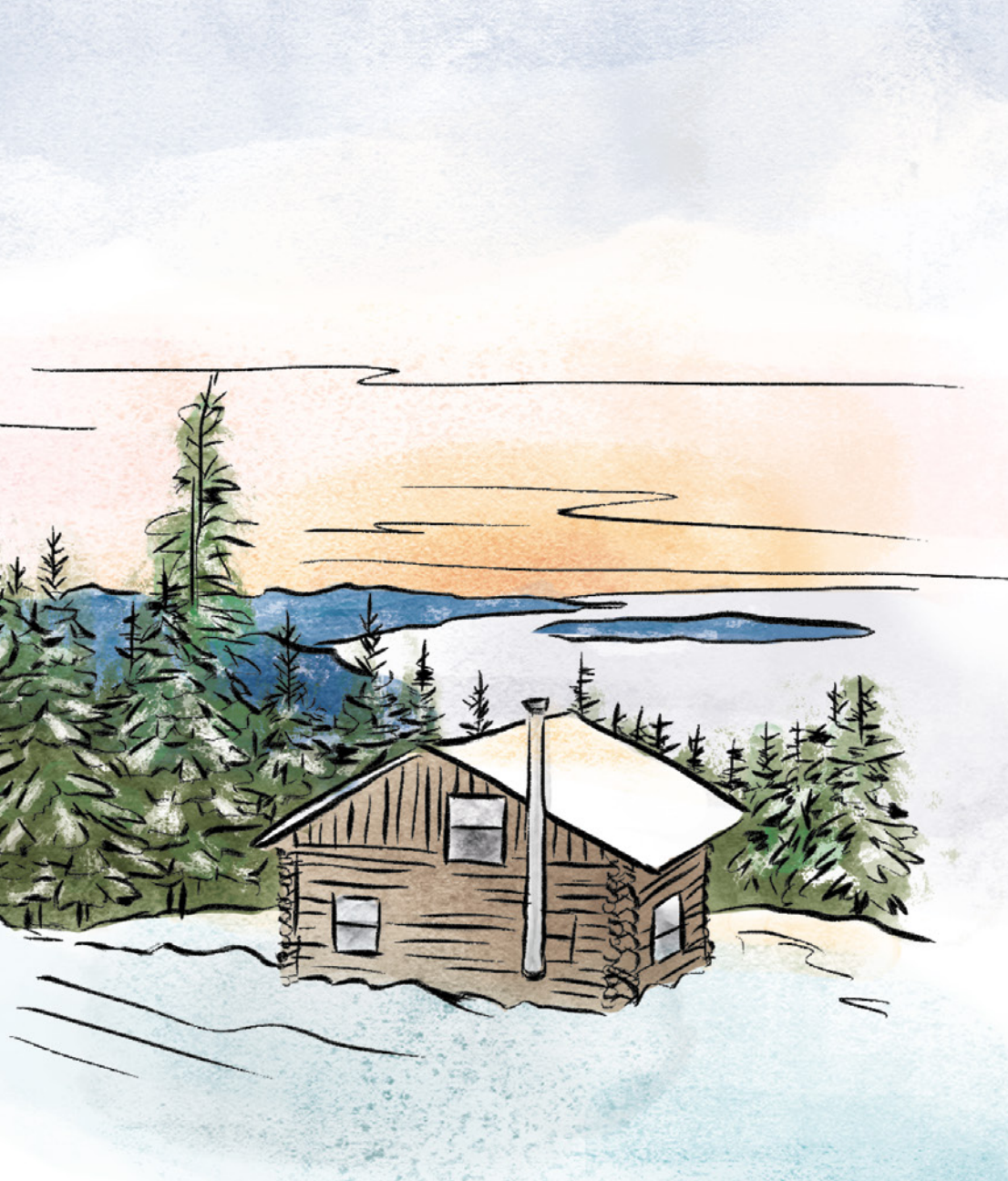


HERE ARE SOME SUGGESTIONS
FOR *wintertime* ACTIVITIES
TO TAKE CARE OF YOURSELF AND
PROMOTE OVERALL WELLNESS.



LIST HERE THE ACTIVITIES YOU WANT TO DO THIS WINTER THAT HAVE A POSITIVE IMPACT ON YOUR WELLNESS.





THEME 12

Being grateful!

I choose my feelings and, today, I choose happiness.

"Gratitude is the ability to appreciate the good in life and express thankfulness, which in turn has a positive effect on emotional, physical, and social wellness." As 2024 comes to an end, be grateful to yourself for your learnings, successes and new habits.

MONTHLY CHALLENGE

Take note of the things you're grateful for in the past year and list them below.

Five large, light-orange circles arranged in two rows (three in the top row, two in the bottom row). Each circle contains three horizontal dotted lines for writing.



If you want to plan seasonal activities to do this winter, feel free to fill out p. 39 before starting the month!

December

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World AIDS Day 1	2	3	4	International Volunteer Day 5	6	7
Aboriginal AIDS Awareness Week						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
						Winter Solstice
22	23	24	25	26	27	28
			Christmas			
29	30	31				

WHAT ARE YOUR WISHES FOR THE NEW YEAR?

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WHAT WERE YOUR GREATEST SUCCESSES?

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IF YOU HAD TO DESCRIBE YOUR YEAR IN THREE WORDS, WHAT WOULD THEY BE?

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IF YOU FACED CHALLENGES, WHAT DID YOU LEARN FROM THEM?

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Reviewing the last 12 months

HERE ARE SOME IDEAS TO HELP YOU REFLECT ON THE PAST YEAR:

WHAT DID YOU LEARN?

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**DID YOU ACCOMPLISH THE GOALS YOU SET AT THE BEGINNING OF THE YEAR?
IF YOU DIDN'T, WHAT WOULD YOU HAVE NEEDED TO DO TO ACHIEVE THEM?**

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WHAT WERE YOUR FAVOURITE MOMENTS?

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**WHO STOOD BY YOU THIS YEAR?
WHAT WERE SOME OF THE POSITIVE THINGS YOU GAINED FROM THEM?**

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2024

January

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

April

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

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12	13	14	15	16	17	18
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June

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July

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September

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December

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Vision

First Nations individuals, families and communities are healthy, have equitable access to quality care and services, and are self-determining and culturally empowered.



Mission

To accompany Quebec First Nations in achieving their health, wellness, culture and self-determination goals.

The tools developed by the FNQLHSSC can be found on the documentation centre at **cssspnql.com**.



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION