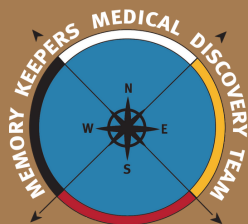


STAYING CONNECTED

let's get through this  
*together*

HELPING INDIGENOUS COMMUNITIES STAY  
CONNECTED IN LIGHT OF COVID-19



  
**Medical School,  
Duluth Campus**  
UNIVERSITY OF MINNESOTA  
Driven to Discover®

Always follow local protocols to keep  
Elders, community members and  
communities safe.

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## STAYING CONNECTED IS MORE IMPORTANT THAN EVER

It is always good to make healthy choices for our mind and body, but right now more than ever is the time to make it a priority considering the COVID-19 pandemic.

We want our immune system and mental health to be at their strongest, but we know there are barriers to healthy choices right now.

It is very hard to have to distance from family and friends, especially when they need you the most. Along with the usual stress relieving outlets being closed and new guidelines, this all can take a huge toll on your well-being.

Take some time to go through this pamphlet for tips on how we can stay connected and get through this together.

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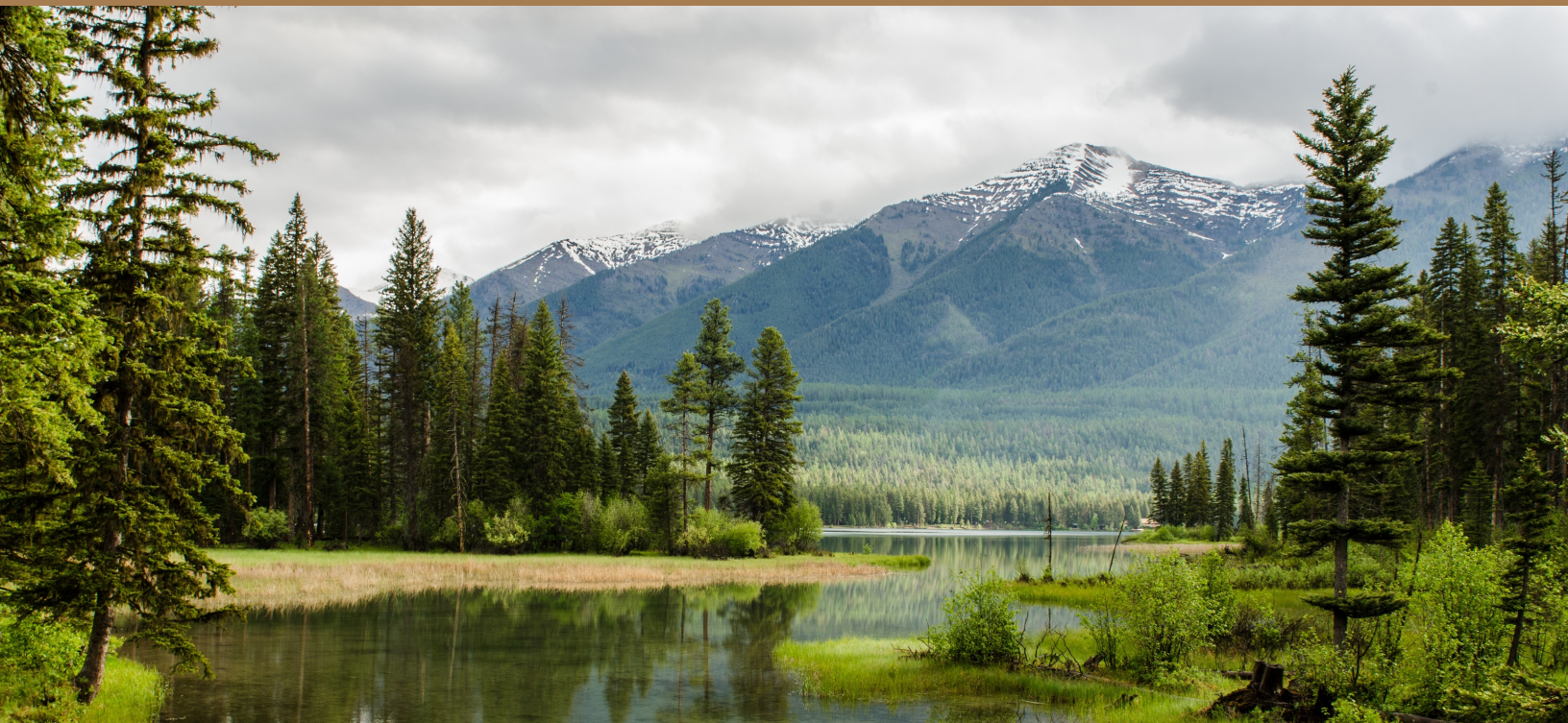
## STAY CONNECTED TO YOUR LOVED ONES WHILE STAYING SAFE

- Send cards, write letters, draw/color pictures
  - Outdoor visits and walks
  - Connect virtually by email, Facebook, Zoom or other internet conference calling software
  - Visit by internet or phone to share information about community life during the pandemic, share stories in the language
  - Safely check on Elders & neighbors, see if they need anything. If possible, drop off care packages; offer to pick up groceries or medicines
-

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THERE ARE PLENTY OF ACTIVITIES EVERY SEASON TO  
KEEP YOURSELF BUSY AND CONNECT TO NATURE  
DURING A PANDEMIC.

- Walking
  - Fishing/ice fishing
  - Snowshoeing/skiing/skating
  - Planting seeds/ garden set up/yard work
  - Bird watching
  - Ceremonies or Pow Pow
  - Harvest wild rice, medicines, canning
  - Being outside, enjoying fresh air
  - Laying tobacco for Mother Earth
- 







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MAINTAINING STRONG AND POSITIVE RELATIONSHIPS WITH YOUR COMMUNITIES AND FAMILY CAN HAVE POSITIVE IMPACTS ON YOUR HEALTH. OLDER INDIGENOUS ADULTS TALKED ABOUT THE IMPORTANCE OF SAFELY VISITING WITH THEIR FAMILIES, FRIENDS AND OTHER COMMUNITY MEMBERS TO PREVENT LONELINESS THROUGHOUT THE PANDEMIC.

- Find new ways to pass on knowledge to younger generations through using video calls, social media, or other apps
  - Make a recording of teachings, songs, or stories in the language that you feel are important for your family and community to know
  - Call or video chat with Elders and ask them to share their knowledge
  - Find safe outdoor activities that kids and youth can do with older Indigenous adults to keep them active
  - Play board games or card games with people in your bubble
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## TAKE CARE OF YOUR EMOTIONAL WELL-BEING

Care for your emotional health by nurturing yourself and your social connections.

Stay informed about what's happening, but practice mindfulness as well. Too much information can add to the anxiety and stress. Take necessary breaks and let your mind relax by doing things you enjoy.

Our bodies carry a lot of the stress and anxiety that we feel. Give your body healthy food, sufficient exercise and enough sleep. Allow it to rest when needed, and practice good hygiene.

Stay humble and kind as situations may change quickly for those around you.

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"When you show another  
human being Respect,  
Relationships will be established,  
and Reciprocity will occur."

Rosemary Christensen

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## Learn more

-<https://www.nih.gov/health-information>  
-<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## Follow us



@MemoryKeeperMDT

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## Acknowledgements

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