

website offers a central point of information for state-run programs, services, and resources. For the most current information, visit their website: health.alaska.gov.

Key resources that can be accessed through the Department of Health include:

- **Finding a Provider:** The website provides links to search for mental health and substance abuse treatment facilities through FindTreatment.gov and also has resources for finding providers that accept Alaska Medicaid.
- **988 Suicide & Crisis Lifeline:** Immediate, confidential crisis counseling is available 24/7 by calling or texting 988.
- **Prevention and Early Intervention:** The state supports programs focused on suicide prevention, substance abuse prevention, and Fetal Alcohol Spectrum Disorders (FASD).
- **Treatment and Recovery Support:** The Division of Behavioral Health oversees state and federally funded grant programs that support critical behavioral health services statewide, including opioid response, mental health services for adults and adolescents, and substance use disorder treatment.



Section 6: Activities for Healing & Wellness

Everyone experiences stress, grief, or overwhelm at times. Whether you're facing a crisis or just trying to get through a hard day, small tools and practices can make a difference. This section offers simple, culturally respectful strategies to help you stay grounded and connected – and reminds you that support is always available.

BREATHING AND GROUNDING EXERCISES

Breathe In Calm, Breathe Out Stress: 4-7-8 Breathing: Slow, steady breathing can help calm your body and mind. Try this simple grounding breath:

- Inhale through your nose for 4 counts
- Hold your breath for 7 counts
- Exhale slowly through your mouth for 8 counts
- Repeat 3–5 times

Feel Your Feet: When anxiety hits, grounding yourself can help you feel safe in the moment. Try This:

- Sit or stand with both feet flat on the floor
- Wiggle your toes and notice how your feet feel
- Name 3 things you can see, 2 things you can touch, 1 thing you can hear

TIPS FOR MANAGING STRESS, GRIEF, OR ANXIETY

Stress:

- Take a short walk outside and focus on the horizon
- Talk to someone you trust – don't keep it all inside
- Make time for rest, even if it's just 5 minutes
- Avoid skipping meals or relying on caffeine

Grief:

- Grieving is not a straight path. Let yourself feel what you feel
- Keep a small item or photo of the person you miss close by
- Write a letter to someone you've lost – say what's on your heart
- Reach out. You don't have to go through this alone

Anxiety:

- Try a warm shower or cup of tea to calm your senses
- Focus on one task at a time
- Say to yourself: "This feeling will pass. I am safe right now."
- Use grounding techniques to stay in the present

WHERE TO GO IF YOU NEED SOMEONE TO TALK TO

It's a sign of strength – not weakness – to reach out. Whether it's for yourself or someone you care about, here are trusted places to turn:

- **North Slope Integrated Behavioral Health (IBH)**

- Walk-in or schedule a visit in Utqiagvik or through your village clinic
- 907-852-0366

- **Maniilaq Association – Point Hope**

- Counseling and Recovery Center: 907-442-7640
- Putyuk Children's Home (youth support): 907-442-7582

- **Tanana Chiefs Conference – Anaktuvuk Pass**

- Health Services: 907-459-3800 (option 2 after-hours)

- **24/7 Alaska Careline**

- Call or text for confidential support, anytime: 988 or 1-877-266-4357

- **NSB Police or Fire Department (for emergencies)**

- 911 from a landline or your local village safety officer

You are not alone. Support is here, and your wellbeing matters.

ACTIVITIES FOR HEALING AND CONNECTION

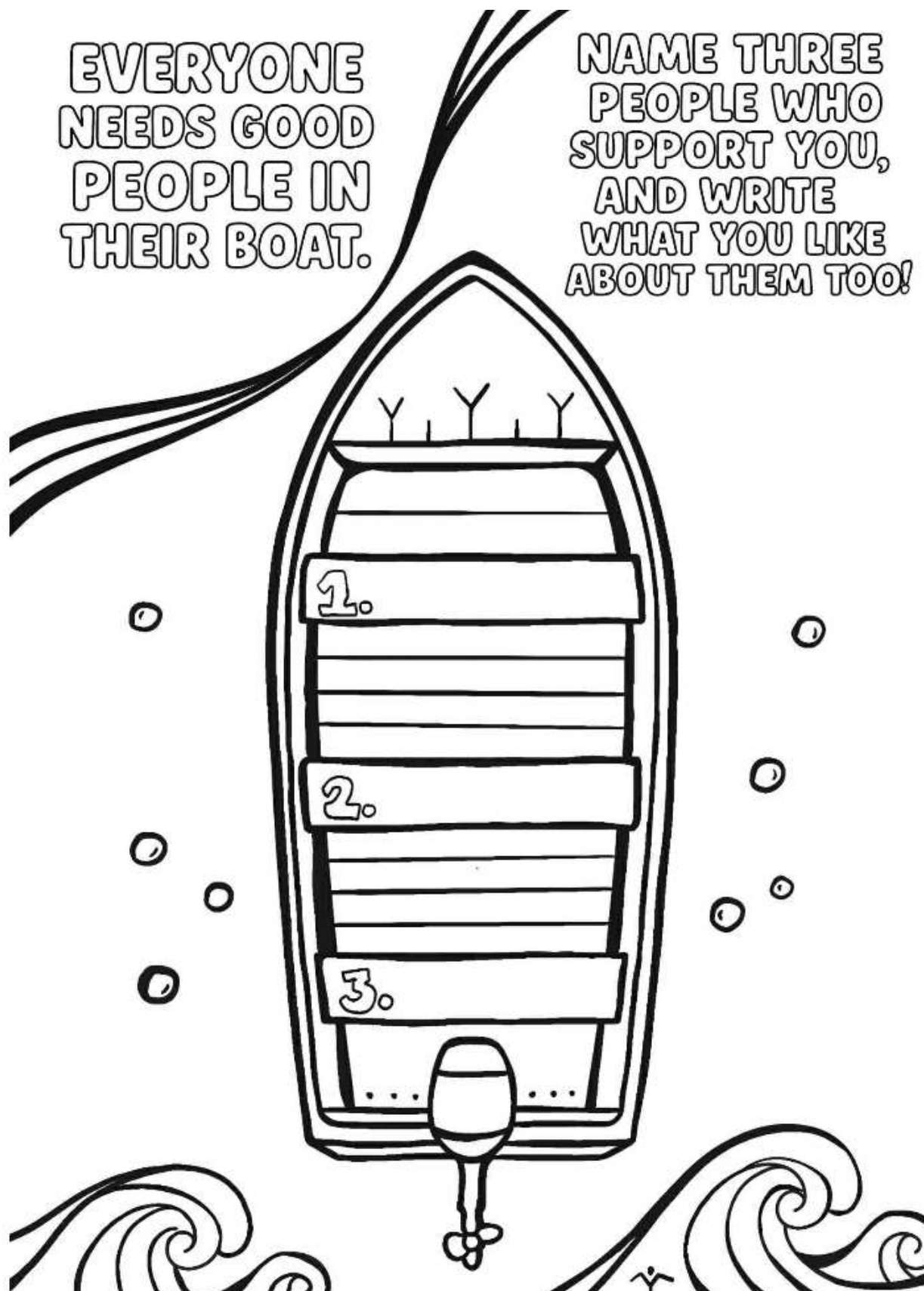
Sometimes the best way to care for our emotional health is through expression, reflection, and connection with traditions. This section offers low-pressure ways to explore feelings, start important conversations, and stay rooted in culture – on your own, with family, or as part of your healing journey.

Doodle & Coloring Pages

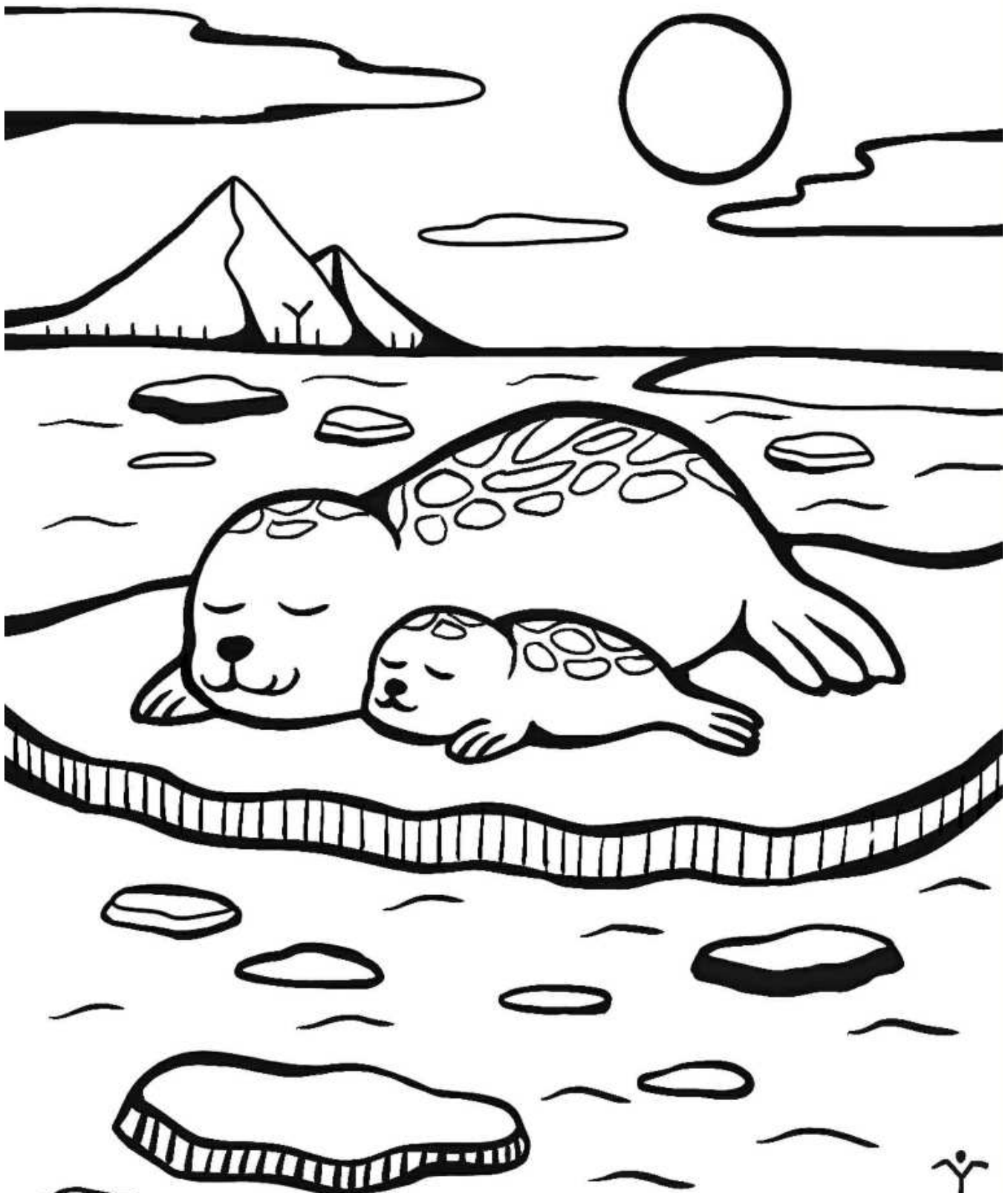
Drawing can help calm your nervous system and give your thoughts space to breathe. Ideas for how to use a blank page for wellness include:

- Draw how you're feeling today
- Make a "calm place" picture – real or imagined
- Color slowly and mindfully, focusing on your breath
- Decorate this page with berries, animals, or family symbols

You can also ask a friend or child to color with you – this can create quiet connection without needing to talk. Check out some coloring sheet options to help you disconnect from the busy world on the following pages of this guide.







Journaling Prompts

Writing doesn't have to be perfect. Just putting pen to paper can help organize your feelings, process tough situations, or remind you of what's good. Here are some easy starting points:

- Today, I feel...
- One thing that helps me feel grounded is...
- A memory that makes me smile is...
- I feel strong when...
- Something I want to say but haven't yet is...
- Three things I'm thankful for today are...

You can also draw or make a list if writing full sentences feels too hard. What matters is showing up for yourself.

Family Discussion Ideas

Strong families talk about feelings, even when it's not easy. These ideas can help start small conversations that build trust and togetherness. Try them around the table, on a walk, or before bedtime:

- "What was the best part of your day?"
- "When do you feel most loved?"
- "What helps you feel better when you're upset?"
- "What's something new you want to try or learn?"
- "Who do you look up to, and why?"
- "What's one thing we could do together this week to feel closer as a family?"

Kids often answer more freely when they don't feel "on the spot" – try making it a game or letting everyone draw their answer.



TRADITIONAL WELLNESS PRACTICES

Inupiaq values and teachings hold deep wisdom for keeping individuals and communities well. Whether it's through time on the land, connecting with Elders, practicing subsistence, or embracing cultural values like aviktuaqatigiigñiq (sharing with others), these traditions support strong minds and hearts.

Examples of Inupiaq wellness practices include:

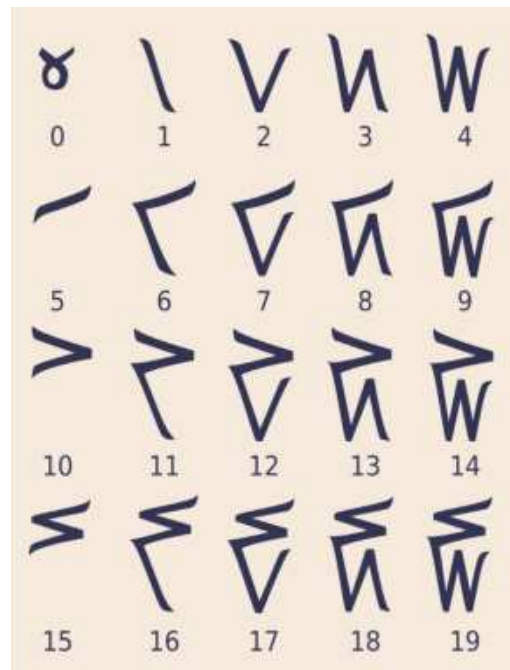
- Spending time outside on the tundra or sea ice
- Preparing traditional foods with family
- Sewing, beading, or carving
- Attending cultural events, singing, dance, or drumming
- Storytelling with Elders
- Teaching youth how to be safe, skilled, and respectful hunters
- Practicing forgiveness and gratitude
- Fishing, hunting, and subsistence activities

The *Positive Indian Parenting* curriculum reconnects Native families with traditional child-rearing practices, blending timeless cultural teachings with modern parenting challenges to nurture strong families, preserve traditions, and empower future generations.

SUDOKU PUZZLES TO KEEP YOUR MIND SHARP

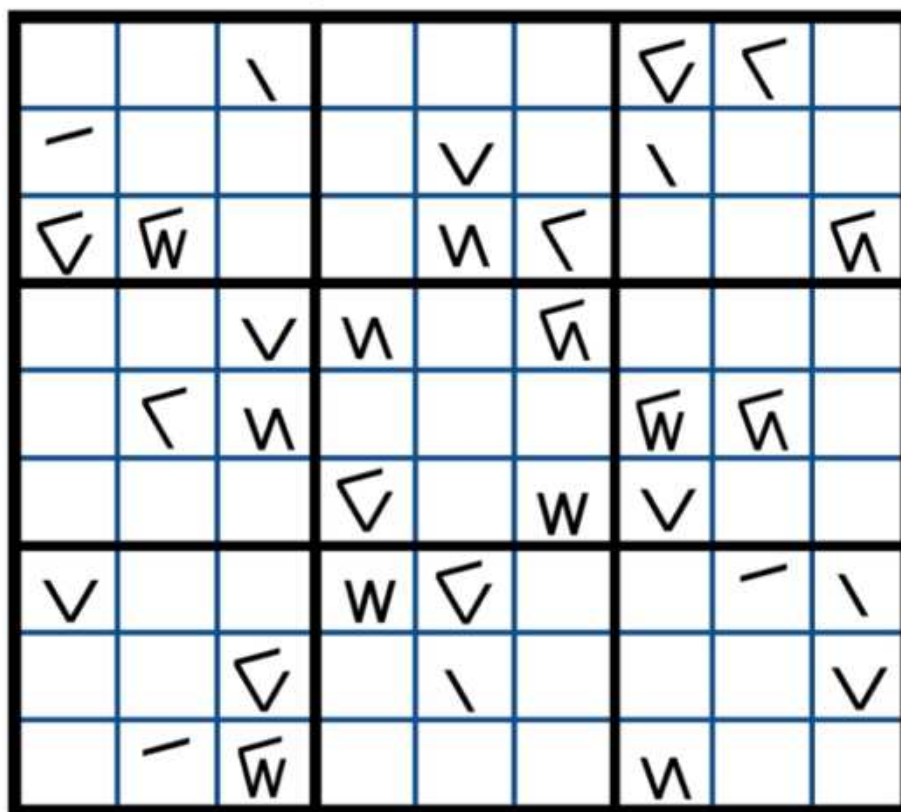
Try your hand at this special version of Sudoku puzzles that use our Iñupiat numbers!

The objective is to fill each of these 9x9 grids with digits from 1 to 9, so that each row, each column, and each of the nine 3x3 sub grids (also called blocks or regions) contains all the digits from 1 to 9, without repetition. Good luck!

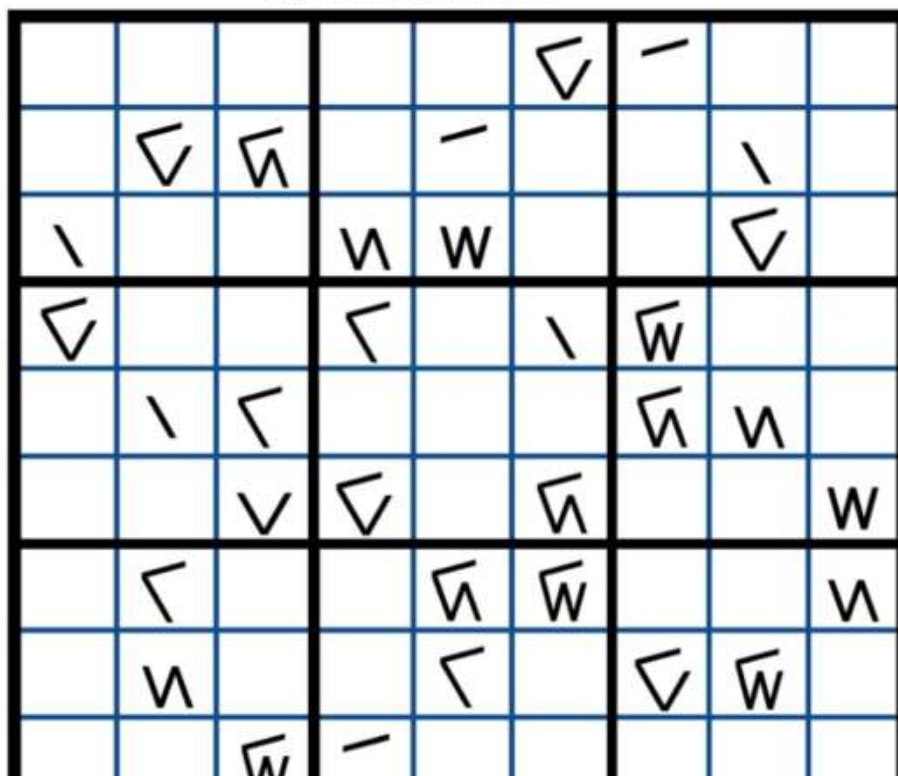


*Sudoku Puzzles made possible through
North Slope Borough School District Inupiaq Department
Chrisann Justice*

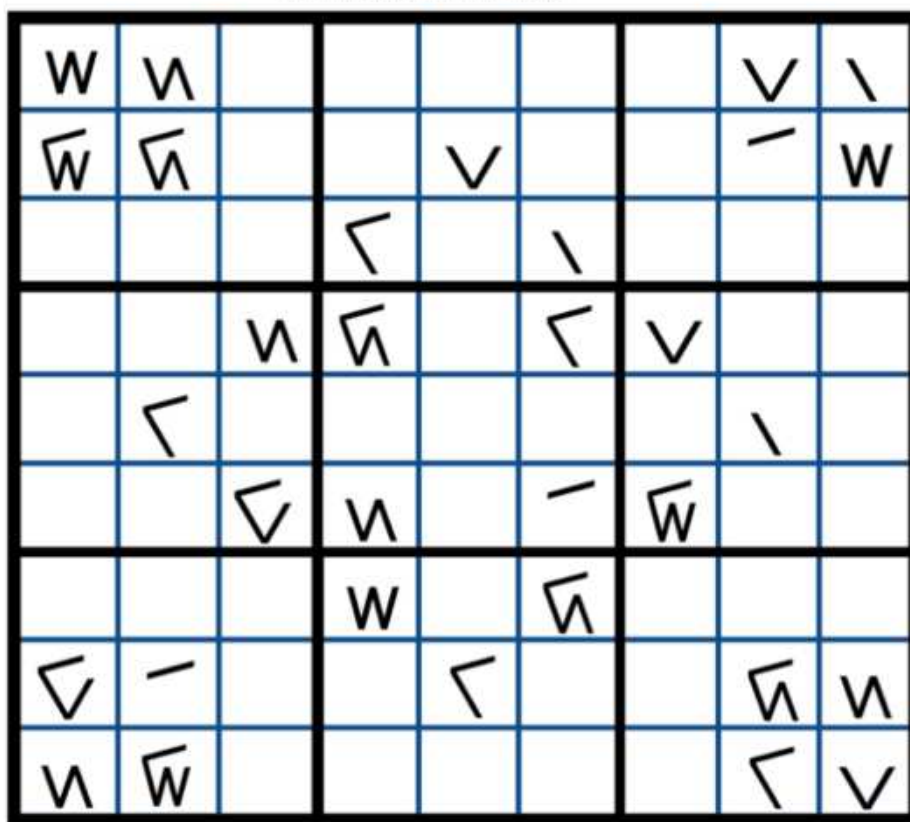
Beginner Sudoku On the Go #47



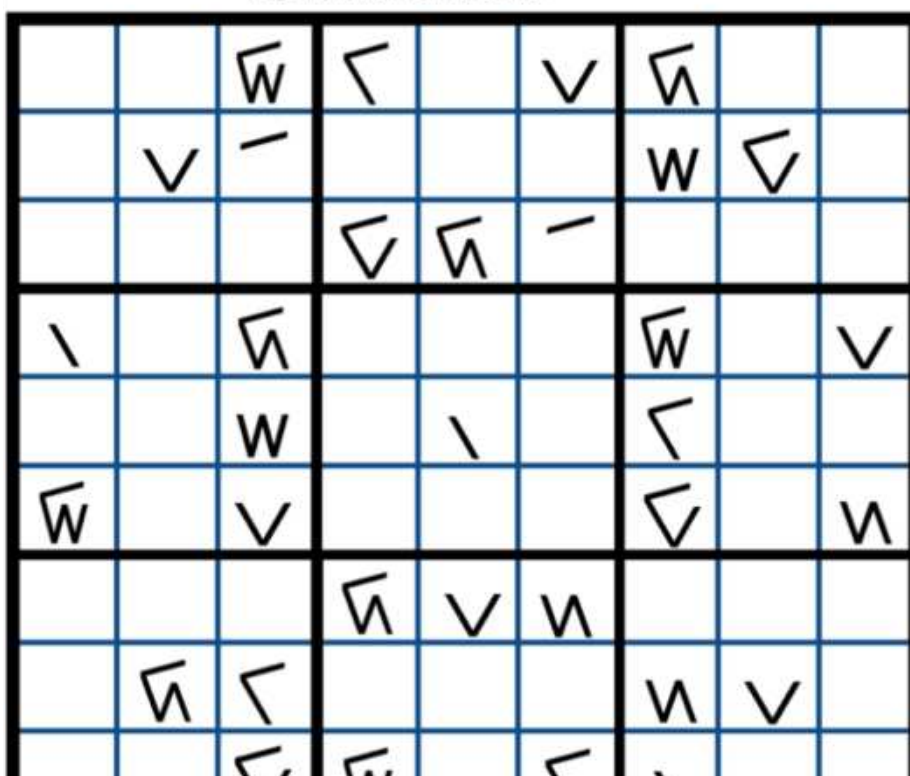
Beginner Sudoku On the Go #48



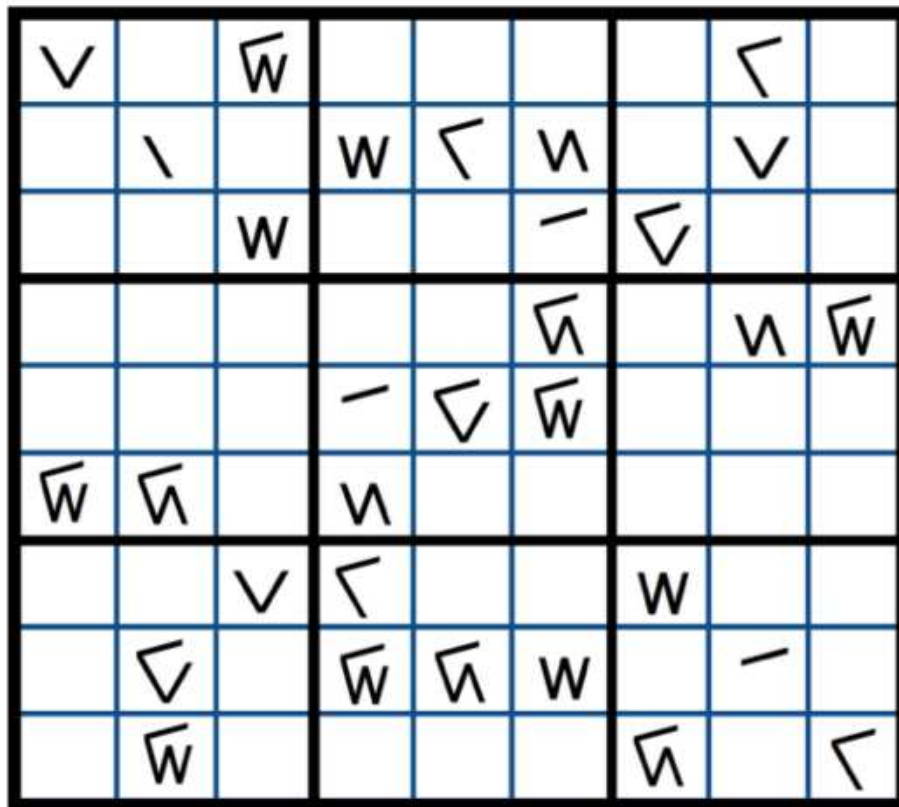
Beginner Sudoku On the Go #49



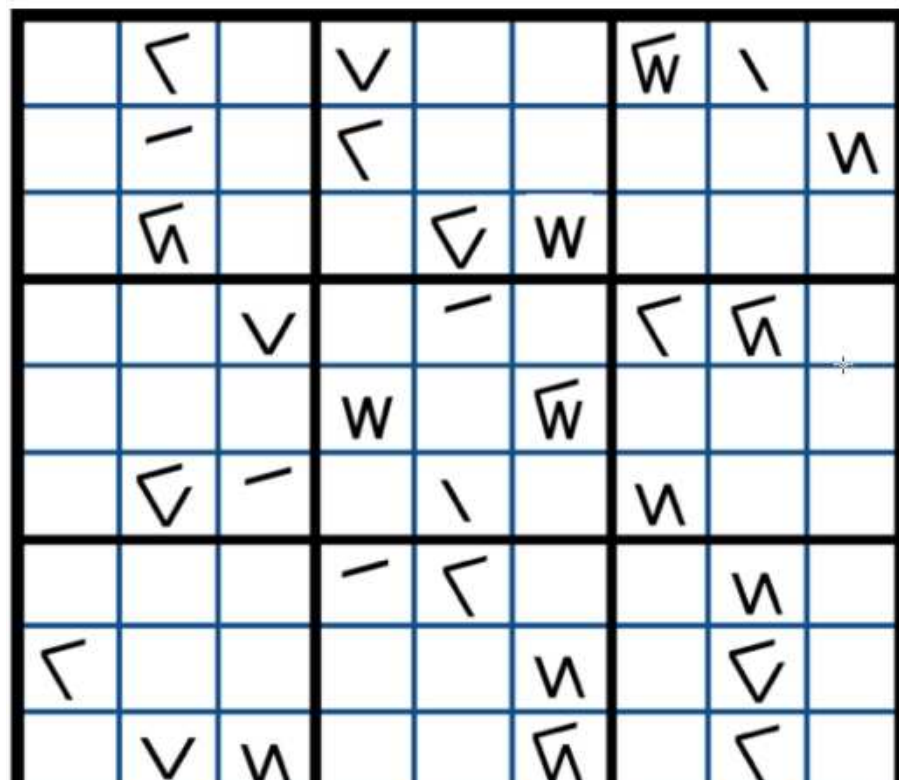
Beginner Sudoku On the Go #50



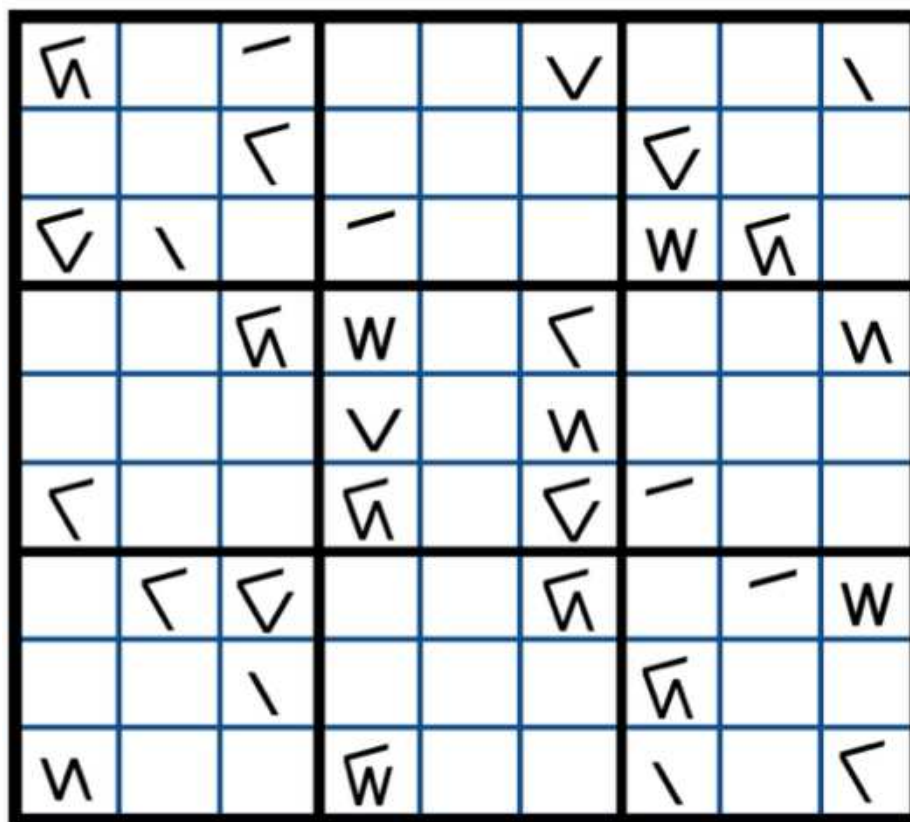
Mensa Sudoku #1



Mensa Sudoku #2



Mensa Sudoku #3



Mensa Sudoku #4

