



## BC FIRST NATIONS JUSTICE COUNCIL

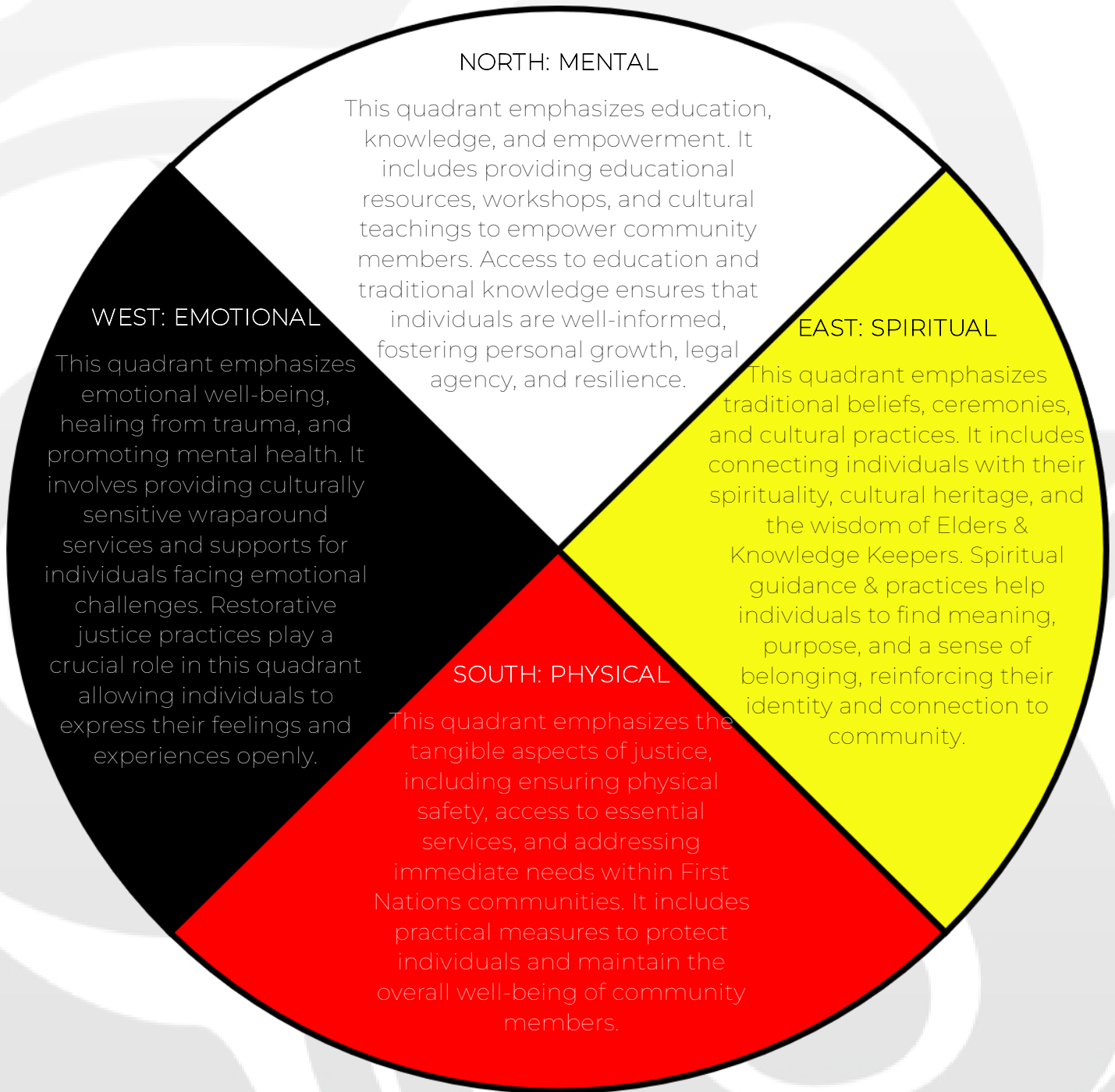
# Elders & Knowledge Keepers Council Wellness Plan

### A. Introduction:

- 1.1 As highly respected Members of the BC First Nations Justice Council's Elders and Knowledge Keeper's Council (EKKC), your well-being is of utmost importance. This wellness plan aims to support your mental, emotional, physical, and spiritual health during your tenure. The work we do at the BCFNJC while very rewarding and important, can also take a toll on those who have chosen to dedicate their lives to bringing about transformative change in the pursuit and delivery of justice for First Nations in BC. By focusing on holistic well-being, we strive to ensure that you can contribute effectively to the well-being of the BCFNJC as a whole while maintaining your personal well-being.

## **B. Application:**

- 2.1 This wellness plan is based on the four sacred directions of the Medicine Wheel and designed to be adaptable to individual needs and preferences. EKKC Members are encouraged to revise and alter this template to reflect their own culture, traditions, and ways of knowing. Regular check-ins will be conducted to ensure the well-being of all EKKC Members.
- 2.2 Each section contained in this wellness plan begins with guiding questions that are aimed at helping to stimulate ideas that will contribute to supporting your mental, emotional, physical, and spiritual well-being while simultaneously contributing to the overall well-being of the BCFNJC as a whole.
- 2.3 EKKC Member Wellness Plans are Private & Confidential.



### C. EKKC Member Details:

2.4 EKKC Member Name: [Insert Name]

2.5 EKKC Member Term: [Insert Start and End Date of Tenure]

### D. Mental Wellbeing & Relationships (North—Mental):

3.1 **Cultural Learning & Sharing**—Respect for the diversity present among BC First Nations is a foundational principle of the work the BCFNJC does.

*How will you ensure that your voice is heard and that your knowledge, teachings, and perspectives are shared among the EKKC? What can you do to encourage your fellow EKKC Members to share their knowledge and wisdom?*

- a. [Insert your plan for sharing with others]
- b. [Insert your plan for learning from others]

3.2 **Community Building Activities**—EKKC Members lead by example and work toward the development of strong, respectful, and healthy relationships among the EKKC and within the BCFNJC.

*How do you contribute to the development of healthy relationships within your community? How do you foster intergenerational connections ensuring that the wisdom of our ancestors is shared and understood by the current and future generations?*

- a. [Insert your plan for strengthening relationships among EKKC Members and the wider BCFNJC community]

- b. [Insert your plan for fostering intergenerational connections among the BCFNJC community]

**3.3 Traditional Conflict Resolution**—EKKC Members may be called upon to support the peaceful resolution of workplace and interpersonal conflicts within the BCFNJC community.

*How do you incorporate culturally-sensitive and trauma-informed conflict resolution practices when called upon to support the resolution of conflicts within your community? Do you provide training and support in utilizing these traditional methods?*

- a. [Insert your preferred traditional conflict resolution strategies]
- b. [Insert your plan for teaching and supporting others to resolve conflicts in a respectful and conciliatory way]

**3.4 Mental Health Check-ins**—Routines and support systems are important for maintaining mental health.

*Do you have an established routine that allows you to lean on someone else when the work you do becomes stressful or overwhelming? Do you have an outlet or a safe space for expression and support? How do you plan to take care of your mental health? How would you support someone else to take care of their mental health?*

- a. [Insert your established routine, or plans to care for your mental health]
- b. [Insert strategies you would employ to help someone else]

## E. Spiritual Connections (East—Spiritual):

- 4.1 **Ceremony & Traditions**—Members of the EKKC are revered for their wisdom, knowledge, and as carriers of First Nations traditions, customs, and ceremonies.

*How do you preserve and share your knowledge and understanding of ceremonies and traditions? How do you facilitate the teaching and sharing of your ceremonies and traditions?*

- a. [Insert your strategy for preserving and sharing your knowledge of ceremonies and traditions]
- b. [Insert your strategy for facilitating learning within the BCFNJC]

- 4.2 **Connections to the Land**—The strength, history, and traditions of First Nations can all be linked back to the relationships our ancestors had with their lands.

*How do you maintain grounded and connected to the land? How do you support others to develop and nurture their connections to the land?*

- a. [Insert your strategy for maintaining connections to the land]
- b. [Insert your strategy for facilitating connections to the land within the BCFNJC]



## F. Physical Well-Being (South—Physical):

- 5.1 **Nutrition & Exercise**—Members of the EKKC are encouraged to take good care of their mental, spiritual, and emotional health by also caring for their physical health.

*How do you promote balanced nutrition and physical activity within your community? Do you incorporate traditional foods and medicines into your daily routine?*

- a. [Insert your strategy for maintaining your nutrition and physical health during your tenure]
- b. [Insert your strategy for supporting and promoting nutrition and physical well-being within the BCFNJC]

## G. Emotional Well-Being (West—Emotional):

- 6.1 **Peer Support**—The BCFNJC and the EKKC operate on a foundation of trust. Members uphold strict confidentiality regarding sensitive information shared within the EKKC and the BCFNJC. Members of the EKKC may be called upon to provide cultural and well-being support to each other and to others within the organization.

*Do you have an established peer support network? How do you plan on establishing a peer support network among the EKKC Membership? How do you plan to support other Members and Staff of the BCFNJC?*

- a. [Insert strategies for developing a peer support network among the EKKC Membership]
- b. [Insert strategies you would employ to develop a peer support network among the BCFNJC as a whole]

6.2 **Stress Management**—The nature of the work undertaken by the BCFNJC can be highly rewarding, but also very stressful. It is important that those undertaking this important work develop healthy stress management strategies.

*How do you manage stress and stressful situations? How do you support others dealing with stressful situations?*

- a. [Insert strategies for managing stress]
- b. [Insert strategies for supporting others to manage stressful situations]

6.3 **Personal Time**—The BCFNJC is a family-first organization. We value the mental, spiritual, physical, and emotional well-being of our BCFNJC community members above all else.

*How do you maintain a healthy work-life balance? Do you take sufficient time for yourself? Do you encourage others to do the same, particularly in times of great stress?*

- a. [Insert strategies for ensuring that you have enough personal and reflection time to yourself]
- b. [Insert strategies you would recommend to those who are feeling stressed or overwhelmed]

## H. Member Acknowledgment:

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_,

\_\_\_\_\_  
Name (Print)

\_\_\_\_\_  
Signature