MANAGING ANXIETY & STRESS

SOME TRADITIONAL WAYS TO HELP RELIEVE STRESS & ANXIETY DURING COVID-19 CRISIS

WAKE UP & PRAY TO SUN

CALL GRANDMA & GRANDPA

LISTEN TO TRADITIONAL SONGS & LEARN IT

LEARN ABOUT SACRED AREAS & VISIT THEM (WITH PERMISSION)

LEARN INDIAN NAMES OF ALL THE PEOPLE IN YOUR HOUSEHOLD

ASK ELDERS TO SHARE CREATION STORIES WITH YOU

ASK AND/OR LEARN ABOUT CLAN RELATION & SYSTEM

LEARN A NEW CULTURAL SKILL (DRUM MAKING, SEWING)

PUEBLO OF LAGUNA

LAGUNA BEHAVIORAL HEALTH SERVICES

(505) 552-6513