



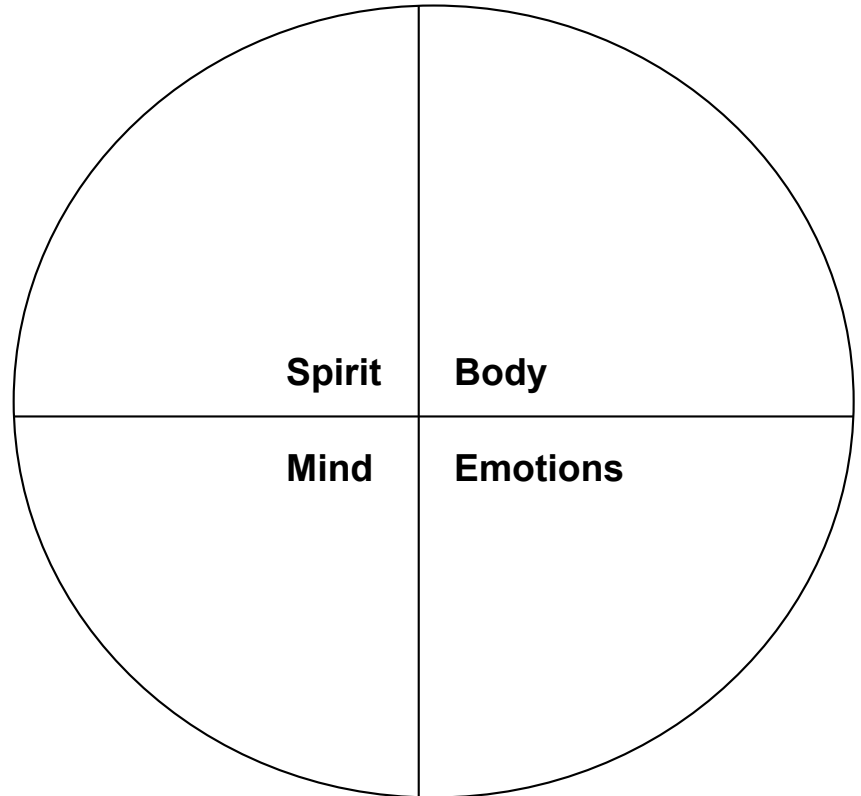
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Women's Perspectives: A Health and Wellness Initiative

Ways to get started writing

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First Nations "Whole Person" Medicine Wheel



Part 1: Pre-Writing/Brainstorm – Visualizing “My Best Self”

For each section of the **Whole Person** on your medicine wheel, write words (on the wheel) that describe:

- Your vision of your ideal **BODY**
(i.e. physical condition – strong, flexible)
- Your vision of your ideal **MIND**
(i.e. mental condition – focused, alert)
- Your vision of your ideal **SPIRIT**
(i.e. spiritual condition – at peace, calm)
- Your vision of your ideal **EMOTIONS**
(i.e. emotional condition – happy, satisfied)

Part 2: Writing Prompts

Consider the words on your "whole person" medicine wheel. Select one of the following statements to engage your reflective writing on women and health/well-being.

- In order to keep the four sections of my “whole person” well-balanced, I need to...
- My idea of women’s healthy well-being is...
- When one of these parts of my whole person is off-balanced, I feel...
- Factors in the environment that affect my overall well-being are...
- A healthcare system that would support my overall well-being would look like...

Need more ideas? Please turn this sheet over for more questions & suggestions...

Other possible topics to think about:

- What are the most important health issues facing women?
- What are the most important health issues in your community?
- What is your favorite home remedy (that you would put on the market)?
- What do you think about the healthcare system? What changes would you suggest?
- How does the health of you and your family impact your life?
- In your experience, how does education and literacy relate to your health?
- What images do you see of women in media (TV, music, etc.) and how do they impact women's health?
- What are your experiences or concerns about reproductive health and rights?
- What is sexual health?
- How does the environment impact women's health?
- What does "women's well-being" mean to you?
- How can women work together to develop better support networks for health and wellness? What are women in your community doing?