

MAKWAG WORKSHOP

Covid 19 and Effective Strategies for Coping with Stress, Anxiety and Depression

Facilitator: John Swift, M.A.

The workshop series contributes to participants further strengthening their understandings of how stress related to Covid-19 effects their daily living, while also working to explore potential pathways for coping and building resilience.

This important, and intimate work is guided by trauma-informed practices within an Indigenous cultural context. Participants can expect to participate in group discussions, experiential learning, storying, yoga, and meditation.

The series is 4 weeks in length with 2 group sessions per week for 4 hours each. The sessions will take place on every Monday and Thursday from 10:00am – 3:00pm. All sessions will be facilitated through Zoom.

**SESSIONS ARE FROM
JULY 19 TO AUGUST 13, 2021**

This helped me open my eyes and realize what I was doing to myself and my family. Reminding me that self-care is important. I can't take care of my family if I can't take care of myself.

- Josie, Ahousaht First Nation 2019

Facilitator

John Swift holds a Master's Degree in Indigenous Governance, and specializes in working with issues related to men's wellness, addictions, and unresolved trauma within the context of ongoing colonialism. Currently, John is taking a Master's of Arts in Counselling Psychology. While John was born and raised in the homelands of the Nuu-Chah-Nulth and Coast Salish peoples, his ancestry stems from the Anishinaabe, Cree, Metis, and Scottish communities. John provides similar services to Indigenous individuals, communities, and organizations in British Columbia and Alberta.

Thank you for your kindness and gentleness, and calm and relaxing schedule. The knowledge we learned was big and stressful, but I'm glad we balanced it with laughs and meditation and yoga.

- Julie John, Youth, Ehattesaht First Nation 2019

SESSION SCHEDULE OUTLINE

JULY 19 & 22, 2021

- OPENING AND INTRODUCTIONS
- OVERVIEW OF WORKSHOP SERIES
- MEDITATION & YOGA

JULY 26 & 29, 2021

- WHAT ARE STRESS, ANXIETY, AND DEPRESSION?
- HOW DOES IT AFFECT OUR BODY?
- WHAT ARE SOME COPING STRATEGIES?
- MEDITATION & YOGA

AUGUST 2 & 5, 2021

- COPING STRATEGIES FOR STRESS
- SOCIAL SUPPORT NETWORKS
- PROFESSIONAL RESOURCES
- MEDITATION & YOGA

AUGUST 9 & 12, 2021

- REVIEW OF WORKSHOP INFORMATION
- INDIVIDUAL SMART PLANNING
- MEDITATION & YOGA
- CLOSING

SESSION SCHEDULE BREAKDOWN

MONDAY & WEDNESDAY

10:00AM TO 12:00PM - WORKSHOP

12:00PM TO 1:00PM – LUNCH

1:00PM TO 3:00PM - WORKSHOP