



Community Encouragement For Our Community Members –

from DCAA to you and yours. During this holiday season, we want to acknowledge loss, grief, trauma, pain, and care. We want to wish you and your families **#HappyHealthyHolidays** but here are 20 things we can do to show some love and start some healing, tips from our DCAA Advocates:

1. It may be a lonely time – the bounce back is challenging but be kind to yourself.
2. It is ok to cry – crying is healing, let your tears flow.
3. Be a support together – know there is someone there to help, try to be together safely, virtual family gatherings or phone calls are helpful.
4. We are still here – there is strength in a collective, be strong together.
5. Create joyful experiences with children – children's songs are healing, support youth in their holiday activities.
6. Music, dance, singing is healing – take time to enjoy these!
7. Play games together – play traditional Diné string games this winter or your favorite ones! Laughter is part of who we are 😊
8. Express gratitude to one another – write a card or note to a family member or friend.
9. Art is healing – make art for people, spread the joy by gifting your treasure.
10. Sadness is real – keep moving forward, create positive moments in the lives of others randomly but intentionally.
11. We have great collective loss – many loved ones have passed, we don't know what people have been going through, give back to community, in turn we can be healed together.
12. Create new things – using our imagination is healing, new recipes, new experiences, new songs, new something...
13. Understand that everything will be ok – it may not be right now, could be in a year.
14. If you can't help yourself – help someone else, there is power in putting pain to purpose.
15. Start Spring planning – saving and organizing seeds, envisioning a healing garden of healthy traditional food and local varieties.
16. Food is healing – cook a home cooked meal and share, healing sometimes starts in our kitchen.
17. Change our (-) language to (+) – read more, declare what you are as purposeful, repeat positive declarations.
18. Open our spiritual airways – pray, meditate, rest, breathe, repeat.
19. Be courageous – seek what has been seeking you, pursue your small and big goals.
20. Value yourself – hug yourself (or give someone a hug!), love and forgive yourself, dream, remember you are L♥VED and full of worth!

Ahéhee', Thank You. DCAA would like to express our sincere gratitude to you and your families. Thank you to our relatives, friends, supporters, allies, accomplices, and partners. It has been a decade of work towards our Healthy Diné Nation initiatives. We will continue to work towards these goals of living a long life and planning for healthy future generations.

Have a Safe, Healthy, Happy Holiday, and Happy New Year!

Nizhónígo Késhmish Da'doohłeet! Nizhónígo Nináánááhai Dooleet!

♡ Write one positive declaration here: