



Health Department – Mental Health “Family Well-being Program” based on  
Dr. Yellow Birds’ “6 Mindfulness Exercises” \* Building Mind, Body, Spirit & Emotions \*

## “Building Resiliency through Music and Laughter”

presents a pre-recorded “made for Mississauga First Nations”

Virtual Musical Event

Release Date: Monday June 14, 2021

# DON AMERO

INDIGENOUS SINGER/SONGWRITER

(Don performed in support of the 215 children in Kamloops during an NHL game last week)

Dr. Yellow Bird (Director of Indigenous Tribal Studies in North Dakota) says that the Indigenous lifestyle can strengthen your mind, body, spirit and emotions during the pandemic with traditional and contemporary practices. The good news is that many emotional conditions are treatable.

**If you want to supercharge your immune system, try these 6 Mindfulness activities:**

- 1) Exercise (movement, running/walking, dancing, singing -replenishes health thru Belly Breathing!)
- 2) Sleep (adults: 7hr, teens: 9hr) with same Bedtime/Waketime. Increases memory, grow taller, fight infections, restores your health and heals trauma!
- 3) Laughter & Humour (more Belly Breathing!) Influences Memory and Learning
- 4) Build Community through positive support (giving & receiving). Covid-safe!
- 5) Healthy Diet (good gut health reduces depression/trauma!), and Intermittent Fasting
- 6) Meditations Cultural Activities/Ceremony (even thinking about it for 10mins/day builds resiliency!)