

Indigenous Perspectives on Relearning for Planetary Health for a post-COVID future



This is a time of ‘relearning’ about our surroundings & the structures on human and planetary health



Worldviews on Knowing & Being

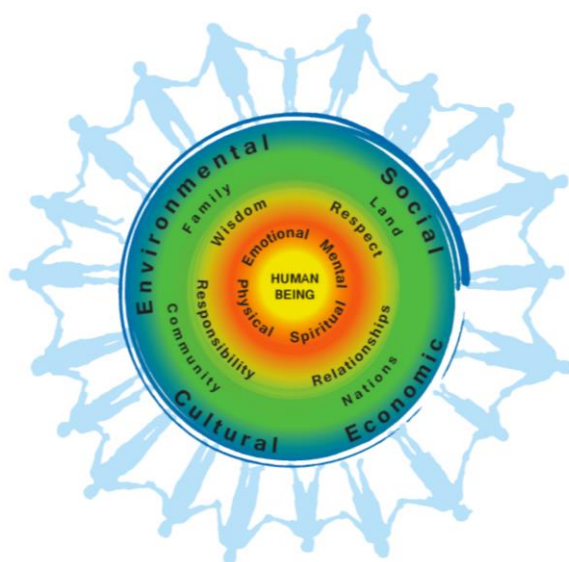
About health and wellness are centered on:

Balance, Gratitude, Humility, Respect, Ceremony & Food as Medicine



With **guidance** from **Elders** and **Mother Nature** who hold knowledge on how to restore balance

A **decolonization perspective** invites Western & Indigenous worldviews to **come to an intersection** and **bring together the best parts** of each **view** on knowing and being



First Nations Perspective on Wellness

Purposeful gradient of color to depict the importance of interconnections in human beings

Relearning & Reconnecting



Illnesses, diseases, and pandemics should not be scorned, but **embraced as gifts** from the Creator that **signal to us that things are out of balance** and need attending to

Communicable disease control models aim to prevent spread of disease such as COVID-19

Indigenous worldviews on these models focus on “**relationships**” rather than ‘control’

Centered around being in a relationship with surrounding environments & animals

The **COVID-19 pandemic & Climate Change inequities** are serious imbalances

- **Relearning** means to **reconnect with our environment and others** to work towards **balance**



First Nations Population-Health and Wellness Agenda

Used an **ecosystem metaphor** to understand and **magnify First Nations roots of wellness** and **what is needed to be healthy, self-determining, and vibrant**



When these roots are abundantly and adequately nourished and supported: **people and all their relations thrive**

What Can We Do?

Learn more about Indigenous worldviews & knowledge on health through Dr. Janet Smylie’s **Knowledge Translation and Indigenous Knowledge – A Decolonizing Perspective**

Inequities are a result of **undernourished roots of wellness**, we need to **address** these through **cross sectoral collaboration**

Support and promote Indigenous self-determination from existing resources and knowledge, such as the **First Nations Population-Health and Wellness Agenda**

Have future generations at the center of our work: As we continue **relearning with our environment and groups of people** to address imbalances

“**Transforming health for all means to allow each person to be the best human beings they can be**”

- Elder Leonard George

This information was presented on June 24th, 2020 as a contribution to the series: “Learning and Relearning for Planetary Health”
<https://learningforplaneta.wixsite.com/website/webinar-11>