The Wellbriety Movement: Balance & Harmony Using Teachings of the Medicine Wheel
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Understanding Yourself: Multiple Dimensions

What Are Some of Your Identities?
Self-Resilience Check List

How frequently do you do the following?

Emotional Self-Resilience
- _____ Spend time with people whose company you enjoy
- _____ Stay in contact with important people in your life
- _____ Provide yourself with praise for your accomplishments
- _____ Love yourself
- _____ Find things that make you laugh
- _____ Allow yourself to cry
- _____ Make time to play and/or relax
- _____ Other:_______________________________________________

Mental Self-Resilience
- _____ Make time away from your telephone/office
- _____ Make time for self-reflection—Listen to your thoughts, beliefs, feelings
- _____ Read literature unrelated to your work
- _____ Allow others to know different aspects of who you are
- _____ Ask others for help/support when you need it
- _____ Say no to extra responsibilities sometimes
- _____ Try a new activity at which you are not an expert or in charge
- _____ Other:_________________________________________________
Self-Resilience Check List
How frequently do you do the following?

0 1 2 3
Never Rarely Sometimes Often

Physical Self-Resilience
- Eat regularly (e.g., breakfast, lunch, & dinner)
- Eat healthy meals
- Get regular medical check-ups
- Obtain medical care when needed
- Take time off to rest and recuperate when you are sick
- Exercise/engage in a physical activity you enjoy
- Get enough sleep
- Take time off to have fun (whatever fun means to you)
- Other:_______________________________________________

Spiritual Self-Resilience
- Make time for reflection
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be open to not having all the answers
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Contribute to causes in which you believe
- Listen to music
- Other:________________________________________________

Understanding Yourself Through Medicine Wheel Teachings & The Four Laws of Change
Change is a force within

Spiritual

Physical

Emotional

Mental

Polarity: The Medicine Wheel focuses on balance and how everything is connected. It points out the fact that all parts of life are accompanied by polarities. We live in a polarity-based system. There are always pairs: man/woman, east/west, north/south, plus/minus. Because there are always pairs, whenever one of the polarities becomes intense, the other already becomes active, even though it might not be visible. Balance is achieved when both polarities are honored. There is never just one side; there is always a two.

Balance: To find and participate in this system we must live in a harmonious and balanced way. We find the balance within ourselves. To experience the interconnections, we must look inside ourselves. We must go to the center. We find our peace of harmony and power by working on ourselves in the four inner directions; spiritual, mental, emotional, and physical. If anything goes out of balance, there will be repercussions, usually in some form of tension, stress or anxiety. These are the signals that we are out of balance.

Balance: Both polarities are honored. There is never just one side, there is always two sides. When one polarity comes into play, the other always becomes active, even though it might not be visible. Balance is achieved when both polarities are honored. There is never just one side; there is always two sides.

The Medicine Wheel also provides us with specific teachers who can provide insight at various times and situations in our lives. Each of these teachers acts as a guide that can tell us what to do or how to approach decisions that we have to make.

Eagle: Eagle is very high and sees on the wind. He is in tune with the wind, always following it. Eagle is the teacher of height and direction. Eagle is the one who puts us in touch with the energy of the heavens. Eagle is the one who teaches us about our spiritual heritage. When Eagle is in play, we are in touch with the energy of the heavens. When one moves into the eagle, they are in touch with the energy of the heavens.

Bear: Bear has a very different perspective than the Eagle. For the Bear, even the physical world seems to be a sensation. The Bear is able to smell the energy of the earth. The Bear can smell the energy of the earth. The Bear teaches us about our physical world. The Bear teaches us about the energy of the earth. The Bear is the one who teaches us about the energy of the earth.

Mouse: Mouse has a whole different perspective than the Eagle. Mouse is the one who teaches us about the energy of the earth. Mouse is the one who teaches us about the energy of the earth. Mouse is the one who teaches us about the energy of the earth.

North: North is the direction of spiritual renewal, integrity, wisdom and mastery. It is the time that we are to address the spiritual needs of our lives. North is the direction that helps us to understand who we are, why we are, and where we are going. North is the direction that helps us to understand who we are, why we are, and where we are going.

East: East is the direction of new beginnings. It is where things begin. The baby, the individual, springtime all begin in the eastern direction. East brings the lessons of service, trust, independence, boundary testing, building action, kinship. It is from the east that we develop our East for the future.

South: South is the direction of choice, secure boundaries, confidence and an abundance of energy. Performance, action, production is lessons learned from the South. Harmony and balance become understood in the South. It is in the South that we develop our abilities to communicate, to perform, and to improve.

West: West is the direction of reflection and insight. It is also the direction of influence and leadership. When one moves into the West, it is time to learn what has been learned and share it with others. However, it is just as important to recognize that reflection is on the way. West also brings the falling leaves of autumn, signaling the change that is about to come.

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5 Directions Teachers

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In order for development to occur, it must be preceded by a vision.

Setting goals to maintain balance in your personal and professional life

A great learning must take place.

When we do not understand ourselves and how we are looking at the world, frustration, resentment, and anger build into a festering sore, poisoning every aspect of our lives.

Learning is a gift that gives us the power to recognize what we need to change within ourselves. A great learning occurs when we begin to ask what our assumptions and expectations are and realize that there are other options. Clues to learning are hidden in the language we use to describe things and when we exercise mindfulness.
Mindfulness and Balance

“Mindfulness means paying attention, on purpose, to one’s own thoughts, feelings and judgements... It is the practice of being fully present in our attention to where we are, what we are doing, and what is happening at the moment.” (Epstein, 2001)

Spirit and Intent

Spirit and Intent: Spirit and intent is the meaning behind our words. If we say one thing but mean another, people will pick up on the meaning behind what we are saying. Words in themselves have no meaning. The real meaning is the intent of the words. Natural order/conflict: The universe is run by an orderly system. Any time disorder occurs, a conflict will occur. This conflict is a feedback system to let us know a correction is in order. If we do not correct the disorder, we will experience some kind of anxiety, tension or stress. The tension system stays in place until the harmony is restored.

Think about an area in your life where you would like to see different results. If “will” is where your power of choice resides, then how might shifting your spirit & intent to align with the principles, laws, and values create a shift in your choices and bring about different results?

Conflict

Conflict precedes clarity: Struggle is a part of growth. The tension that is experienced in conflict is a means for realignment. There are two ways we can approach conflict: Our way is through our ego (which is characterized by protectiveness, dominance, attack, fault-finding, and denial).

Another way is to approach conflict through reliance upon a higher power or connection to something outside ourselves, like nature (which is a love-based system). When we approach conflict from this perspective, our responses are characterized by acceptance, trust, sharing, grace, and solution finding.

Conflict occurs when the things we see or experience don’t match the pictures in our head about how things “should” be. Trying to change the outside world is discouraging and frustrating. Changing the inside world just takes a little focus and concentration. We can build our confidence by developing insight into what our thoughts are telling us and what is actually happening around us. Power comes from knowledge and personal insight. Conflict provides clarity and is a natural guidance system and feedback system to encourage change and realign us.
Tips for Creating Balance

The Management Matrix

Emotional Balance
- Spend time with people whose company you enjoy
- Stay in contact with important people in your life
- Provide yourself with praise for your accomplishments
- Love yourself
- Find things that make you laugh
- Allow yourself to cry
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- Make time away from your telephone/office
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More Tips for Creating Balance

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Setting Healthy Boundaries

Physical
Spiritual
Emotional
Mental
Why Boundaries Are Important

Boundaries are important in looking at how we treat others, how we treat ourselves, and how others treat us. It is important to develop and maintain healthy boundaries. It helps us:

- Understand ourselves and create balance in personal and professional life
- Be accountable, as well as hold others accountable
- Be assertive about our personal and professional needs
- Reduce the chance of being in a situation that could cause harm to ourselves or others
- Be more accepting of different cultures

Tips for Setting Healthy Boundaries as a Means of Balance

- Natural order of change says that things grow from seeds to roots to stems to buds to flowers… growth happens through the process step by step.
- Healthy boundaries are based upon respect.
- Spirit & Intent will determine the characteristics of healthy boundaries.
- Boundaries are set to define what is acceptable and what is not acceptable on an emotional, mental, physical, and spiritual level.
- Healthy boundaries create healthy individuals, healthy families, healthy communities, and healthy nations.
- Boundaries include agreements about how it will address feelings, conflicts, issues, and goals.

More on Boundaries

Signs of Healthy Boundaries

- Saying no without guilt
- Asking for what you want or need
- Taking care of yourself
- Saying “yes” because you want to, not out of obligation or to please others
- Behaving according to your own values and beliefs
- Feeling safe to express difficult emotions and have disagreements
- Feeling supported to pursue your own goals
- Feing treated as an equal
- Taking responsibility for your own happiness and not feeling responsible for someone else’s happiness
- Being true to your own feelings
- Knowing who you are, what you believe, what you like.
More on Boundaries

Balancing Personal and Professional Lives

Questions or Comments?