Annual General Membership Meeting Reminder

Open House: Friday October 1, 2021 at 5 p.m. to 6 p.m.

At Te’Angwavaxant Park

Meet the Candidate Following the Open House

Meeting Date: October 2, 2021, begins at 9 a.m.

At Te’Angwavaxant Park

Zoom Link:
https://us06web.zoom.us/j/5634622048?pwd=QitJQWRzVINMUjd2cmZoRXJQT3N4dz09

Passcode: Kaibab

Must be vaccinated to attend.

You must be 18 years of age and older.
News Release

FOR IMMEDIATE RELEASE
September 15, 2021

Arizona Department of Gaming Reports $40.7 Million Tribal Gaming Contributions to the State for the First Quarter of Fiscal Year 2022

PHOENIX – The Arizona Department of Gaming announced today $40,699,186 in tribal gaming contributions to the Arizona Benefits Fund for the State’s first quarter of Fiscal Year (FY) 2022. This amount represents a 192 percent increase when compared to same quarter of FY2021.

“We’re excited to see the largest contribution ever to the Arizona Benefits Fund to kick off the start of fiscal year 2022,” said Ted Vogt, Director, Arizona Department of Gaming. “This increase directly correlates with the newly amended Tribal-State Gaming Compacts signed by Governor Ducey and Arizona tribes earlier this year. Without a doubt, all signals point toward a new era of tribal gaming that will go to benefit all of Arizona.”

Tribal gaming contributions to the Arizona Benefits Fund for the first quarter of the State’s FY2022 are as follows:

- Instructional Improvement Fund/Education ............................................. $20,284,475
- Trauma and Emergency Services Fund .................................................. $10,142,237
- Arizona Department of Gaming operating costs .................................... $3,662,927
- Arizona Wildlife Conservation Fund ....................................................... $2,897,782
- Tourism Fund ....................................................................................... $2,897,782
- Problem Gambling Education, Treatment and Prevention .................. $813,983

FY2022 Qtr 1 Total: Tribal Gaming Contributions to the Arizona Benefits Fund ....$40,699,186

Per the Arizona Tribal-State Gaming Compact, Tribes with casinos contribute a percentage of their Class III gross gaming revenue to the state, cities, towns and counties. Currently, there are 24 Class III casinos in Arizona, which ADG regulates with Arizona tribes.

About ADG

Established by the Arizona State Legislature in 1995, ADG is the state regulatory agency for tribal gaming, racing and pari-mutuel/simulcast wagering, and unarmed combat sports. ADG also provides and supports education, prevention and treatment programs for people and families affected by problem gambling through its Division of Problem Gambling and 24-hour confidential helpline, 1-800-NEXT-STEP.

###
Currently, the CDC is recommending that moderately to severely immunocompromised people who have been fully vaccinated receive an additional dose of COVID-19 vaccine. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

People should talk to their healthcare provider about their medical condition, and whether getting an additional dose is appropriate for them. The booster should be given at least 28 days after the second dose of the previous mRNA vaccine.

**BOOSTER UPDATE:**

**CDC recommend for Booster Dose (Pfizer Only):**

- people 65 years and older and residents in long-term care settings **should** receive a booster shot of Pfizer-BioNTech’s COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series,
- people aged 50–64 years with **underlying medical conditions** **should** receive a booster shot of Pfizer-BioNTech’s COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series,
- people aged 18–49 years with **underlying medical conditions** **may** receive a booster shot of Pfizer-BioNTech’s COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series, based on their individual benefits and risks, and
- people aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series, based on their individual benefits and risks.

You are only eligible for a booster if you meet the criteria above and had the Pfizer brand vaccine for your first shots. Boosters for Moderna and Johnson & Johnson vaccines are not yet available.

- There is no charge for COVID-19 booster shots. You will need to bring a photo ID and proof of your first Pfizer doses (vaccine card, Dockett app on your phone, or can be looked up onsite). You can get a booster at any provider’s site regardless of where you got your first shots.
- Although COVID-19 vaccines are working well – even against the Delta variant – in preventing severe illness, hospitalization, and death, there is indication that there is reduced protection, especially among vulnerable populations. The SWUPHD continues to recommend getting fully vaccinated against COVID-19 as well as getting an annual flu shot. There is no waiting period needed between COVID-19 and flu shots.

**COVID VACCINATIONS**

**Pfizer is available for ages 12+**
**Moderna is available for ages 18+**

**Kane County**
445 North Main St.
Kanab BEHIND THE HOSPITAL
**COVID-19 Walk-in Clinic**
Monday & Wednesday
10:00am – 11:30am &
1:00pm – 3:45pm
**Main Line – (435) 644-2537**
CALL FOR MORE INFORMATION
DRIVE THRU FLU VACCINATIONS
HOPI HEALTHCARE CENTER WILL HERE
AT TRIBAL OFFICE BLDG.
OCTOBER 27TH, 202-WEDNESDAY FROM 8 AM TO 5 PM ARIZONA
OCTOBER 28TH, 2021-THURSDAY FROM 8 AM TO 12

Tentative Schedule

The score board for the football field at Fredonia High School broke and the Tribe was able to donate some money towards the cost of fixing it. The board now displays the Tribe’s seal.
Truth Meter: Breast Cancer Edition

EatingWell busts the myths about what really impacts your odds of the disease, which is the second most common cancer (after skin cancers) among American women.

By Jill Waldbieser

TRUE
Eating lots of fruits and veggies lowers your risk.
While pink has traditionally been the color associated with breast cancer awareness, when it comes to prevention, you should focus on eating the rainbow. A study of more than 182,000 women age 27 to 59 found that those who consumed more than 5½ servings a day of fruits and vegetables had a significantly lower risk of breast cancer over the 30 years of follow-up compared to those who ate 2½ servings or less daily. The link was especially strong for those noshing cruciferous vegetables (such as broccoli, cauliflower and cabbage) and orange and yellow produce (winter squash, melons and carrots). Both groups contain compounds—notably isothiocyanates in cruciferous veggies and indoles and carotenoids in orange/yellow produce—that are known to inhibit the growth of cancerous cells, even among high-risk individuals.

SOURCE: INT J CANCER. 2019 APR 15;144(7):1496-1510.

MOSTLY TRUE
Active women are less likely to get breast cancer.
Regular, moderate exercise—the equivalent of around 3 hours of brisk walking a week—has been associated with a roughly 20% reduction in the risk of developing breast cancer. That includes women with a genetic or family history of the disease. Physical activity helps reduce inflammation, improves immune function and regulates hormones like insulin and estrogen, all factors that may stymie breast cancer growth. However, there’s conflicting data about whether postmenopausal women get the most robust benefit or if younger women are more protected. Researchers also aren’t sure exactly what type of exercise is best for breast cancer prevention.

SOURCE: CANCER RES. 2020 JAN 1;80(1):118-123
VALUE HEALTH. 2019 JAN;22(1):104-128

NOT SO MUCH
Low-fat diets stave off the disease. There has been a lot of controversy over the role of dietary fat in cancer prevention, and overall health, for that matter. The old thinking was that eating a high-fat diet raised the risk of breast cancer—a belief that may have been spurred by observations of reduced breast cancer incidence in countries that favor low-fat diets, without accounting for other differences in eating habits and lifestyle, such as obesity rates. In reality, no large-scale studies have shown that to be the case. More importantly, when it comes to breast cancer, the type of fat you eat is what appears to matter most. While trans and saturated fats have largely been associated with an increased risk, healthy kinds including poly- and monounsaturated fats and particularly omega-3 fatty acids, have been shown to be protective.

A 2018 study found that following a Mediterranean diet (a key feature of which are the healthy fats found in olive oil and fatty fish) lowers the likelihood of breast cancer by up to 18%.

SOURCES: NUTRITION. 2018 MAR;30(3):328

FALSE
Soy ups your breast cancer risk. Soy’s reputation as one of the original healthy foods was tainted when preliminary studies in rats linked it to higher rates of breast cancer. Researchers believed the results were due to isoflavones, compounds in soy that mimic the effects of estrogen. But this association has not proven true in human studies—in fact, newer research suggests that traditional soy foods like soy, tempeh, edamame and soymilk actually provide anti-cancer benefits. A 2020 meta-analysis found that for every 10 milligrams of soy isoflavones women ate each day, breast cancer risk dropped by 3%. (For reference, a 3-ounce serving of tofu contains about 20 mg of isoflavones.) So there’s no reason to fear soy foods!

Come and join us for a Zoom education class to learn the proper handwashing technique to help prevent the spread of germs.

October 8, 2021

At
3 PM AZ time

Links will be posted on:
Sending Smoke Signals Facebook page
Kaibab Paiute Tribe Facebook page
Kaibab Tribal website
kaibabpaiute-nsn.gov

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: Handwashing
Join Zoom Meeting

https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBJa1o1Y3ZTdVIrQT09
Meeting ID: 391 113 1530
Passcode: 5Z9Ddw

If you need more information or questions call or email:
Susan Erickson RN
Tribal Nurse
Office: 928-643-8332
Cell: 435-899-1016
Email: serickson@kaibabpaiute-nsn.gov
Diabetes and Neuropathy

Come join us for a Zoom class on diabetes and neuropathy on:

Wednesday,

October 20, 2021

At 6 pm AZ time

Zoom link will be posted the day before on:

Sending Smoke Signals Facebook page

Kaibab Paiute Tribe Facebook page

Kaibab Tribe website @

kaibabpaiute-nsn.gov

Susan Erickson is inviting you to a scheduled Zoom meeting.

Topic: Diabetes and Neuropathy

Join Zoom Meeting

https://us02web.zoom.us/j/3911131530?pwd=V2wrcGE2M0tUdHBHc1o1Y3ZTdTlIrQT09

Meeting ID: 391 113 1530

Passcode: 5Z9Ddw

If you need more information or have any questions please contact me at:

Susan Erickson, RN

Tribal Nurse

Office: 928-643-8332

Cell: 435-899-1016

Email: serickson@kaibabpaiute-nsn.gov
Hand-washing: Do's and Don'ts

Hand-washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer and how to get your children into the habit.

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Find out when and how to wash your hands properly.

When to wash your hands

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose or mouth, or spread them to others. Although it’s impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Always wash your hands before:

- Preparing food or eating
- Treating wounds or caring for a sick person
- Inserting or removing contact lenses

Always wash your hands after:

- Preparing food
- Using the toilet, changing a diaper or cleaning up a child who has used the toilet
- Touching an animal, animal feed or animal waste
- Blowing your nose, coughing or sneezing
- Treating wounds or caring for a sick person
- Handling garbage
- Handling pet food or pet treats

Also, wash your hands when they are visibly dirty.

How to wash your hands

It’s generally best to wash your hands with soap and water. Over-the-counter antibacterial soaps are no more effective at killing germs than is regular soap.

Follow these steps:

- Wet your hands with clean, running water — either warm or cold.
- Apply soap and lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean towel or air-dry them.

How to use an alcohol-based hand sanitizer

Alcohol-based hand sanitizers, which don’t require water, are an acceptable alternative when soap and water aren’t available. If you use a hand sanitizer, make sure the product contains at least 60% alcohol. Follow these steps:
- Apply the gel product to the palm of one hand. Check the label to find out the appropriate amount.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry.

**Kids need clean hands, too**

Help children stay healthy by encouraging them to wash their hands frequently. Wash your hands with your child to show him or her how it's done. To prevent rushing, suggest washing hands for as long as it takes to sing the "Happy Birthday" song twice. If your child can't reach the sink on his or her own, keep a step stool handy.

Be sure to supervise young children using alcohol-based hand sanitizers. Swallowing alcohol-based sanitizers can cause alcohol poisoning. Store the container safely away after use.

**A simple way to stay healthy**

Hand-washing offers great rewards in terms of preventing illness. Adopting this habit can play a major role in protecting your health.
News From the WILDLIFE Department Newsletter

Reminder – we are still in PANDEMIC Mode.

**Hunting:**
Youth Hunt – Canceled this year.
Hunt for other tribes is full. Dates: Nov. 5-7, 2021.
Big Game hunt is full. Dates – 1) Nov.20-24, 2) Nov. 27-Dec.01, 3) Dec.04-08.

ALL TRIBAL HUNTERS NEED A PERMIT! Before you go out

Hunter safety required for anyone under 18, it’s in the Ordinance.

**Guide Trainee** – we need Trainees, you must be 18 years old, a Tribal Member or Legally Married to a Tribal Member, with an interest in the outdoors, contact any wildlife committee member or the Director, for more information. (will train anyone interested)

**Fishpond** – Tribal members need a NO Cost permit, for others it is $10, limit of four. Kids need to be accompanied by an adult. Only Tribal Members can swim in the pond (at your own risk).

Lately, Rattlesnakes have been seen near homes if you encounter one:
- At this time of year, you may see it before you hear it rattle.
- Stay away from it Keep kids and pets away from it.
- Do not try to pick it up or play with it. (Try Not to Panic!!)
- Call Housing, BIA Police, Wildlife Department.
- If bitten call 911 and do the following.

**What to do if a rattlesnake bite occurs:**
- Remain calm and reassure the victim.
- Remove all jewelry, watches, etc. from affected area.
- Immobilize extremity and keep at level below the heart.
- Decrease total body activity as is feasible.
- Move victim to medical facility without delay.

**What NOT to do if a rattlesnake bite occurs:**
- Do NOT apply ice to bite area.
- Do NOT use incision of any kind.
- Do NOT use a constriction band or tourniquet.
- Do NOT administer alcohol or drugs.
- Do NOT use electric shock treatment.

Thank you, for taking the time to read this.

If you have any questions about any of the above, please contact me at 928-643-8305, cell: 435-689-1624 or Email: dbullettsjr@kaibabpaiute-nsn.gov.
Winterizing
The Housing Department will start the winterizing of all rental units, October 12-15, 2021. This will consist of: swamp cooler shut-down/covered and chimney sweep.
Any other homebuyers/homeowners who are interested, please let Yolanda know, 643-8308, so that you can be placed on the list, the cost will be $50.00.

Reminder: ALL work orders must be called into the Yolanda, 643-8308 or Kathryn, 643-8315. If not called in, they will not be worked on. During the weekends you can call 643-8308. Thank you.

If you need to make a house/rental/DPW payment using your debit/credit card, please call Cody Jake 643-8328 or Lettie Ballard 643-8316, or ask the front desk to transfer you to either one. We will let you know when this changes. Thank you.
Start Running Again (or for the First Time!)

If there's one thing we know about powering forward when your motivation is...dwindling, it's this: Setting a new goal changes everything. And if you're determined to make running part of your routine this winter, this four-week plan by Jes Woods, a Nike Run Club coach, is absolutely perfect for newbies.
We will have Zumba once again starting October 6, 2021. It will be every Wednesday from 4pm to 5pm. All times are Arizona. Everyone is welcome to come out and participate! Masks must be warn at all times while inside the gym.

Times and days are subject to change. For more information please contact McKenna Yracheta-Diabetes Fitness Coordinator by email at myracheta@kaibabpaiute-nsn.gov or call the gym at (928)643-6007.
Vacant Seat

Enrollment Committee

The Enrollment Committee is looking for a new member to join us. The committee meets twice a quarter. If you are interested, please fill out an application. Request an Enrollment Committee application from the receptionist at the Tribal Office.

Since October 30 is on a Saturday, Per Capita payments will be made on October 29. I will be in the Tribal Office handing out checks on Friday, October 29 from 8:00 a.m. till 5:00 p.m.

Please make sure to get your address updates and/or direct deposit information into my office on or before October 17.
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<td>Tutoring is held daily Monday through Thursday in the Kaibab Community Building from 4:00-5:30 pm and by appointment on Friday.</td>
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<td>Women’s Craft! 1:00 pm</td>
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<td>Fredonia Parent Teacher Conferences Please make sure to attend at your scheduled time!</td>
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Check out our webpage for current information and flyers
http://kpteducationlibrary.weebly.com/
Women's Craft
Come out and make a spooky Halloween wreath. We will be offering this workshop two times with a limit of 10 attendees at each event. For safety reasons, you will need to sign up to participate. You must sign up by the deadlines.

Workshop 1: Deadline to sign up October 8th.
Class will be held on
Wednesday, October 13th
5:30-8:00 pm

Workshop 2: Deadline to sign up October 15th.
Class will be held on
Sunday, October 17th
1:00-3:00 pm

Brought to you by Housing and Library

Just a reminder for Parents and Guardians—
The very best way to make sure your child is learning and engaged at school is to start at home. You are your child's first and best teachers. Reading books, asking questions, cooking, grocery shopping, and other activities help children learn important concepts with you.

Attending your child's parent/teacher conference also helps them feel that you are invested in their learning. Please make the time to go visit with their teacher.

Lastly, tutoring is held every day at the Kaibab Community Building. It's a good habit to get your students into. We do reading, homework help, and then customize what they need. Sometimes that is spelling or sight words and sometimes it is working on big projects. If you bring them, we will teach them. Thanks for all you do!

Ms. Mandy & Ms. Salas
MARK your CALENDAR
UPCOMING EVENTS

SATURDAY, OCTOBER 9, 2021

Pop-Up Mini Native Art Market & Crafters Fair

8:30AM to 3:30 PM AZ-Time

On the lawn next door to the Pipe Spring National Monument Visitor Center

Buy authentic handcrafts & homemade food From local artist and crafters!
THE GET MOVING CHALLENGE

Kids 6yrs., Tweens, Teens, Adults, & Elders

The weather is starting to cool off
IT'S TIME TO UNPLUG!
GET OUTSIDE AND GET MOVING!

Here is an easy way to earn yourself a
FREE brand-new Fitbit!!!!!!

HERE IS WHAT YOU NEED TO DO TO PARTICIPATE

1. Contact LeAnn 643-7365 at the Cultural Preservation Office to get your name on the participant sign-up list. FCFS limited # of Fitbits.

2. Complete at least 5 of the 7 self-motivated Challenges on the next page.

3. You MUST take pictures of yourself doing 5 Of the 7 challenges and email, message or you can print pictures & bring to the office. This is how you earn your FREE Fitbit!

Fitbits were generously donated by:
the Southern California Tribal Chairman's Association (SCTCA)
THE GET MOVING CHALLENGE!

***UPDATED***

SELF-MOTIVATED CHALLENGE ACTIVITIES

Take a selfie, get someone to take a picture of you or take a group shot doing at least (5) of these 7 self-motivated low impact activities!

1. Hike the Pipe Spring National Monument Ridge Trail.

2. 1-Hour of scooterng at KPT Skate Park.

3. 1-Hour beautification take your yard tools and weed your yard or help weed your neighbor's yard.

4. 1-Hour village clean-up each participant must gather 2 bags of trash around the village. Put bags in dumpster after your picture.

5. 1-Hour of swimming at CHR sponsored swim activities.
   - Kanab Pool  - Fredonia Pool (doing both counts as 2)

6. Walk, run, bike, skate 1-mile around the village
   - Eagle Mt. - 3 laps
   - Red Hills - 3 laps
   - Juniper - 3 laps
   - Kaibab Park - 2 ½ laps

7. 1-Hour of Cemetery clean up weeding or trash gathering.

8. 5 Gym visits to do 1-hr workout each visit *You don’t have to do any of the other challenge activities, but don’t forget to take your selfie each visit*

****IMPORTANT****

Message or email your pictures to LeAnn lshearer@kaibabpaiute-nsn.gov or print your pictures and drop them by the office.

This is how your participation is counted and how you earn your FREE Fitbit!

________________________________________________________________________

Get the whole family moving, it’s about low impact cardio we all need to move more, why not earn a FREE Fitbit!!

Get NATIVE communities outside and moving!
Human Services

Kaibab Living Sober AA:
Tuesdays at Noon
Community Building
and on Zoom
Meeting ID: 870 210 54634
Password: odat

Contact:

Jennie Kalauli: Phone Number: (435)-689-1799 and Facebook Messenger

Allen Orton: Phone Number: (435)-899-1782 and Facebook Messenger

Penny Keller: Phone Number: (435)-689-0381 and Facebook Messenger

Jennie, Allen and Penny are available for individual and group sessions
Self-Care Strategies For Resilience

While not a substitute for professional care, there are plenty of simple activities you can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don’t be afraid to try something new.

Here are a few self-care activities to help you take a step back, breathe, and focus on your well-being.

**Mind**
- Have a daily routine
- Set goals each day
- Make a gratitude list
- Take breaks
- Practice mindfulness
- Read a book
- Develop a project, activity or new skill (e.g., painting, knitting, woodworking)
- Acknowledge something you did
- Schedule worry time
- Journal
- Express your feelings

**Body**
- Walk, exercise, go outside if you can
- Set a sleep routine, giving yourself time to rest and restore
- Practice meditation and yoga
- Take deep, slow breaths
- Take a bath or shower
- Eat something healthy
- Drink a cup of tea
- Limit your caffeine and alcohol intake
- Put on your favorite song and dance

**Soul**
- Ask for help
- Donate to a cause
- Tell someone you love them
- Reach out to someone who may need you
- Follow “feel good” social media
- Set boundaries for yourself
- Write a poem or short story
- Share something special
- Connect with whatever inspires you

**Surroundings**
- Create a “retreat” space
- Make your space comfortable and safe
- Display something you like to look at
- Watch your favorite movie or show – or something you’ve been meaning to see
- Join a virtual gathering

#keepgoing
afsp.org/KeepGoing

Continued >

https://www.datocms-assets.com/12810/1597779690-afspnspwselfcarestrategiesflyerpage1.png?auto=format
Are you struggling?

Feeling hopeless? Like there is no way out?
Feelings of anxiety, agitation, sleeplessness, or mood swings?
Feeling like there is no reason to live?
Rage or anger?
Engaging in risky activities?
Increasing alcohol or drug abuse?
Withdrawing from family and friends?
Sleeping too little or too much?
Withdrawing or isolating yourself?
Showing rage or talking about seeking revenge?
Extreme mood swings?

NATIVE CRISIS HOTLINE

TEXT: 741741 AND TYPE IN
INDIGENOUS or NATIVE
(To reach a culturally trained crisis worker)
Getting Vaccinated is an Act of Love

Why did you get vaccinated?

"I got vaccinated because it's the right thing to do to protect my family and the tribe."

#kptactsoflove  #kpteducation  #kpthumanservices

Danny Bulletts Jr.
Kaibab Band of Paiute Indians

For current Covid information and guidelines, please see the Kaibab Paiute Tribal Covid or CDC websites:

https://kptcovid.weebly.com/

https://www.cdc.gov