

#4 — How to cope with panic and anxiety

Aan kewiji shaaboshkikaadek iiwe kaababaashisewamachihoonaaniwak egwa mikoshkaadendamowin

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Nihta iisise kakina awiyak jibakamishkaakowaach eshkam mikoshkaadendamowinini, dokaan mishamendamowin, nookenimomajihowin egwa babaashisemajihowin. Bakaan wiin iiwe kohdaajowin, amiiwe shemaak kaa-iishisek kekoon kaasekihiwemakak. Aadit iikweniwan mikoshkaadendamowinan minoyaawan egwa kiwijihikonan kekoonan jidoodamanin. Ahpii mikoshkaadendamowin eyani ozaamisek dahsokiishikaa kibimaadisowinik, iisisedok mikoshkaadendamowin aakosowinik e-iishibimaadisiyan.

Kaanaakwakin kekoonan iiwe oji mikoshkaadendamowin okweniwan:

- Moshag kaamishamenjikaadek
- Moshag kakina kekoon jiminowaashik kidoodamowinan naanda kohtaajiyen kekoon jiwaniidodaman
- moshag kaamaamidonenjikadek ishwabimaadisowin
- Kaakichi maamawinaaniwak
- kaakaakiyashkwewashinaaniwak
- wanendamosewin naanda kamijikosenaaniwak ahpii kekoon kaayaanimak kaa-iisisek
- kamikoshkadenjikadek naanda jiishikijimajisewaach awiyak kaasaakihadwaa
- egaa kaawiiwaabamadwaa kidoodemak
- sekisiyan jinaanoodaakosiyan iimaa kikikinoamaadowikamikok

kiishpin egaa kejinaahoyan iiwe kaabakamishkaakoyan debwe iiwe mikoshkaadendamowin aakosowin, kidaa ayamiha mashkikiini kewijihik jikanawabadakin kaanaakwakin kekoonan debwe iiwe e-iinapinewanan.

Niswasowayek kewiji shaaboshkaman iiwe mikoshkaadendamowin nookom

1. Kanawabadan kibakidanaamowin: kakwejidoon beshik okweniwan kakwejiwinan kewiji wijihikoyan jibayatakenimotoyan kiyao:

- Bimishinin kimisataak egwa kishdikwaan ahtoon nabanehii iineke. Ahpii kimisataak bimishiniyan, kibakidanamowinan anisookanaamomakanoon. Amiidash iinishinin midaaso dibahiikanehs.
- Bimishinin kiwaawikanaak naanda niibawin jidaashkikaabawiyen niikade kisitan ji-ayaakin. Ahtoon kinich kimisataak. Maamidondenand waashejiwiboodaajikan e-ayaak bijimisat. Ahpii ebiidanaamoyan, waashejiwiboodaajikan shaakashkine; saakidanaamoyan waashejiwiboodaajikan ajoose. Shaakashkinedoon waashejiwiboodaajikan ewiikwanaamoyan. Bihshikonan waashejiwiboodaajikan saakidanaamoyan. Owe dodan niyaanwa dibahiikanehs minikok.
- Akidaason beshik minikok niyaanan mekwaach ewiikwanaamoyan, egwa akidaason beshik minikok niswaso mekwaach esaakidanamoyan. Naanaabidodan owe kakwejiwin aandi biko eyaayan.

2. Naabi iikiton owe: wiidamaadisin, “niminoya. Okweniwan nidinamajihonan dayani shaabosewan.”

3. Masinahan: niibidebiihanin kekoonan kaamikoshkaadendamihikoyanin.

4. Kanooken, kakashkidoon jidoodaman: kakwe waabamidisin ekiishdoyan iiwe kamikoshkaadendamihikoyan mwaye maajitoyan – maamitonendaman kashkidamaasowin kewiji wijihikoyan awashime kewiji minowamajihoyan.

5. Wanaahtoon kimaamidonenjikan: kekoon doodan kaaminowendaman, dokaan:

- Bizindanin nikamowinan
- Andawi bimosen
- Minikwen nibi naanda aniibiishaaboo
- Wuijimedawem awahkaan
- Miikisikwaasin
- Shoobiikahiiken, onasinahiiken naanda masinibiihiiken
- Bikwajiyahiik dashiiken
- Baashkinehodisin
- Kanoosh kidoodem

6. Kiijikwabikendisin: masinaatehsjikan egwa masinaateshikewimedawaakanan kawiji wiijihikonan egaa jimaamidonendaman, shaakoch kaawin jiwijihikoyan kiyao ji-aniwebiimakak. Aayaniwebin, shaashiibiikiin, andawi bimosen, naanawajiin, nadodan nikamowinan naanda ayamihii kidoodem mishkoch.

7. Dashidamokin: dakichiinendaakwan ahko mekwaach kaababaashisewamajihoyan, shaakoch ayamihach awiya wijiwiijihiwese. Kikakii kanoonaa awaashishag wiijihiiwewinik maajikitonik ayamihiiwewinik owiijihiiwe aanahpii biko iimaa 1-800-668-6868 naanda ayamihach kaanakajidooch, kaawijidwaach kichi iisisewinik owiijihiiwe jiwijihiiik iishimasinahikeyan maajikitowinik iimaa ANISHININIWI OKOMAAWINIK, INUIT naanda WIISAAKODEWININIWAK iimaa 686868.

Mikoshkaadendamowin kaye dakii wijnadawijikaade aabadak:

- **Wiijihiiikosowin:** Owijihiiwe/ayamihiiwewinik owiijihiiwe kikakiiwiji wiijihiiik jiwijikikendaman egwa jibimibamitoyan iiwe kimikoshkaadendamowin. Baabakaaninaakwanoon wiijihiiwewinan kekiwiji wiijihiiikowaajin awiyak anohkaadamowaach mikoshkaadenamowaapinewinini. Kidoomashkikiwininiim kawijihiiik mikhawach owiijihiiwewinini.
- **Mashkikiin:** mashkiki anohkiise iimaa aadit mikoshkaadendamowinik iishiyaawinan, kaawin kakina awiya jiyanothkiisenik iiwini. Ayamihii kimashkikiwiniim kiishpin maamidonendamowanen kiishpin mashkikiin kekii iisisekwen kiin jiyaabajidoyanin. Kiishpin miinikoyan mashkikiin iiwe oji kimikoshkaadendamowaapinewin, bimikanawendan aan e-iinamajihoyan dashsokiishikaa. Ayamihii kimashkikiwiniim kiishpin bakaan iishibakamishkaakowanen.
- **Aniweshinowin:** debikwaamiyan dawijimiikwemakan kimaamidonenjikanik kewiji aniwesik iiwini oji mikoshkaadendamowinik.

Kekonen dash iiwe babaashisewamajihowin?

Kaababaashisewamajihonaaniwak kedadaweniko iijisise, kaakichi iinamajihonaaniwak sekisoowin naanda majamajihowin. Kaababaashisewamajihonaaniwak midaaso dibahiikanehs nihtaabimise naanda bakii nawaj minikok, shaakoch kinowesh iinendaakwan. Kekoon kaanishkaadisikemakak naanda kaasekiihiwemakak dakiiwiji babaashisewamajihonaaniwan, shaakoch eshkan kaawin kekoon naanda kaawiji iisisek. Kikakii maajii niikadeshkaanan kaakiidashi bakamishkaakoyaban iiwe babaashisewamajihowin.

babaashisewamajihowinik kaa-iisisenaaniwak nihtaa ashijisewan niiwin naanda awashime kaanaakwakin kekoonan dokaan okweniwan:

- babaashise/baabaawise midehii
- abwesewin
- ninikisewin/mimikosewin
- bakanamowin
- kibanaamomajihowinan naanda kibinewemajihowin
- dewaakikanewinan
- kawajisewin/kaakishisewin
- kiyashkwesewin/naakishdikwanemajihowin
- akwajik kiyawik inamajihowin
- kiikimisewin/jaajishtamajihowin
- kodaajowin jiwaniijikaadek bimoondisowin
- kodaajikaadek ishkwabimaadisowin

Kaawin kikakiiwiji iishkwaabimaadisiin iimaa oji babaashisewamajihowinik, shaakoch kikendaman owe kaawin iiktok daawiji aajisesinoon kaa-iinamajihoyan mekwaach iiwe kaa-iishisek.