

## #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 kecoon kaasekihiwemakak. Aadit iikweniwan mikoshkaadendamowinan minoyaawan egwa kiwijihiikonan kecoonan jidoodamanin. Ahpii mikoshkaadendamowin eyani ozaamisek dahsokiishikaa kibimaadisowinik, iisisedok mikoshkaadendamowin aakosowinik e-iishibimaadisoyan.

Kaanaakwakin kecoonan iiwe oji mikoshkaadendamowin okweniwan:

- Moshag kaamishamenjikaadek
- Moshag kakina kecoon jiminowaashik kidoodamowinan naanda kohtaajiyen kecoon jiwaniidodaman
- moshag kaamaamidonenjikadek ishkwabimaadisowin
- Kaakichi maamawinaaniwak
- kaakaakiyashkwekwashinaaniwak
- wanendamosewin naanda kamijikosenaaniwak ahpii kecoon kaayaanamak kaa-iisisek
- kamikoshkadenjikadek naanda jiishikijimajisewaach awiyak kaasaakihadwaa
- egaa kaawiiwaabamadwaa kidoodamak
- sekisiyan jinaanoodaakosiyan iimaa kikikinohamaadowikamikok

kiishpin egaa kejinaahoyan iiwe kaabakamishkaakoyan debwe iiwe mikoshkaadendamowin aakosowin, kidaa ayamiha mashkikiwini kewijihiik jikanawabadakin kaanaakwakin kecoonan debwe iiwe e-iinapinewanan.

## ***Niiswasowayek kewiji shaaboshkaman iiwe mikoshkaadendamowin nookom***

**1. kanawabandan kibakidanaamowin:** kakwejidooon beshik okweniwan kakwejiwinan kewiji wijihiikoyan 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. Maamidondenandan waashejiwiboodaajikan e-ayaak bijimimat. Ahpii ebiidanaamoyan, waashejiwiboodaajikan shaakashkine; saakidanaamoyan waashejiwiboodaajikan ajoose. Shaakashkinedooon waashejiwiboodaajikan ewiikwanaamoyan. Bihshikonan waashejiwiboodaajikan saakidanaamoyan. Owe dodan niyaanwa dibahiikanehs minikok.
- Akidaason beshik minikok niyaanan mekwaach ewiikwanamoyan, egwa akidaason beshik minikok niiswaso mekwaach esaakidanamoyan. Naanaabidodan owe kakwejiwin aandi biko eyaayan.

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

**3. Masinahan:** niibidebiihanin kecoonan kaamikoshkaadendamihikoyanin.

**4. Kanooken, kikashkidoon jidoodaman:** kakwe waabamidisin ekiishdoyan iiwe kamikoshkaadendamihikoyan mwaye maajitoyan – maamitonendaman kashkidamaasowin kewiji wijihiikoyan awashime kewiji minowamajihoyan.

**5. Wanaahtoon kimaamidonenjikan:** kekoon doodan kaaminowendaman, dokaan:

- Bizindanin nikamowinan
- Andawi bimosen
- Minikwen nibi naanda aniibiishaaboo
- Wijimedawem awakkaan
- Miikisikwaasin
- Shoobiikahiiken, onasinahiiken naanda masinibihiiken
- Bikwajiyahiik dashiiken
- Baashkinehodosin
- Kanoosh kidoodem

**6. Kiijkwabikendisin:** masinaatehsjikan egwa masinaateshikewimedawaakanan kawiji wijihikonan egaa jimaamidonendaman, shaakoch kaawin jiwijihikoyan kiyao ji-aniwebimamak. Aayaniwebin, shaashiibiikin, andawi bimosen, naanawajin, nadodan nikamowinan naanda ayamihii kidoodem mishkoch.

**7. Dashidamokin:** dakichiinendaakwan ahko mekwaach kaababaashisewamajihoyan, shaakoch ayamihach awiya wijiwijihiwese. Kikakii kanoonaa awaashishag wijihiiwewinik maajikitonik ayamihiiwewinik owijihiiwe aanahpii biko iimaa 1-800-668-6868 naanda ayamihach kaanakajidooch, kaawijidwaach kichi iisewinik owijihiiwe jiwijihiihik iishimasinahikeyan maajikitowinik iimaa ANISHININIWI OKOMAAWINIK, INUIT naanda WIISAAKODEWININIWAK iimaa 686868.

### ***Mikoshkaadendamowin kaye dakii wijinadawijikaade aabadak:***

- **Wijihiiikosowin:** Owijihiiwe/ayamihiiwewinik owijihiiwe kikakiiwiji wijihiihik jiwijikikendaman egwa jibimibamitoyan iwe kimikoshkaadendamowin. Baabakaaninaakwanoon wijihiiwewinan kekiwiji wijihiihikowaajin awiyak anohkaadamowaach mikoshkaadenamowaapinewinini. Kidoomashkikiwininiim kawijihiihik miikawach owijihiiwewinini.
- **Mashkikiin:** mashkiki anohkiise iimaa aadit mikoshkaadendamowinik iishiyaawinan, kaawin kakina awiya jiyanoikiisenik iweni. Ayamihii kimashkikiwiniim kiishpin maamidonendamowanen kiishpin mashkikiin kekii iisisekwen kiin jiyaabajidoyanin. Kiishpin miinikoyan mashkikiin iwe oji kimikoshkaadendamowaapinewin, bimikanawendan aan e-iinamajihoyan dashsokiishikaa. Ayamihii kimashkikiwiniim kiishpin bakaan iishibakamishkaakowanen.
- **Aniweshinowin:** debikwaamiyan dawijimiikwemakan kimaamidonenjikanik kewiji aniwesik iweni oji mikoshkaadendamowinik.

### ***Kekonen dash iwe babaashisewamajihowin?***

Kaababaashisewamajihonaaniwak kedadaweniko iijisise, kaakichi iinamajihonaaniwak sekisowin naanda majamajihowin. Kaababaashisewamajihonaaniwak midaaso dibahiikanehs nihtaabimise naanda bakii nawaj minikok, shaakoch kinowesh iinendaakwan. Kekoon kaanishkaadisiikemakak naanda kaasekiihewemakak dakiiwiji babaashisewamajihonaaniwan, shaakoch eshkan kaawin kekoon naanda kaawiji iisisek. Kikakii maajii niikadeshkaanan kaakidashi bakamishkaakoyaban iwe babaashisewamajihowin.

babaashisewamajihowinik kaa-iisisenaniwak nihtaa ashijisewan niwin naanda awashime kaanaakwakin kekoonan dokaan okweniwan:

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

Kaawin kikakiiwiji iishkaabimaadisisiin iimaa oji babaashisewamajihowinik, shaakoch kikendaman owe kaawin iiktok daawiji aajisesinon kaa-iinamajihoyan mekwaach iwe kaa-iishisek.