



EVERY DAY IS CEREMONY

As Indigenous people, we understand that good health requires balance between our mind, body, and spirit. We also know that the quality of our relationships – with the land, ourselves, our ancestors, and our communities – impact our health.



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WHAT IS EVERY DAY IS CEREMONY?



**EVERY DAY IS
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Every Day is Ceremony is a health program designed to help Native young adults, 18-24 years old, change their habits and mindsets using traditional Indigenous knowledge.





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THE PROGRAM INCLUDES:

- **Lessons on wellness**
- **A community-based cultural project**
- **Tips for (re)connecting to culture**





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**To support you in developing your
Every Day is Ceremony project, the
facilitator manual includes sections on:**



**About
Every Day
is Ceremony**



**Building
Your Project
Team**



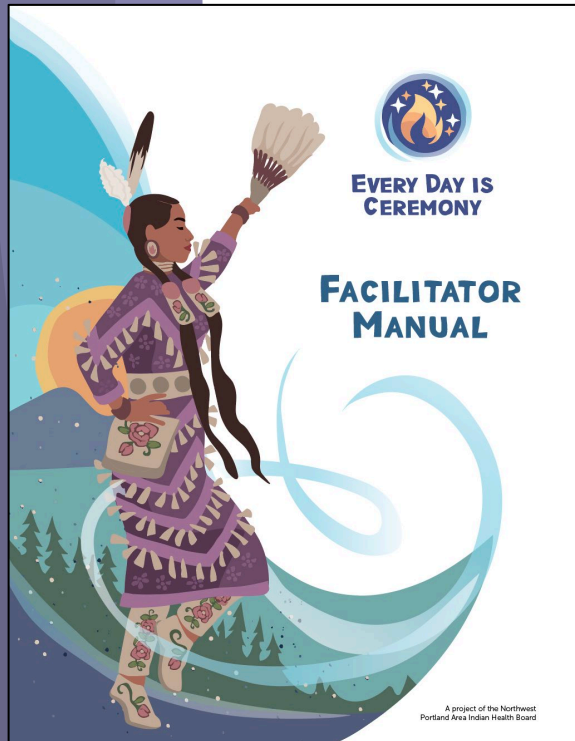
**Adapting
Your
Curriculum**



**Planning
Your Cultural
Project**



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THE FACILITATOR MANUAL PROVIDES:

- **Additional resources**
- **Facilitator worksheets and templates**
- **Guidance documents**

OUR APPROACH

Every Day is Ceremony is *not* a recipe for good health. Rather young adult participants are encouraged to develop skills and knowledge to live full, balanced lives according to their traditional practices and values.





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WHY USE EVERYDAY IS CEREMONY?

- Every Day is Ceremony is a health program for Indigenous people by Indigenous people.
- It is flexible in length and can be integrated into schools, substance use treatment centers, and other community-and clinic-based programs.
- It is designed to be easily adapted and includes opportunities for weaving in community-based traditional knowledge and practices.

WELLNESS IS A BALANCE BETWEEN OUR:

★ **MENTAL
HEALTH**

How we think

★ **PHYSICAL
HEALTH**

Our physical body

★ **EMOTIONAL
HEALTH**

How we feel

★ **SPIRITUAL
HEALTH**

Our connections with
other beings



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OUR WELLNESS MODEL

These seven components of wellness are all important for reclaiming our health and revitalizing and preserving the health of our communities.



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WHY IS EVERY DAY CEREMONY?

CEREMONY

Participating in ceremony helps grow our wellness by encouraging us to reflect on Spirit, Creator, the Universe, and our ancestral wisdom.

Ceremony might include prayer, drumming, singing, storytelling, dancing, using sacred objects, or performing rituals we create.



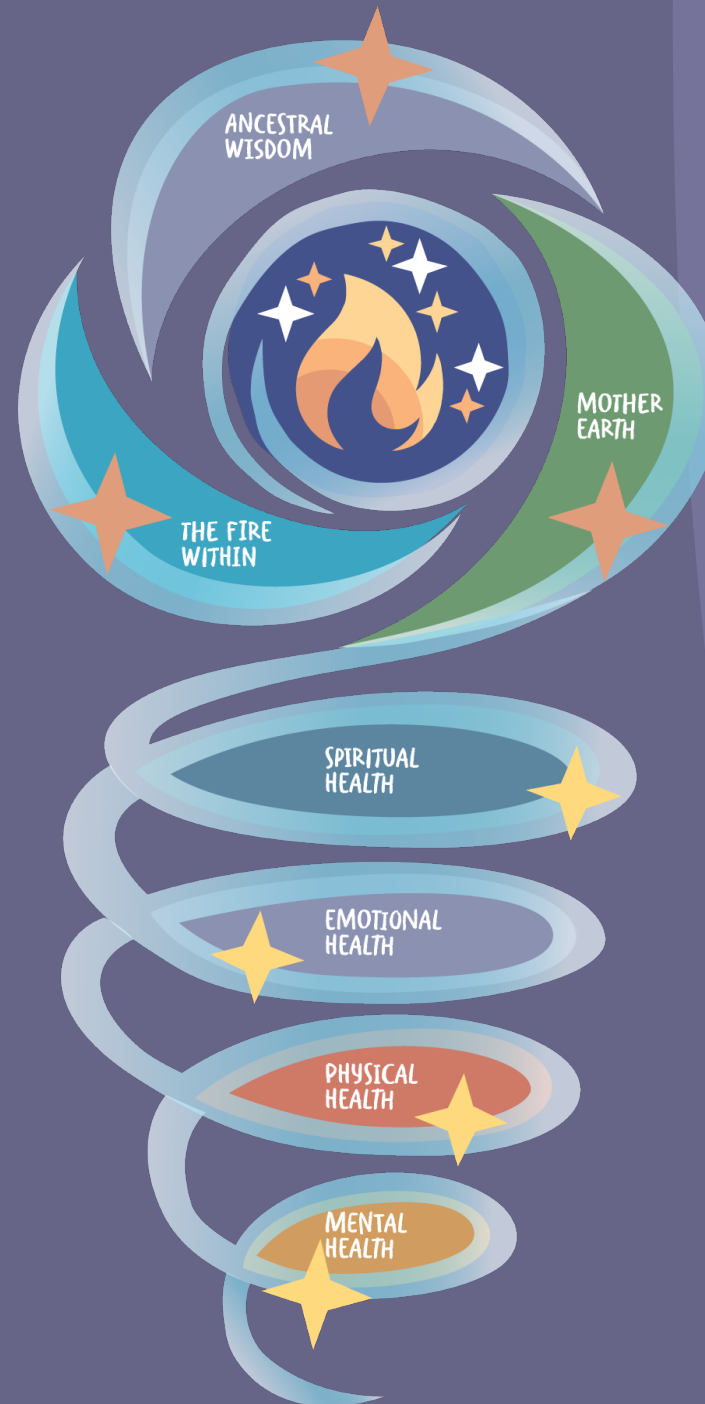
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We believe that every day – and every action we take – is ceremony.

This way of thinking reminds us that we are all sacred beings. It also reminds us that how we move through the world impacts our ancestors, those present, including ourselves, Mother Earth, and those that will come after us.



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SACRED FIRE WITHIN

The Sacred Fire Within, or the drive to be well, heal, and pass on our culture to future generations, is in all of us. But in order to do so, it is important to navigate the world in a sacred way, living every day in ceremony.



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NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

If you have questions or would like more information about the Every Day is Ceremony program, please email us at EDIC@npaihb.org or call 503-228-4185

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