



**A Message from Dr. Munger**

Hello everyone,  
I’ve missed seeing and chatting with you in the office! In the three weeks of social distancing to slow the spread of Covid-19, our worlds have changed pretty dramatically.

If your experience has been like mine, you might find it difficult to sort out your feelings right now – relief at having health and employment, concern or heartache for loved ones who may not, grief for unfulfilled expectations or loss of control, frustration at yourself/your household for not adjusting right away, appreciation for small moments of connection or consolation, or triumph at new innovation. However you’re feeling – or if your feelings are really complicated or if you don’t know how you’re feeling just yet – it’s totally ok. We’re all making big adjustments right now!

You might also be trying to situate what is happening now into some of life’s grander questions about our collective identity, our society, and our future. Some thoughts at the back of my mind through this time



have been:  
How can I cultivate patience with myself and others as we adjust?,  
How can I honor and

support those who are going through significant tribulations?, How can I use this time to learn or to grow?, and How can I keep an eye out for the good in the world, in others, and in myself? I don’t have answers to these questions, yet, but I would love to hear your thoughts about them or whatever is on your mind, too.

One thing that is true generally, but right now especially, is that our relationships with each other are our strength. Let us reach out to one another and hold each other up during this time.

With warmth and appreciation,  
Dr. Munger

**The Significance of Culture in Healing**

We recognize that culture includes the beliefs, values, behaviors, foods, practices and productions that are associated with a community of people. There are many forms of artistic productions that support health and healing. Within many American Indian Alaska Native tribal communities, beadwork and work with natural fibers and materials results in the production of artifacts that can support health and healing.



Here is a great article on the topic:

**The Healing Power of Beading**

[https://www.ihs.gov/sites/diabetes/themes/responsive2017/display\\_objects/documents/printmat/HNL\\_Depression\\_2\\_508c.pdf](https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/printmat/HNL_Depression_2_508c.pdf)

After you read this article, think about the way that your cultural background shapes your health behaviors and practices and your work.

**Una Palabra:** In our program, we draw on a clinical intervention that has been used to help groups of people build relationships, community and acknowledge a shared experience or learning activity. Here are the “Palabras” that our Health Education Team forwarded about these first weeks of home based work:

- |                     |                   |
|---------------------|-------------------|
| Wendy: Thankful     | Steven: Grateful  |
| Jocelyn: Blessed    | Alma: Tired       |
| Michelle: Adjusting | Maria: Uneasy     |
| Dalila: Inspired    | Jessica: Grateful |
| Bryan: Disoriented  | Cabrina: Humble   |
| Aby: Creative       | Patrick: Teamwork |



## The Medicine Wheel and the Four Directions



The Medicine Wheel, sometimes known as the Sacred Hoop, has been used by generations of various Native American tribes for health and healing. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree—all of which symbolize dimensions of health and the cycles of life.

The Medicine Wheel can take many different forms. It can be an artwork such as artifact or painting, or it can be a physical construction on the land. Hundreds or even thousands of Medicine Wheels have been built on Native lands in North America over the last several centuries.

Movement in the Medicine Wheel and in Native American ceremonies is circular, and typically in a clockwise, or “sun-wise” direction. This helps to align with the forces of Nature, such as gravity and the rising and setting of the Sun.

### Meanings of the Four Directions

Different tribes interpret the Medicine Wheel differently. Each of the Four Directions (East, South, West, and North) is typically represented by a distinctive color, such as black, red, yellow, and white, which for some stands for the human races. The Directions can also represent:

- **Stages of life:** birth, youth, adult (or elder), death
- **Seasons of the year:** spring, summer, winter, fall
- **Aspects of life:** spiritual, emotional, intellectual, physical
- **Elements of nature:** fire (or sun), air, water, and earth

Native Voices  
U.S. National Library of Medicine,  
National Institutes of Health, Health & Human Services

**Mid-day Meditations:** ECHO-LDPP continues to promote strategies that support staff during these challenging moments. This week, we launch “Midday Meditations” on: Tuesday/Thursday at Noon. The Student Internship team is hosting yoga and exercise activities on: Monday/Wednesday at 9:00 am. Check your email for weekly invitations.



### Wellness Meme of the Week:

Reminder:  
9PM is the time to  
remove your day  
pajamas and put your  
night pajamas on.

