



NURTURING MINDS: A WORKSHOP ON MENTAL HEALTH AND GOOD MENTAL HYGIENE

Facilitated by Braden Kadlun Johnston

For grades 9+



**MOOSE HIDE
CAMPAIGN
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MOOSE HIDE**

"Nurturing Minds" is a comprehensive workshop designed to equip participants with the knowledge and tools necessary to cultivate good mental hygiene and prioritize their mental health. Join us as we listen to Braden's personal experience with mental health and the incredible journey he has had. Born in Yellowknife, NT, and based in Calgary, AB, Johnston's work in acting and as a social media influencer relays the lived experiences of Indigenous communities, especially Inuit, by celebrating everyday aspects of life while highlighting more difficult topics like addiction and sobriety. Johnston's content on social media has drawn attention from millions worldwide, prompting the artist's selection for the 2022 TikTok Accelerator Program. Braden speaks about his addictions journey and how he overcame the many challenges within his life. He helps educate us about mental hygiene and how to take care of ourselves.

Trigger warning: There is mention of addiction, mental health, and suicide.

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Braden speaks to his sobriety journey as well as his journey on social media. He speaks about sharing language, food, and culture. Through Tik Tok they have grown to be one of the largest Indigenous content creators in Canada. Braden shares that he did not feel affirmed in his culture or who he was for a lot of his life. Braden shares with us his struggles of addiction and poor mental health. He speaks to how his mother was on her own healing journey and how it paved the way for him to do the same.

We ask that as a class you come together in circle in go through some of these discussion questions.

- Why do you think Braden’s channels are so popular? Do you think they are more popular with Indigenous people or non-Indigenous people?
- What does it mean to become “being comfortable with being uncomfortable”?
- What is mental hygiene to you?
- What are some things that you need for your mental health?
- Braden speaks about creating habits - such as when he had to force himself to be in bed by 11 or reading every day. What are some of your healthy habits that you’ve created for yourself?

Braden talks about how food can affirm him to his identity. He also speaks of the traditional women’s knife, the ulu. He says that when he is with his mother, cutting meat is her way of showing love and care. This is a beautiful sentiment between a mother and her son. Caring for ourselves is so important and many people do not know what kind of care they need or how to practice good mental hygiene. The ulu is a women’s knife, and it is our matriarchs who often provide care, love, and safety to us; and that is why we use this ulu knife template to showcase the care that you need to give yourself.

On the following page you will find a blank template of an ulu. In this ulu we ask you to write the things that you need to practice good mental hygiene. What do you need to feel fulfilled or healed or to thrive. All people have different needs for our mental health, for Braden it was important to read, to write, to connect to culture, and to get adequate sleep. We ask you to critically think about what you need and to write it in the ulu template below.

