



# ***INA NA HOKSICILA WOONSPE***

**(THE MOTHERS AND BABIES COURSE)**

## **Participant Workbook**



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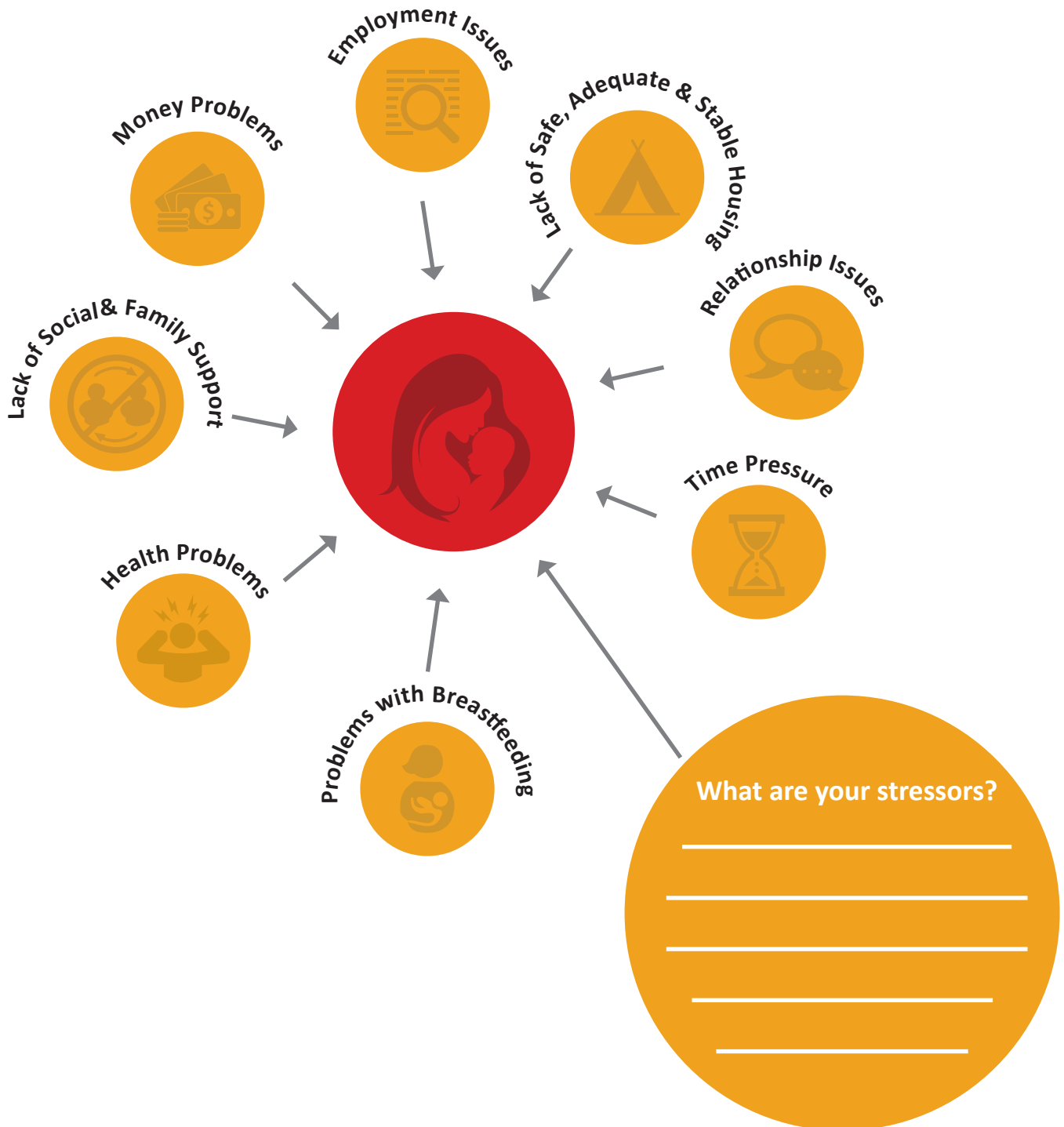
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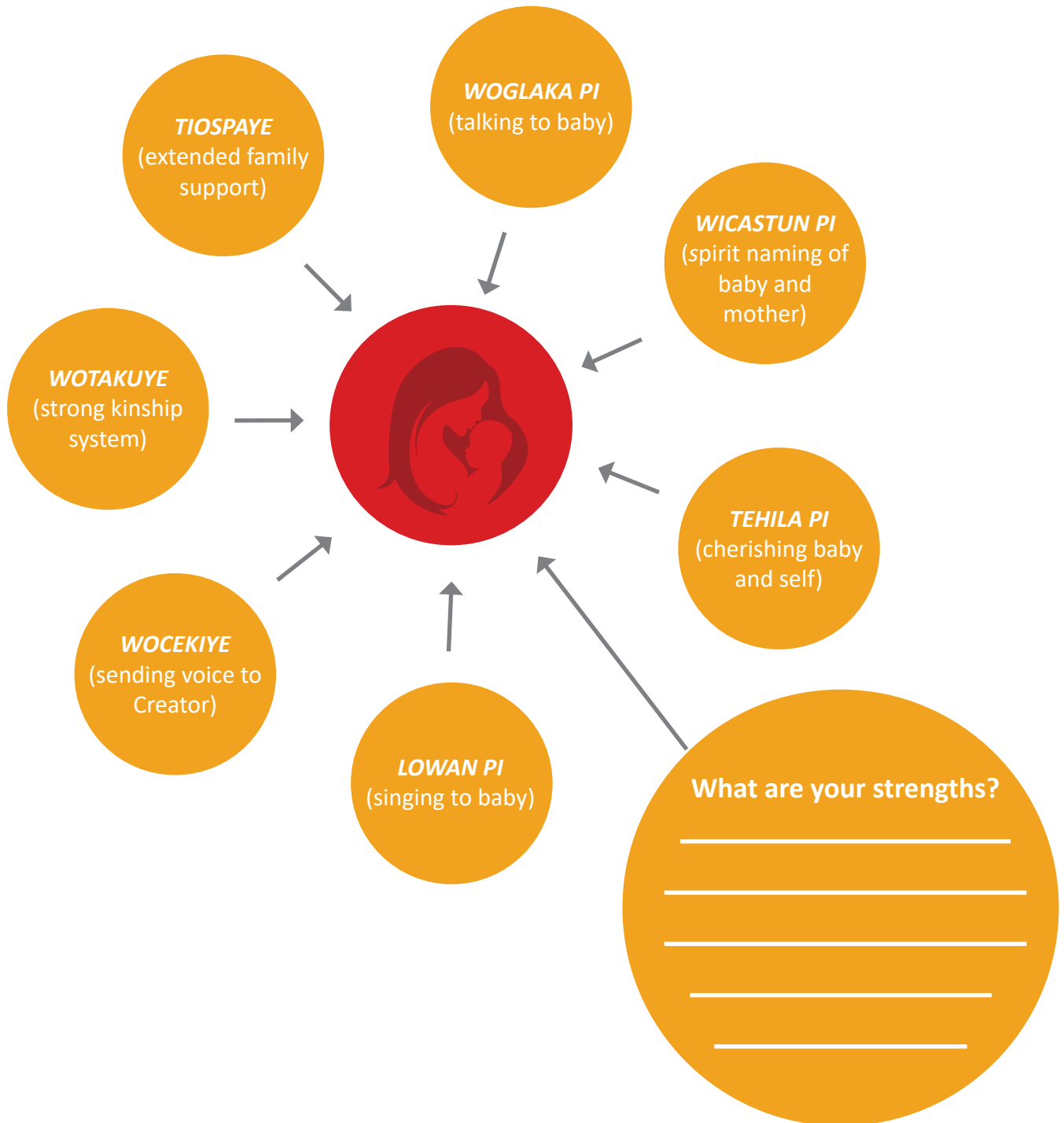
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# WORKSHEET 1.1: STRESSORS THAT CAN AFFECT THE MOTHER-BABY RELATIONSHIP

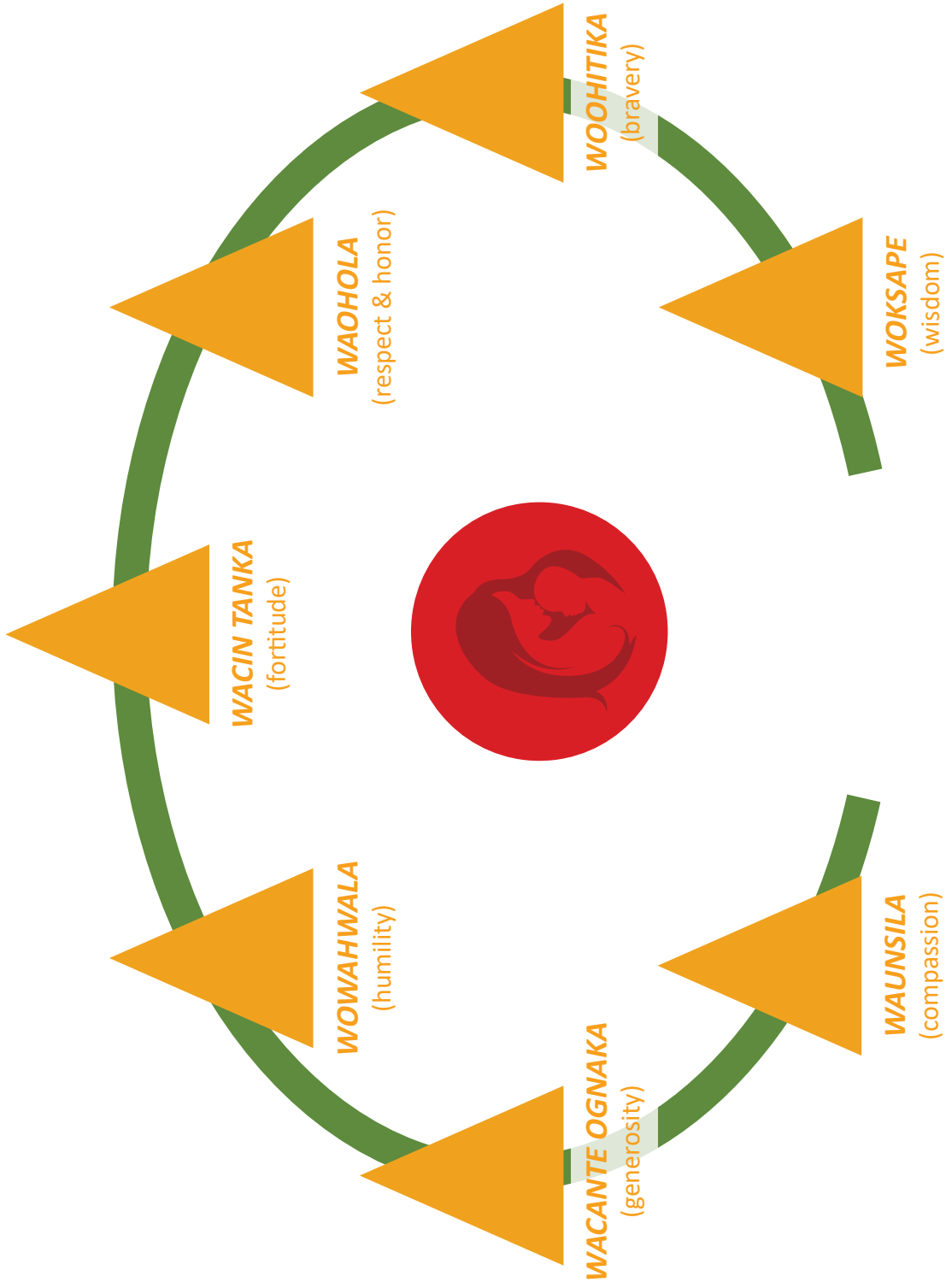


# WORKSHEET 1.2: STRENGTHS THAT CAN AFFECT THE MOTHER-BABY RELATIONSHIP



# WORKSHEET 1.3:

## WOOPE SAKOWIN (SEVEN SACRED LAWS)



# WORKSHEET 1.3:

## *WOOPE SAKOWIN* (SEVEN SACRED LAWS) CONTINUED

The *WOOPE SAKOWIN* (Seven Sacred Laws) of the Lakota can help guide our lives to be more in balance, relative to the Mother and Baby relationship:

### *WAUNSILA* (compassion)

- Having compassion for myself
- Having compassion for my baby

### *WOWAHWALA* (humility)

- Practicing humility and patience with myself
- Practicing humility and patience with my baby

### *WACANTE OGNAKA* (generosity)

- Giving restful and alone time for myself
- Giving quality time to my baby

### *WACINTANKA* (fortitude)

- Building fortitude to endure the emotional stress involved with parenting
- Developing patience and the ability to endure the physical stress of parenting

### *WAOHOLA* (respect and honor)

- Honoring the gift of life that was entrusted to me
- Respecting that I have gifts to offer my baby and also understanding the limitations I have

### *WOOHITIKA* (bravery)

- Developing courage to ask for help when I need it
- Having bravery to face the many challenges me and my baby will go through

### *WOKSAPE* (wisdom)

- Acknowledging that wisdom comes with experience and mistakes will be made
- Working toward wise choices for me and my baby

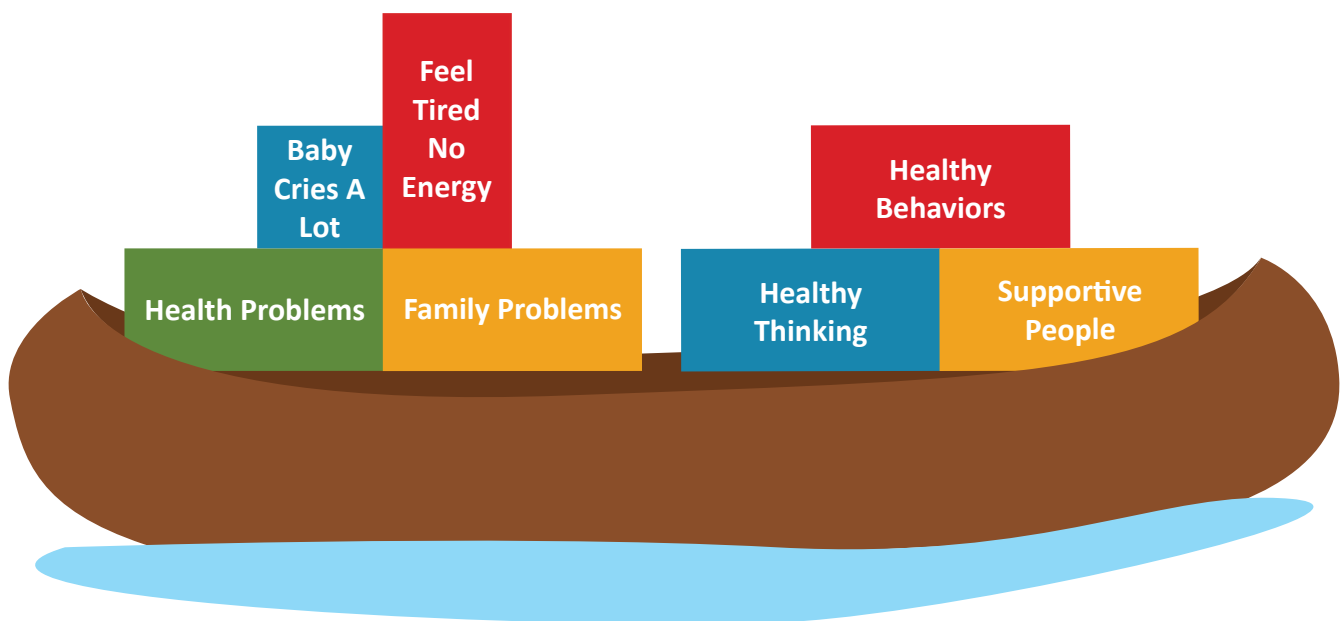


# WORKSHEET 1.4: HOW THE MOTHERS AND BABIES COURSE CAN HELP YOU



But we can learn to manage stress and feel better and more balanced by making changes in:

- the way we **behave**
- the way we **think** about and understand stressors
- the **support** we receive from other people




# WORKSHEET 1.5: MINDFULNESS & BREATH AWARENESS

## What is mindfulness?

Being **INILA** (still, calm, quiet) and **KSAPA** (aware and alert) without judgement. The foundation of mindfulness practice is based in noticing our breathing. We will practice several brief meditation exercises together. Mindfulness can help: reduce stress & anxiety, improve mood, improve general health and reduce birth-related fear and pain.

## ONIVA KIKSUYA (Breath Awareness)



**Check in.** Begin by taking a few moments to settle in to where you are seated. Bring your awareness into your mind and body. Allow your eyelids to become heavy. Soften your gaze or close your eyes, if that is comfortable for you. Acknowledge how you are feeling and let it be.

**Gently shift your attention to your breath.** Pay attention to the fact that you are breathing. Become aware of the movement of your breath as it comes into your body and leaves through the nose or mouth. Simply notice how it feels to be breathing, right now, in this moment.

**Take mindful breaths.** Pay attention to the sensation of the breath entering the nose, the rise and fall of the chest as the lungs expand and relax. Feel the belly expand as you breathe into your whole body, and fall back toward the spine when you breathe out.

**Notice the wandering mind.** If you find yourself distracted by a thought or sound, without judgment, gently bring your attention back to your breathing, back to observing how it feels to draw the breath in and out of your whole body.

**Slowly return to the room.** At your own pace, take 3 more full breaths in and out. When you are ready, on the next breath in, let your eyelids open, returning to the room and the present moment. Give yourself a moment to think about how this practice felt to you - focusing just on your breath for a couple of minutes.

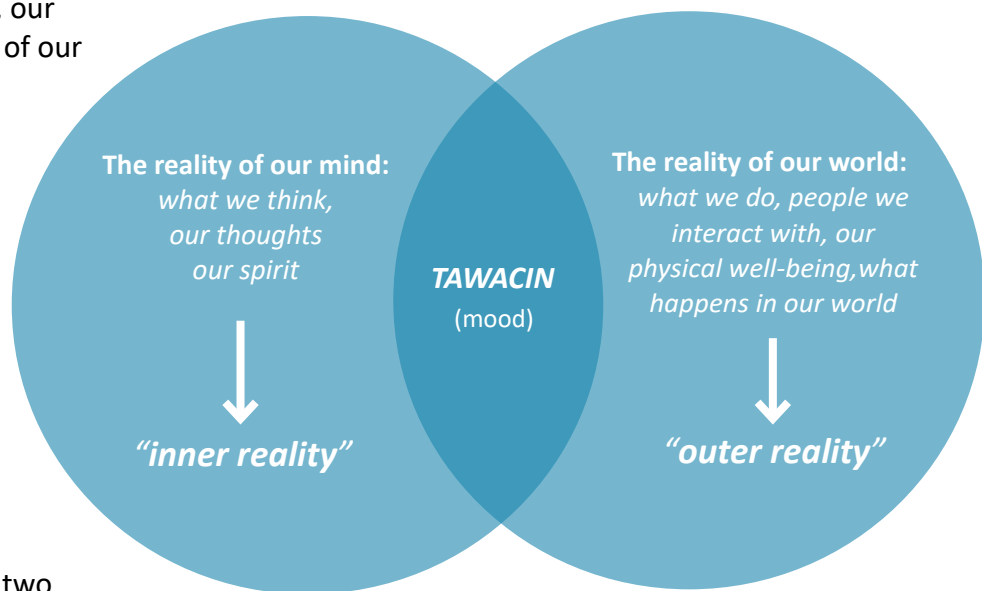
# WORKSHEET 1.6: WOIWANKE (OUR WORLDVIEW) YOUR MOOD AND YOUR PERSONAL REALITY

According to the Lakota worldview, our *TAWACIN* (mood) is an integration of our heart, mind and emotions and contributes to our thoughts, attitudes, behaviors and moods.

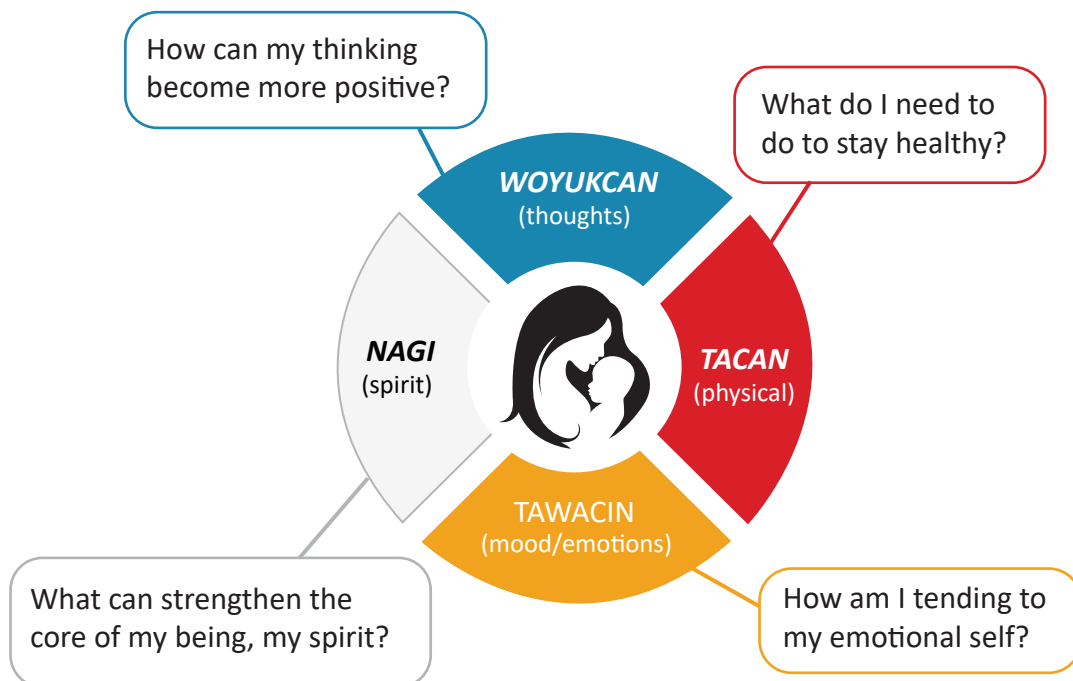
It is important to understand our moods. How do they influence our lives?

To have a healthy mood, and positive feelings, it is important to learn how to manage our personal reality.

Our personal reality is divided into two parts as depicted here.



The drawing below demonstrates the relationship between our personal reality and our mood.





# WORKSHEET 1.7: QUICK MOOD SCALE

The Quick Mood Scale helps you to track your mood every day. It will help you learn to be aware of how you feel so that you can learn to have healthier moods and teach your baby to balance their moods.

## How to complete the Mood Scale:

Every night, before going to bed, circle the number (between 1-9), which indicates how you felt that day. There is no right or wrong answer.

- If your mood is average, (not high nor low), circle number 5
- If it is better than average, circle a number higher than 5
- If it is worse than average, circle a number lower than 5

We find that it is easiest to keep the scale by the bed so that before you go to bed, you can think about your day and rate your mood for the day.

DATE:	MON	TUE	WED	THU	FRI	SAT	SUN
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1

# WORKSHEET 2.1: DAWN AND SUNSET'S DAYS

## INSTRUCTIONS:

Dawn (*Anpo*) and Sunset (*Wimahiya*) are both 5 months pregnant. Circle the number on each panel that represents what kind of mood you think each of them is having.

DAWN'S DAY		SUNSET'S DAY	
9 8 7 6 5 4 3 2 1	<p>I don't want to get up</p>	<p>I don't want to get up</p>	9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1	<p>I don't feel like facing the day</p>	<p>After my shower I'll feel better</p>	9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1	<p>I don't want to speak to anyone</p>	<p>Hi Marie, I made some Wojapi, do you want to come over?</p>	9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1	<p>I feel so sad and lonely.</p>		9 8 7 6 5 4 3 2 1

# WORKSHEET 2.2: PLEASANT ACTIVITIES LIST

1. *INIPÍ* (purification lodge ceremony) / Go to ceremony
2. *WAZILYA* (smudge) / Pray
3. Go to a Powow
4. Go harvesting with friends or family  
- pick chokecherries,  
*pejuta* (medicine - sage, cedar),  
*timpsila* (wild turnip) or  
*cheyaka* (wild mint tea)
5. Work outdoors (e.g., gardening)
6. Beading
7. Make a *WOKPAN* (spirit tool kit)  
\*see additional resource on *WOKPAN*  
- Appendix C in Facilitator Guide
8. Listen to music
9. Take a shower or warm bath
10. Spend time with friends
11. Go for a walk
12. Go to church
13. Pray / Communicate with the Creator
14. Daydream
15. Write poetry
16. Sing
17. Take a nap
18. Watch TV
19. Meeting friends for a cup of tea or coffee
20. Practice a relaxation exercise -  
deep breathing
21. Exercise
22. Cook
23. Dance
24. Read a book or magazine
25. Other \_\_\_\_\_
26. Other \_\_\_\_\_

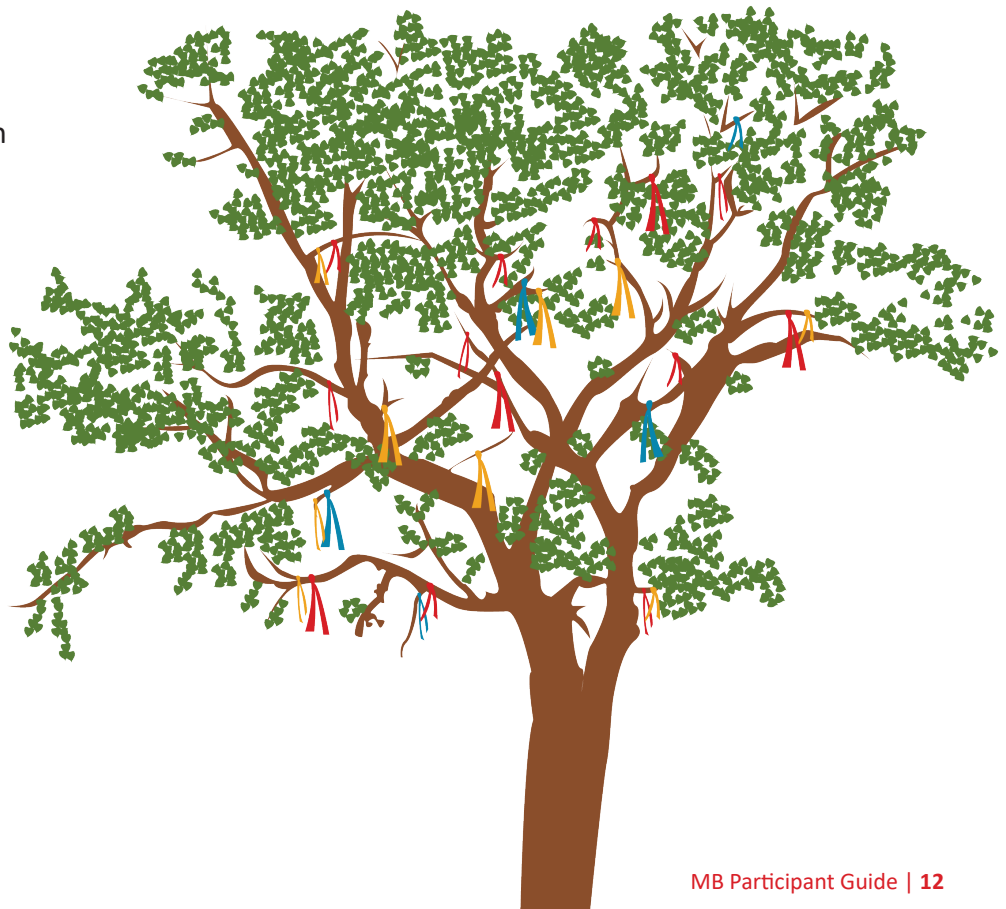


# WORKSHEET 2.3: MINDFULNESS PRACTICE

## BODY SCAN PRACTICE

Begin by bringing your attention into your body  
You can close your eyes if that's comfortable to you  
You can notice your body, seated, wherever you're seated  
Feeling the weight of your body, on the chair, on the floor  
And take a few deep breaths  
And as you take a deep breath  
Bring in more oxygen and livening the body  
And as you exhale  
Have a sense of relaxing more deeply  
You can notice your feet on the floor  
Notice the sensation of your feet touching the floor  
The weight and pressure, vibration, heat  
You can notice your legs against the chair  
Pressure, pulsing, heaviness, lightness  
Notice your back against the chair  
Bring your attention into your stomach area  
If your stomach is tense or tight, let it soften  
Take a breath  
Notice your hands  
Are your hands tense or tight?  
See if you can allow them to soften  
Notice your arms

Feel any sensation in your arms  
Let your shoulders be soft  
Notice your neck and throat  
Let them be soft, relaxed  
Soften your jaw  
Let your face and facial muscles be soft  
Then notice your whole body present  
Take one more breath  
Be aware of your whole body, as best you can  
Take a breath  
And then when you're ready you can open your eyes



# WORKSHEET 2.4: WHAT DO YOU ENJOY DOING?

## INSTRUCTIONS

1. Write down pleasant activities you like to do by yourself or with other adults on the top and things you enjoy doing or will enjoy doing with your baby on the bottom. ***Start with ones that are simple and do not cost a lot of money.***
2. Continue adding to your list throughout the week whenever you think of anything you enjoy doing. Write down as many pleasant activities as you can come up with! Even though you won't do some things on a regular basis, it is good to be thinking about all the things possible. That way when you have the time to do a Pleasant Activity but are not sure of your options, you will have a big list of things to choose from!

Write down activities you enjoy doing by yourself or with other adults.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Also think about activities that you enjoy doing with your baby, or that you will enjoy doing with your baby when they are born. Write them down here.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# WORKSHEET 3.1: OVERCOMING CHALLENGES

Sometimes even after we decide to do something pleasant, our plans still fall through. We run into a challenge, and we don't do the pleasant activity that we meant to.

- Try to think of some possible challenges and possible solutions to overcome them (sometimes the biggest challenges are our own thoughts).

What is keeping me from doing pleasant activities? (Challenges)	How can I overcome these challenges? (Solutions)

## STEPS FOR OVERCOMING CHALLENGES:

1. Identify the challenge
2. Think about all the possible options
3. Pick the option that's best for you
4. Try the option and see how it works



# WORKSHEET 3.2: MAKE A PERSONAL COMMITMENT

1. I plan to do the following:

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2. I will do it by this date:

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3. I feel this is important because:

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Use the calendar at the end of this section to schedule the pleasant activity to which you have committed yourself.

# WORKSHEET 3.3: PERSONAL COMMITMENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Night	Night	Night	Night	Night	Night	Night



# WORKSHEET 3.4: HOW DO BABIES LEARN?



## Babies learn by:

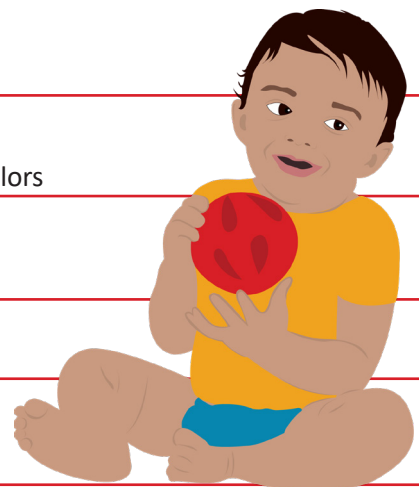
- Observing and imitating what their parents do
- Communicating with their parents
- Following what their parents teach them
- Feeling supported when they try to do new things

*All activities you do with your child are opportunities for learning!*

# WORKSHEET 3.5: FROM BIRTH TO AGE 1 - THINGS BABIES LIKE TO DO



AGE	WHAT BABIES LIKE TO DO
<b>Newborn</b>	Imitate - make faces, stick out your tongue and watch your baby imitate you Rock - going for a ride in a stroller can also be calming Listen to soft music, a musical toy or your voice Be touched - gently massage your baby
<b>1 month</b>	Track objects Watch mobiles Practice exercising feet using bicycle movements
<b>2 months</b>	Play with hand puppets Gently bounce up and down Hold and play with a rattle
<b>3 months</b>	Shake a rattle on their wrist Listen to music with a rhythm Play with toys that are attached to strings and practice batting
<b>4 months</b>	Play peek-a-boo Practice rolling from stomach to back Watch bubbles
<b>5 months</b>	Look in a mirror Play with a roly-poly toy (a toy that turns up when knocked over) Swing in an infant swing
<b>6 months</b>	Play patty-cake Play with other babies Go on piggy back rides
<b>7 months</b>	Play tug of war Play "look for the toy after you hide it" Look at books with lots of pictures and colors
<b>8 months</b>	Learn the sounds that animals make Play hiding games Bang on pots and pans
<b>9 months</b>	Roll a ball back and forth to you Practice standing up
<b>10 months</b>	Push a car or truck on the floor Tear magazines Blow bubbles
<b>11 months</b>	Push things with levers Pour things from one container to another (try cereal) Play in the water
<b>12 months</b>	Play with a big beach ball Toss bean bags or balls (or crumpled up paper) into a container Play with their shadow Explore the world around them



Adapted from Segal, M. (1985). *Your Child at Play: Birth to One Year*. New York, NY: New Market Press.

# WORKSHEET 3.6: MINDFULNESS PRACTICE

## WALKING MEDITATION



Find a place  
where you can  
walk 10 paces or  
go outside for a  
walk

Before you begin walking, take a deep breath and relax your body  
Let your arms hang loosely at your sides or clasp your hands in front or behind you (whichever is most comfortable)  
Soften your gaze (not at any fixed point)  
Then begin to walk, slowly  
Bring your awareness first to your feet...

**GROUND**

Bring your awareness to the sensations of your feet and legs, starting with the soles of your feet, as each heel touches the ground, then the base of the foot, then the toes, and then as they lift  
You can actually say to yourself, “heel, foot, toes, lift”  
This is a way to connect the action of walking in the present moment

**COME TO  
YOUR SENSES**

Walk slightly slower and begin to open your awareness to all your senses, one by one  
Sight, sound, taste, feeling, smell  
See what is around you, listen to the sounds, taste the air or whatever is in your mouth, feel the warmth, coolness or breeze on your cheeks, smell the air  
Then stop for a moment and see if you can take in all the senses

**SAY A HELPFUL  
PHRASE**

Recite some sayings while taking a few steps  
For example, take a few steps and, during an in-breath, say to yourself, “Breathing in, I have arrived, breathing out, I am home”  
Or, “Breathing in, I calm my body, breathing out, I relax”  
Or make up your own sayings

*Adapted from Bardacke, N. (2012). Mindful Birthing. New York, NY: HarperCollins Publishers.*

# WORKSHEET 3.7: QUICK MOOD SCALE & PLEASANT ACTIVITIES



- Every night before going to bed, circle the number 1-9 that best represents your mood
- At the bottom of each column you will find a space where you can note how many pleasant activities you do each day. Is there a relationship between your mood and the number of pleasant activities?

<b>DATE:</b>	MON	TUE	WED	THU	FRI	SAT	SUN
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1
Number of PLEASANT Activities:	_____	_____	_____	_____	_____	_____	_____

# WORKSHEET 4.1: WHAT ARE THOUGHTS?



- Thoughts are “ideas, plans, pictures, or opinions that are formed in your mind”
- Our thoughts almost always affect our mood
- Our thoughts can be helpful or unhelpful. Helpful thoughts make us feel more positive about our lives - they give us energy and hope. Unhelpful thoughts can make us feel depressed or tired.
- If we can become aware of the many types of thoughts we have, we can learn to use them to achieve a healthier mood.

# WORKSHEET 4.2: DAWN AND SUNSET'S DAYS

## INSTRUCTIONS:

Dawn (*Anpo*) and Sunset (*Wimahiya*) both recently gave birth, but now that their babies are born they are not sleeping well. Circle the number on each panel that represents what kind of mood you think each of them is having.

DAWN'S DAY		SUNSET'S DAY	
9 8 7 6 5 4 3 2 1			9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1			9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1			9 8 7 6 5 4 3 2 1

# WORKSHEET 4.3: MINDFULNESS PRACTICE

## LEAVES ON A STREAM

*Find a comfortable seated position with your back straight and shoulders relaxed. You can let your eyes gently close if that is comfortable for you. If not, look at a spot nearby slightly in front of you.*

*Use the mind's eye. Imagine you are sitting near a stream. The water is flowing by you. There is a big tree next to the stream. Now see leaves floating down the stream. They can be any shape, color, or size.*

*As thoughts come into your mind, notice each one and place it on a leaf and watch it float away. It doesn't matter if the thought is helpful or unhelpful. Place it on a leaf and let it float by. You do not need to hold onto any of the thoughts, and you can let the leaves float at their own pace.*

*If your mind says, "This is dumb," "I'm bored," or "I'm not doing this right," place those thoughts on leaves too, knowing that there is no right way to do this. Simply noticing what arises in your mind and noticing that it also passes by.*

*If you notice yourself becoming distracted, gently bring your attention back to the stream.*

*When you are ready, gently bring your attention back to the room.*

*Adapted from Harris, R. (2009). ACT Made Simple. Oakland, CA: New Harbinger Publications, Inc.*

# WORKSHEET 4.4: HELPFUL THOUGHTS AND UNHELPFUL THOUGHTS

## INSTRUCTIONS:

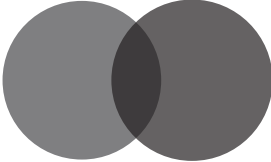
Helpful thoughts help us to feel more positive about our lives - they give us energy and hope. Unhelpful thoughts can make us feel more negative - they can make us depressed or tired. Try to think of some helpful or unhelpful thoughts that you may have and list them in the boxes below.



HELPFUL THOUGHTS	UNHELPFUL THOUGHTS




# WORKSHEET 5.1: UNHELPFUL THOUGHT PATTERNS AND CHALLENGING THEM

UNHELPFUL THOUGHT PATTERN	CHALLENGING YOUR UNHELPFUL THOUGHT PATTERNS
<p><b>All or Nothing Thinking:</b></p> <p>Thinking in extremes. For example, all good or all bad, the best or the worst, perfect or failure.</p>	<ul style="list-style-type: none"> <li>• What’s in the middle?</li> <li>• Are there more shades of gray?</li> </ul> 
<p><b>Overgeneralization:</b></p> <p>Taking one negative characteristic or event and seeing it as a never-ending pattern. For example, someone betrayed me so I don’t trust anyone. I couldn’t do this one thing so I can’t do anything.</p>	<ul style="list-style-type: none"> <li>• Am I assuming that every situation and every person are the same?</li> <li>• This is just one situation, one person</li> <li>• Can I remember other situations and people that were different?</li> </ul>
<p><b>Blaming Oneself:</b></p> <p>Thinking that when negative things happen they are always your fault</p>	<ul style="list-style-type: none"> <li>• Am I to blame for everything that turns out badly?</li> <li>• Do only bad things happen to me?</li> <li>• Remember the good that has happened and all that I have achieved.</li> </ul>
<p><b>Negative Fortune Telling:</b></p> <p>Thinking that you can see how things will be in the future and that they are sure to turn out badly.</p>	<ul style="list-style-type: none"> <li>• Can I really predict the future?</li> <li>• Why not find out how it will turn out rather than just imagine the worst?</li> </ul>

# WORKSHEET 5.2:

## WAYS TO CHANGE UNHELPFUL THOUGHTS

- There are a number of strategies for changing unhelpful thoughts. Let's focus on four specific strategies.
- These strategies are important because they are tools you can use when you feel stuck or overwhelmed with unhelpful thoughts. They can help you take some control over the thoughts and help you change the way you are thinking, to improve your mood and reduce your stress.

STRATEGY	DESCRIPTION	EXAMPLE
<p><b>Thought Interruption</b></p>	<ul style="list-style-type: none"> <li>• Tell your mind to STOP thinking the unhelpful thought</li> <li>• It's like holding up a big STOP sign in your mind</li> <li>• The trick is that first you need to notice yourself having the unhelpful thought</li> </ul> 	<p><i>"I'm a bad mother."</i> When you catch yourself thinking you are a bad mother, instead of getting caught up in all the reasons why you think you are being a bad mother, just think, "There's that unhelpful thought again. I've had that thought before and I know it is an unhelpful thought. I'm going to STOP thinking that now."</p> <p>Sometimes it works to think a more helpful thought instead, like <i>"I'm not a bad mother, I'm just feeling really overwhelmed right now, and I need to try to balance my stress."</i></p>
<p><b>Talking Back</b></p>	<ul style="list-style-type: none"> <li>• Talking back encourages you to talk to yourself and give yourself helpful instructions or directions that challenge the unhelpful thought you are having</li> </ul>	<p>When you catch yourself having an unhelpful thought, try telling yourself that you are going to raise your baby with a lot of love or that you are going to try to be the best parent possible. Saying things to ourselves is almost like being a good parent to ourselves.</p>

# WORKSHEET 5.2:

## WAYS TO CHANGE UNHELPFUL THOUGHTS

### CONTINUED



STRATEGY	DESCRIPTION	EXAMPLE
<p><b>Worry Time</b></p>	<ul style="list-style-type: none"> <li>• Give yourself a specific time in the day to think about stressful things in your life so you don't worry all day.</li> <li>• Another way to use worry time is to spend time talking with a friend or family member so that you are not focusing on the stressful things in your life.</li> </ul>	<p>If you find yourself overwhelmed by thoughts that make you worry, setting aside "worry time" for a few minutes a day can help because it allows you to make sure that the stressful things in your life don't take up all your time and attention.</p> <p>This skill will also help your baby because your baby won't see you worrying, being anxious, and being distracted when you're with them. Your baby will see that you can enjoy life and can solve life's problems. It will also allow you to be more present and able to bond with your baby because you will be less distracted by stress in your life.</p>
<p><b>Time Projection</b></p>	<ul style="list-style-type: none"> <li>• When we talk about time projection, it means imagining a time in the future when things will be better</li> </ul>	<p>Sometimes when things are going badly we think that things will stay bad forever. This strategy reminds you to have hope for the future when you are feeling really down. Sometimes imagining the things we want for the future can give us hope and motivate us.</p>



# WORKSHEET 5.3: STOPPING UNHELPFUL THOUGHTS



What was the unhelpful thought?	
What strategy did you use to try to stop the unhelpful thought?	
How effective was the strategy?	

What was the unhelpful thought?	
What strategy did you use to try to stop the unhelpful thought?	
How effective was the strategy?	

# WORKSHEET 6.1: THOUGHTS ABOUT BEING A MOTHER



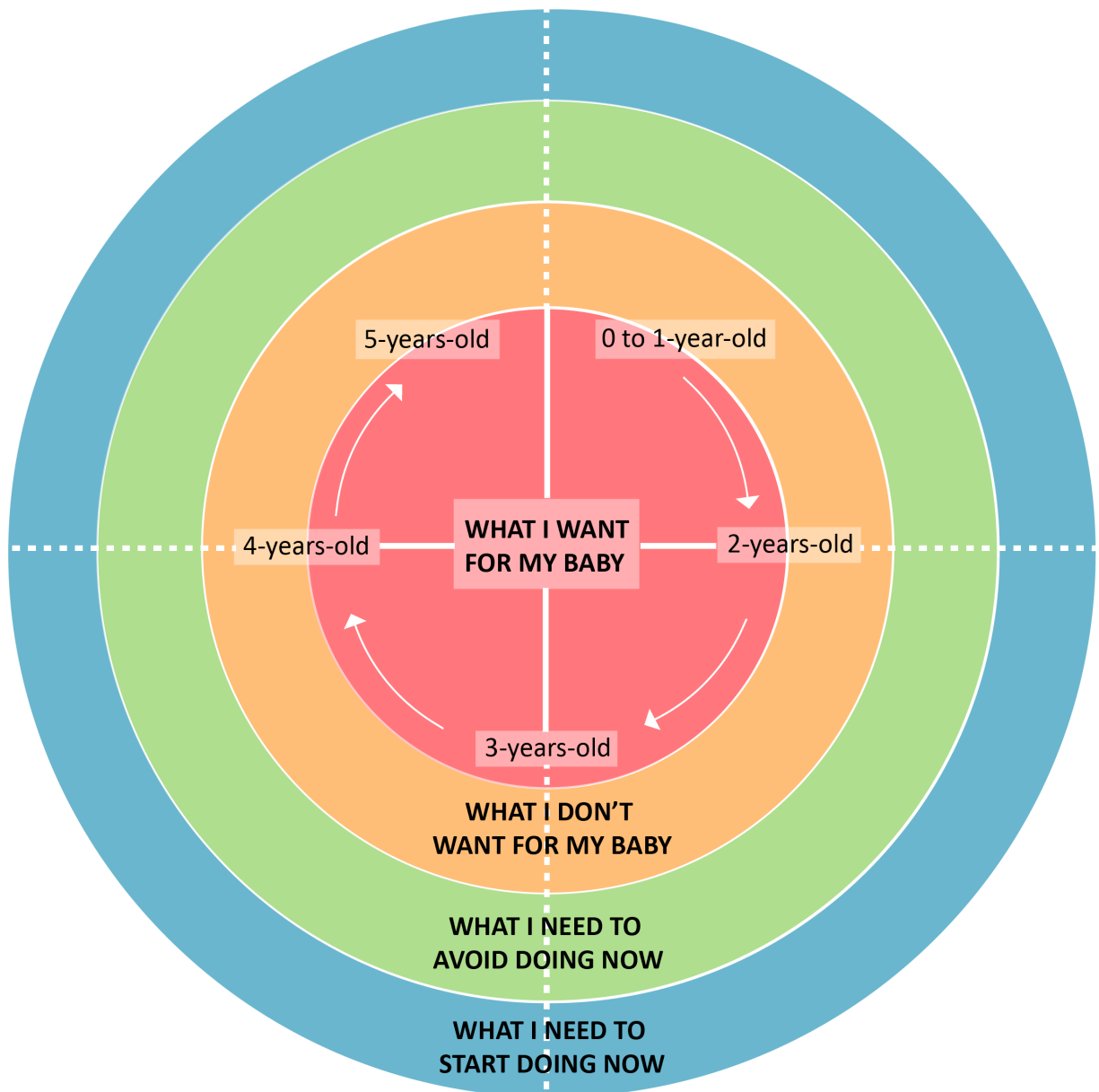
I am now a mother.... I have so many things to teach you my little one.

- Your thoughts have been shaped by the people and experiences in your life.
- The people and experiences in your baby's life will also shape the way they think.
- Remember that learning to think is like learning to talk. Babies learn to think and talk by observing how their mothers think and talk.
- If the baby is raised listening to words of affection, the baby will learn to be affectionate.
- Your baby learns from you. Remember, you are their first teacher!
- You can teach your baby to think in such a way that they will feel good about themselves and about you.
- As a mother, you can be an example for your baby. You can help them "shape" their thoughts so that they develop a healthy inner reality.

# WORKSHEET 6.2: THINKING ABOUT YOUR BABY'S FUTURE

**INSTRUCTIONS:** Think about what kind of life you would like your baby to have in the future. Then think about the steps you need to take to help your child have that future.

- In the inner circle, write what you want for your baby.
- In the second circle, write what you don't want for your baby.
- In the third circle, write what you need to avoid doing now.
- In the outer circle, write what you need to start doing now.



# WORKSHEET 6.3: TOKATAKIYA ETUNWAN (LOOKING TOWARD THE FUTURE)

**INSTRUCTIONS:** Think about what kind of life you would like to have in the future, (for example, 4 years from now) and what kinds of things you want and don't want for yourself. Then think about the steps you need to take now to have the life you really want.

**EXAMPLE:**

“I want to have my own home”

“I will connect with housing resources in my community”



MY FUTURE	
<p><b>What I want:</b></p> <p>Short Term:</p> <p>Long Term:</p>	<p><b>What I need to do now:</b></p> <p>Short Term:</p> <p>Long Term:</p>
<p><b>What I don't want:</b></p> <p>Short Term:</p> <p>Long Term:</p>	<p><b>What I need to avoid doing now:</b></p> <p>Short Term:</p> <p>Long Term:</p>

# WORKSHEET 6.4

## QUICK MOOD SCALE & THOUGHTS

- Every night before going to bed, circle the number 1-9 that best represents your mood
- At the bottom of each column you will find a space where you can note how many helpful and unhelpful thoughts you have each day. Is there a relationship between how many helpful and unhelpful thoughts you have and your mood?

<b>DATE:</b>	MON	TUE	WED	THU	FRI	SAT	SUN
<b>BEST MOOD</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>AVERAGE</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>WORST MOOD</b>	1	1	1	1	1	1	1
Number of HELPFUL thoughts:	_____	_____	_____	_____	_____	_____	_____
Number of UNHELPFUL thoughts:	_____	_____	_____	_____	_____	_____	_____

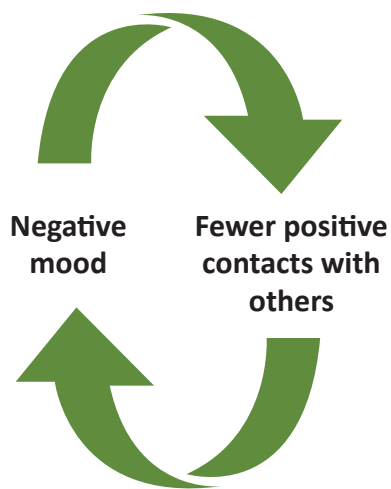


# WORKSHEET 7.1: RELATIONSHIP BETWEEN MOOD & CONTACT WITH OTHERS

- What kind of interactions do you have with people when you are feeling down or stressed?
- How do you think having less contact with others might effect your mood?

## When we are feeling down we usually:

- Have less contact with others, and we avoid them
- Have lower tolerance, feel more irritable
- Act quieter and are less talkative
- Become more sensitive, others' behavior affects us more
- Trust others less



## When we have fewer positive contacts or more negative contacts with others we usually:

- Feel lonely
- Feel sad
- Feel angry
- Feel like no one cares
- Feel more depressed

Does a negative mood cause people to be less sociable?

**OR**

Does being less sociable cause a negative mood?

The answer is probably both.

# WORKSHEET 7.2: DAWN AND SUNSET'S DAYS

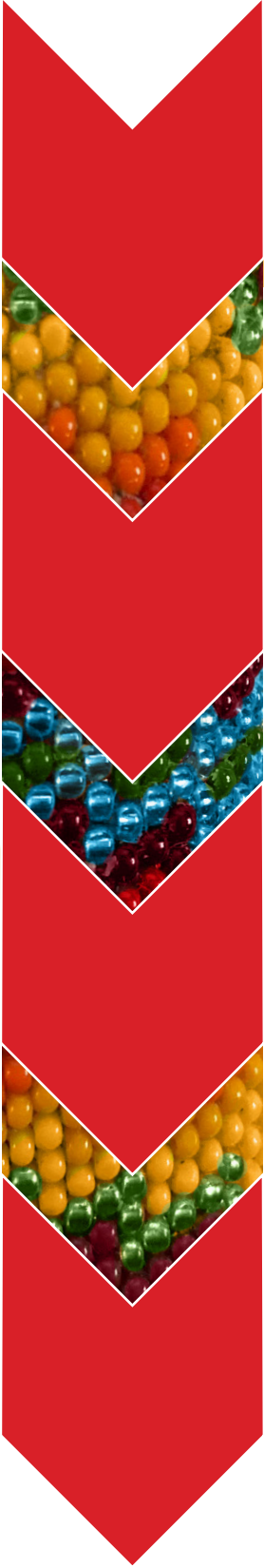
## INSTRUCTIONS:

Dawn (*Anpo*) and Sunset (*Wimahiya*) are both 7 months pregnant. Circle the number on each panel that indicates what mood you think each of them is having.

DAWN'S DAY		SUNSET'S DAY	
9 8 7 6 5 4 3 2 1	<p>I don't want to get up</p>	<p>I don't want to get up</p>	9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1	<p>I don't feel like facing the day</p>	<p>I don't feel like facing the day, but seeing Marie will make me feel better.</p>	9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1	<p>I don't want to speak to anyone</p> <p>Ring Ring</p>	<p>Hello Marie, do you want to go for a walk with me?</p>	9 8 7 6 5 4 3 2 1
9 8 7 6 5 4 3 2 1	<p>I feel so sad and lonely.</p>	<p>Thanks for going on a walk with me.</p>	9 8 7 6 5 4 3 2 1

# WORKSHEET 7.3: MINDFULNESS PRACTICE

## CANGLESKA WICONI WAKAN (SACRED CIRCLE OF LIFE)



Begin by checking in. Acknowledge your place in the universe. Reach up to *ANPE WI* (Sun). Envision the *WICAHPI OYATE* (the Star Nation) and *UNCI MAKA* (Grandmother Earth). Remember you are a part of the *MAKA SITOMNI* (Universe) and were sent from the *NAGI YATA* (Spirit World) as a blessing to the people and this earth.

Take a few moments to arrive and settle in by bringing your awareness into your mind and body. Acknowledge how you are feeling and let it be.

Gently shift to mindful breathing, being aware of breathing in and out. Just breathe in and out, normally and naturally.

Shift attention to where you are sitting. Begin to feel the connection of your body on the chair, cushion, bed, or mat, and feel its connection to the floor. Reflect on the connection of the floor to the building you are in and its connection to the earth farther below.


Let your awareness expand to include the earth below you. Feel that sense of being held by the earth below you, and just allow yourself to be held by the earth. You are in a safe space and you can breathe in and out with ease in your body and mind.

Feel how the earth rises up to hold and embrace you. There is nothing more you need to do, nowhere you have to go, and no one you have to be. Just being held in the heart of kindness and letting it be.

Bring to mind someone you would hold this way. Think about other loved ones being held in the same way—with safety and ease of body and mind. Notice how thinking of these loved ones makes you feel, and try to hold onto that feeling for the rest of this exercise.

# WORKSHEET 7.3:

## LOVING KINDNESS PHRASES



Reflect on how this earth holds all people, whether they are acquaintances, strangers, or people who test your patience—with no bias, no discrimination or judgment. Reflect on how this earth connects us all, and is connected to a solar system and universe. We all are interconnected. Our bodies and the earth, the sun and the stars, are composed of the same matter—the same basic particles, joined in different ways. Feel that sense of connection that we are all made of stardust. Feel that sense of being home within your body and mind with a true sense of belonging and connection.

Let well-wishes form. We will call these loving kindness phrases. Remind yourself that:

- We all belong in this universe and we all want to feel a sense of belonging.
- We all deserve to be loved; may we love ourselves and love others.
- We all deserve to be safe and protected; may we be safe and protected, and may we protect others.
- We all deserve to be nourished and healthy; may we seek health and nourishment, and may we nourish others.
- We all deserve to be at peace; may we be at peace with ourselves and bring peace to others.

Return your attention to the breath. Just breathing in and out, feeling the grace of this universe—no isolation or separation, feeling that sense of connection and being at home in your being. Nothing more you need to do, go, get, or push away. Imperfectly perfect as you are, resting in the heart of this universe.

Continue letting well-wishes form toward yourself as you bring your attention back to the room. We will call these our loving kindness phrases; you can repeat these to yourself at any time you feel they might be useful for you.

*Adapted from Stahl, B. & Millstine, W. (2013). Calming the Rush of Panic. Oakland, CA: New Harbinger Publications, Inc.*

# WORKSHEET 7.4: QUICK MOOD SCALE & CONTACT WITH PEOPLE



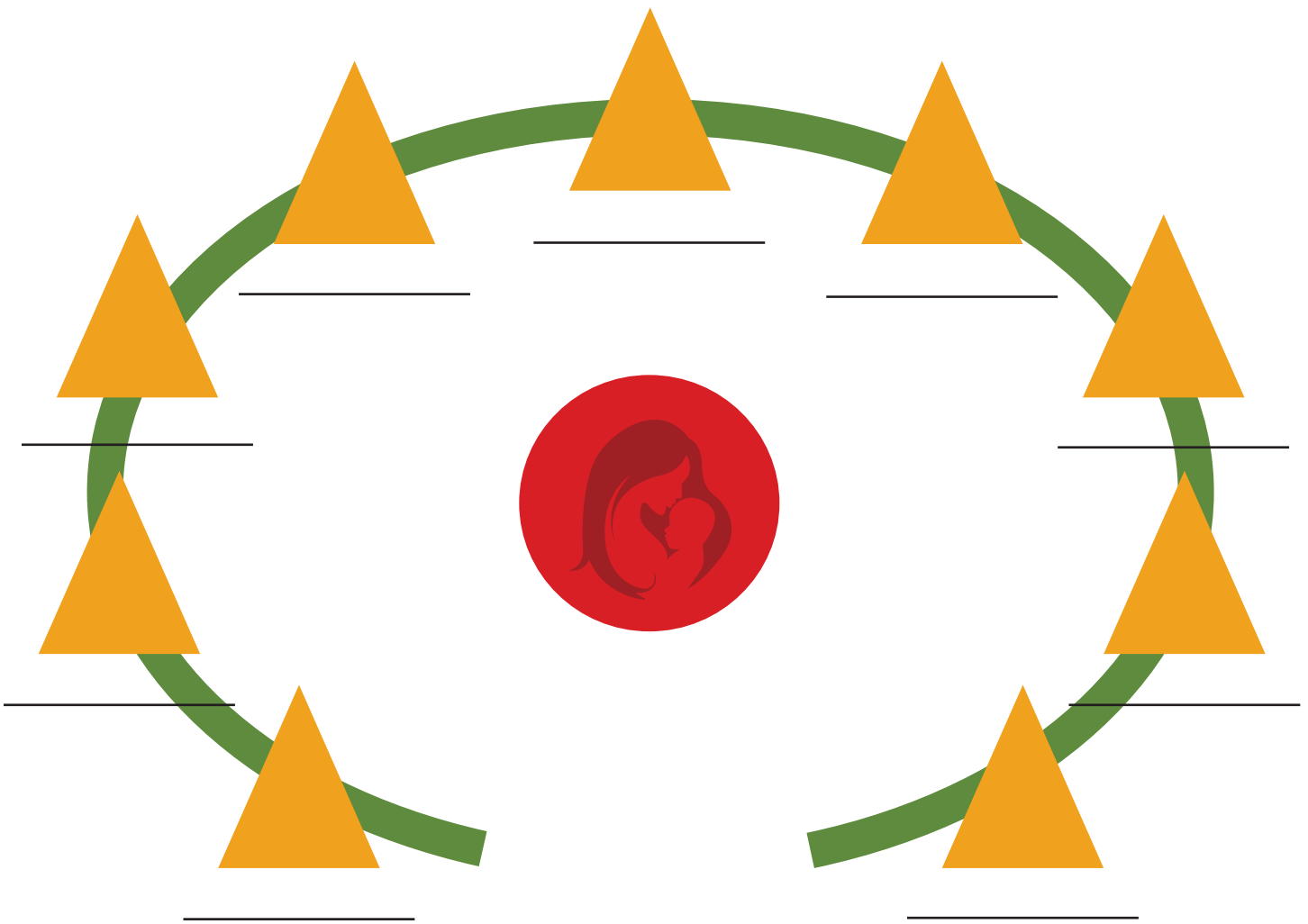
- Every night before going to bed, circle the number 1-9 that best represents your mood
- At the bottom of each column you will find a space where you can note how many positive and negative contacts you have each day. See if there is a relationship between how you feel and the people you have contact with.

<b>DATE:</b>	MON	TUE	WED	THU	FRI	SAT	SUN
	_____	_____	_____	_____	_____	_____	_____
<b>BEST MOOD</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>AVERAGE</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>WORST MOOD</b>	1	1	1	1	1	1	1
Number of positive contacts:	_____	_____	_____	_____	_____	_____	_____
Number of negative contacts:	_____	_____	_____	_____	_____	_____	_____

# WORKSHEET 8.1: THE PEOPLE IN MY LIFE

**Instructions:** Write the names of people who are part of your support system below. Consider:

- Who are you closest to? Who can you share your most private thoughts and feelings with?
- Who are the people you feel you can talk to, but maybe not about everything?
- Who are people who you enjoy doing things with (like going to pow wow) even if you don't share personal details about your life with them?
- Who are the people in your community who are supportive but you are not necessarily close with?

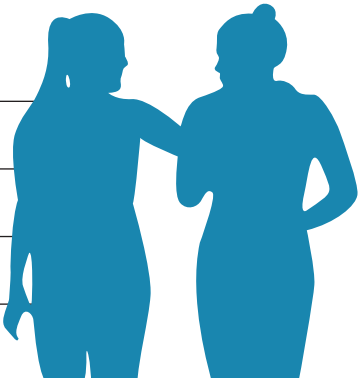


# WORKSHEET 8.2:

## PEOPLE IN MY LIFE AND THE WAYS THEY SUPPORT ME

### Instructions:

Each square below represents a different type of support that people can give you. Think about the people in your life who fit into each square and write their names there. The same person can be written in more than one square.

PRACTICAL SUPPORT	ADVICE OR INFORMATION
<p>Whom will you ask to:</p> <ul style="list-style-type: none"><li>• drive you to the hospital?</li><li>• call to lend you something you need?</li></ul> <hr/> <hr/> <hr/> <hr/>	<p>Whom will you ask for advice / information:</p> <ul style="list-style-type: none"><li>• when you don't feel well?</li><li>• when you don't understand how to do something?</li></ul> <hr/> <hr/> <hr/> <hr/>
COMPANIONSHIP	EMOTIONAL SUPPORT
<p>Whom will:</p> <ul style="list-style-type: none"><li>• go for a walk with you?</li><li>• spend the afternoon with you?</li></ul>  <hr/> <hr/> <hr/> <hr/>	<p>Whom will you look to:</p> <ul style="list-style-type: none"><li>• for encouragement?</li><li>• for understanding?</li><li>• for help when you're feeling down?</li></ul> <hr/> <hr/> <hr/> <hr/>

# WORKSHEET 8.3:

## ROLE CHANGES AND DISAGREEMENTS

Becoming a mother (for the first time or again) is a role change that can affect your mood and your relationships.

**1. Thoughts:** What are your thoughts about your role change? (Helpful and unhelpful)

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**2. Behaviors:** What can you do to adapt to this role change?

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**3. People:** Who can help you adapt to this role change?

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Having a baby can change your relationships with other people. Have you noticed any problems with another person that may affect your mood or stress level?

**Feelings:** What are your feelings about this person?

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**Thoughts:** Think about conflict(s) you had with this person over the past week.

- How does the conflict affect the way you view yourself?
  - How does the conflict affect the way you view the other person?
  - How does the conflict affect the way you view the world?
- 

**People:** Think about the person you are having problems with.

- What are their good points? What are their bad points?
  - How do you think they see the problem? (Try to understand their point of view even though you may not agree with it)
  - Is there a solution where you both get something important that you want?
  - Is there anyone who could help you with solving the problem?
- 

**Behaviors:** When you have a problem with this person, how do you behave?

- Is this how you usually behave when you have problems with others?
  - When you have problems with this person, how do they behave?
  - Could you do anything to help shape the situation into one that is healthier for you?
-



# WORKSHEET 8.4: PEOPLE WHO PROVIDE SUPPORT FOR ME AND MY BABY

## Instructions:

This time, each square describes a different type of support that people can give to your baby. Think about the people in your social support system who fit in each square and write their names there. The same person can be written in more than one square.

PRACTICAL SUPPORT	ADVICE OR INFORMATION
<p>Whom will you ask to:</p> <ul style="list-style-type: none"><li>• help with babysitting if you don't feel well and need to rest?</li><li>• take you to the hospital if your baby gets sick?</li></ul> <hr/> <hr/> <hr/> <hr/>	<p>Whom will you ask for advice / information:</p> <ul style="list-style-type: none"><li>• when your baby is sick?</li><li>• when you don't understand how to do something for your baby?</li><li>• when something about your baby worries you?</li></ul> <hr/> <hr/> <hr/> <hr/>
COMPANIONSHIP	EMOTIONAL SUPPORT
<p>Whom will you look to:</p> <ul style="list-style-type: none"><li>• play with your baby?</li><li>• teach your baby new things?</li></ul> <hr/> <hr/> <hr/> <hr/> 	<p>Whom will you look to:</p> <ul style="list-style-type: none"><li>• comfort your baby?</li><li>• make your baby feel loved?</li></ul> <hr/> <hr/> <hr/> <hr/>

# WORKSHEET 9.1: COMMUNICATION STYLES AND YOUR MOOD



3 TYPES OF COMMUNICATION STYLES		
COMMUNICATION STYLES	RESPECTS WISHES OF OTHERS	RESPECTS OWN WISHES
Passive	Yes	No
Aggressive	No	Yes
Assertive	Yes	Yes

1. What is your main communication style?

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2. How does your communication style affect your mood?

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3. How does your communication style affect your relationships with others?

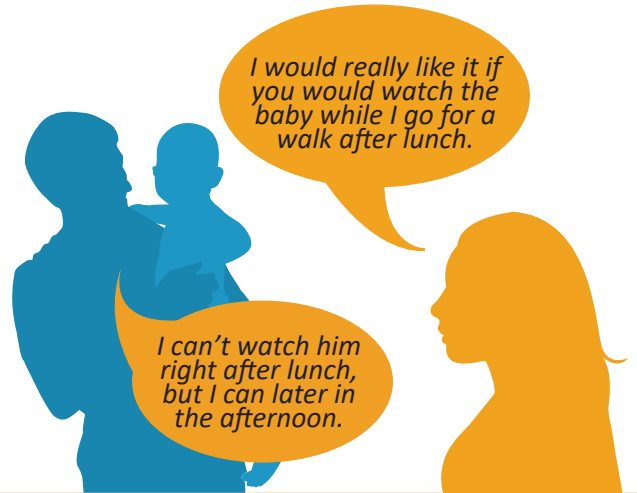
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# WORKSHEET 9.2: GETTING YOUR NEEDS MET

- It's okay to ask for what you need.
- You are more likely to get what you need if you communicate in a positive, clear, and direct manner.
- When you ask for help from others, the more information you provide, the easier it will be for others to help you and the better your chances are of getting what you want. For example: "I want to attend a parenting class on Wednesday from 1:00-3:00pm."
- The person may say "yes" or "no." You may need to compromise.



STEPS	MY EXAMPLE
<b>1. What do I need?</b>	
<b>2. Who can help me?</b>	
<b>3. Ask for what you need in a way that clear and direct. (assertive communication)</b>	
<b>4. Respect the other person's right to say no.</b>	
<b>5. Be willing to compromise.</b>	

# CERTIFICATE OF COMPLETION

\_\_\_\_\_

is recognized for their participation in  
**THE MOTHERS AND BABIES PROGRAM**



Presented by: \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_