



**We
Are
Healing.**

Historical trauma
still affects our
health today, yet
we are healing.

#WeAreHealing



nabsbc • Following



nabsbc The ongoing legacy of boarding schools, genocide, and historical traumas can make our communities vulnerable to #COVID19. But we have always come together in times of hardship, and this crisis is no different. We will continue to care for our communities, now and in the future. #WeAreHealing

39w



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#native #indigenous #nativehistory
#nativewomen #nativeamerican
#indigenouswomen



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A long history of genocide and the boarding school experience has led to historical trauma and poor health in Native American communities, yet we are healing.

#WeAreHealing



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nabsbc The damage of illness and abuse is passed from one generation to the next, leaving boarding schools survivors and descendants with chronic health problems that make us more susceptible to infectious diseases. Acknowledging these truths is an important milestone on our healing path. Recent research, like "American Indian Health Disparities: Psychosocial Influences," affirms these truths. [#WeAreHealing](#)

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We have always put our elders, children, and communities first—that's what makes us strong.

#WeAreHealing



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nabschc We continue to thrive despite centuries of oppression bearing down on our minds, bodies, and spirits. Our elders and ancestors have given us powerful healing tools found in our traditional foods, ceremonies and prayers. When we protect our elders, we protect our stories, our cultures and our ways of healing.

We also know that generational trauma impacts people across communities that are oppressed, and we hold space for and stand in solidarity with our Black siblings advancing equity and racial justice. [#WeAreHealing](#)

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COVID-19
can hit elders
the hardest.
How are you caring
for the knowledge-
keepers in your
community?

#WeAreHealing



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nabsbc We are resilient because we care for and nurture our communities. Our elders are the keepers of our traditions, our memories, our ways of healing—when we protect them, we protect our cultures for generations to come. Our knowledge-keepers are especially vulnerable in this moment, and we must continue to honor and care for them during these difficult times. How are you caring for the elders in your life or community? [#WeAreHealing](#)

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[#Native](#) [#Indigenous](#)



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JUNE 16, 2020

The traditional foods we eat, the ways we pray, the good medicine of laughing together, movement and our dances—these are what keep us healthy in hard times.

#WeAreHealing



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nabsbc COVID-19 forces us to adapt how we practice our traditions, as we wear masks and practice social distancing to protect our elders and our communities. But our communities are resilient, and we can find strength and healing in protecting and taking care of one another.

What practices are helping you through these difficult times? [#WeAreHealing](#)

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[#Native](#) [#Indigenous](#)
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JUNE 18, 2020

The effects of historical trauma are passed down the line, from parents and children, to grandchildren and future generations. But healing is our heritage.

#WeAreHealing



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nabsbc Though historical trauma affects our health, our well-being, and our communities, healing is possible. The sheer recognition of the pain carried, of the weight of oppression both historical and current, is a powerful step in a journey towards wholeness.

There are many pathways to healing,—and every one is individual and unique—but our traditions, our cultures, and the resilient spirit of our communities are gifts that will guide us as [#WeAreHealing](#).

34w



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JUNE 23, 2020



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Where would we
be without the
elders who keep
our stories and
traditions alive?

#WeAreHealing



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nabshc Our knowledge-keepers teach us about our traditions, protect our cultures for generations to come, and carry the weight and majesty of our history in their stories.

As part of our commitment to boarding school healing, we preserve and share the stories of elders and survivors of boarding schools. Their stories are resources through which we learn, educate, hold space, and heal.
[#WeAreHealing](#)

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nabshc .



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JUNE 25, 2020



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Elders > economics

#WeAreHealing



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nabsbc Our elders are our knowledge-keepers! They protect our traditions and our stories, and now they need our protection during this time of crisis. Per capita, the COVID-19 crisis has hit Native nations disproportionately hard, as the disparities we experience due to ongoing colonial oppression have multiplied the effects of the pandemic.

And yet—we protect each other. Our Tribal leaders know that we must put elders over economics, keeping in place the measures that we need to keep our communities safe. Thank you to all our siblings who are wearing masks, keeping safe distances, and protecting our elders while we heal. [#WeAreHealing](#)



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JULY 2, 2020



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