



Keewatinohk Inniniw Minoayawin Inc.

Yathe Hotśj Dene ʔ Edenąkane[nj] | Northern Peoples' Wellness

Helping Others Without Burning Out

Helping others is powerful, but so is rest. You deserve care, too. We can't support our loved ones if we forget to care for ourselves.



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In times of crisis, many step up to help, whether caring for family, supporting community members, or working on the front lines. But constant giving can take a toll. You deserve care just as much as those you support. Here are ways to help others while protecting your own well-being:

- Check in with yourself-tired, tense, or low? That's a sign to pause.
- Short breaks, even a few quiet minutes, can reset your energy.
- Ask for help when needed; you don't have to carry everything alone.
- Talk it out, sharing your stress is healthy, not selfish.
- Rest when you can sleep, and stillness is part of medicine too.
- Support each other; helpers need other helpers.