

# Shábik'ehgo As'ah Oodáát

## Curriculum for A Journey with Wellness and a Healthy Lifestyle Guided by the Sun

### Y1 1 t'44h d00 Ahx4hee'

#### Ádééháníih (Concern for the self)

- Hayoolkáál bii' na'adá; *practicing wellness in the dawn light*
- Ádaa ní'jookaah; *praying for yourself so you will have positive outlook*
- Nahodi'neestáá'ígíí bik'ehgo ádééjilniih; *practice your elders' teachings*
- Hats'íis dóó bce hazhdít'éhígíí; *be aware of your whole body*
- Hózhóogo naasháa doo jiniigo; *you want high quality of life*

#### Ádaa Hájáh Hasin (Know your limits and boundaries)

- Ádaa' áhojilyá; *always take care of yourself and stay healthy*
- Hastóí dóó sáanii hoł nilígo bina'ningo jidisin; *respect the elders and their teachings*
- Hózhóogo naasháadoo jinizin dóó jiniigo nijighá; *verbalize positive things to yourself and empower yourself with positive words.*

#### NAVAJO WELLNESS MODEL PARADIGM



#### Ádáhodilzin (Revere the Self)

- Hats'íis hoł nilí; *have respect for your body*
- Hanitsáhakees baa áhojilyá; *positive thinking guards against negative thoughts*
- Hanahat'a' yá'át'éeéh; *make sure your plans and behaviors are proper and ethical*
- Hwe'oodla' bik'ehgo nijighá; *follow your beliefs, values, and principles of good living*

#### As'ah Ooldáát (Wellness)

- As'ah na'adá;
  - Yá'át'éeego jiiná; *living a healthy lifestyle*
  - Hats'íis doo baah téeh da; *physically healthy*
  - Hóldzilee nitsídziikes; *having mental strength*
  - Háni' bidziil; *having emotional strength*

#### Ádaa Áháyá (Personal Care)

- Hats'íis baa áhojilyá; *taking care of self*
- Hasht'e' ázhdólzin; *be prepared and organized*
- Hazhó'ó tsélkéí dóó ch'kéí jilí; *behave and practice proper male and female role and responsibilities by observing traditional puberty rite teachings*
- Aldlohodichí; *understanding the proper traditional teasing*

#### Shábik'ehgo As'ah Oodáát

A Journey with Wellness & Healthy Lifestyle Guided by the Journey of the Sun

- Shábik'ehgo
  - According to the daily journey of the Sun
  - According to the southerly pathway of the Sun
- As'ah
  - Far ahead into the future; to old age
  - With health and strength of body, mind, and spirit
  - Avoiding problems
- Oodáát
  - The personal travel or journey