

The Chickasaw Nation recognizes the importance of total well-being to enhance the overall quality of life for our citizens and our community. Chikasha Anokfilli (thinking Chickasaw) supports the strength, balance and harmony required for achieving and maintaining mental wellness through resources, education and a community of support.

Achieving and maintaining mental wellness is a priority tribe wide, with many programs and services dedicated to addressing the needs of each pillar of wellness.

Mental health is not limited to therapy or behavioral health. Each pillar of holistic well-being is comprised of multiple factors.

Chikasha Anokfilli means seeking mental health support whenever you need it. Visit Chickasaw.net/MentalWellness to find tools, resources and support.

### SOCIAL WELLNESS

culture, cultural identity, interactions, relationships and the quality of those relationships (family, friends, colleagues, etc.), belongingness, intimate relationships, sociopolitical environment and community connections

# BIOLOGICAL WELLNESS

physical well-being, including health, genetics, history of illness, lifestyle factors (nutrition, sleep, exercise), medications and more

#### **WELL-BEING**

holistic, overall well-being through connecting each of the pillars and addressing each need to create a well, balanced and healthy whole

## PSYCHOLOGICAL WELLNESS

cognition, perception, attitude, personality, behaviors, stressors, emotional intelligence, self-regulation, mental health concerns, mood and hopefulness

# SPIRITUAL WELLNESS

acknowledgement of a higher power, religious/faith practices, coping and support, spiritual well-being, transcendent experiences, meaningful experiences, connection with nature, sense of awe and wonder



