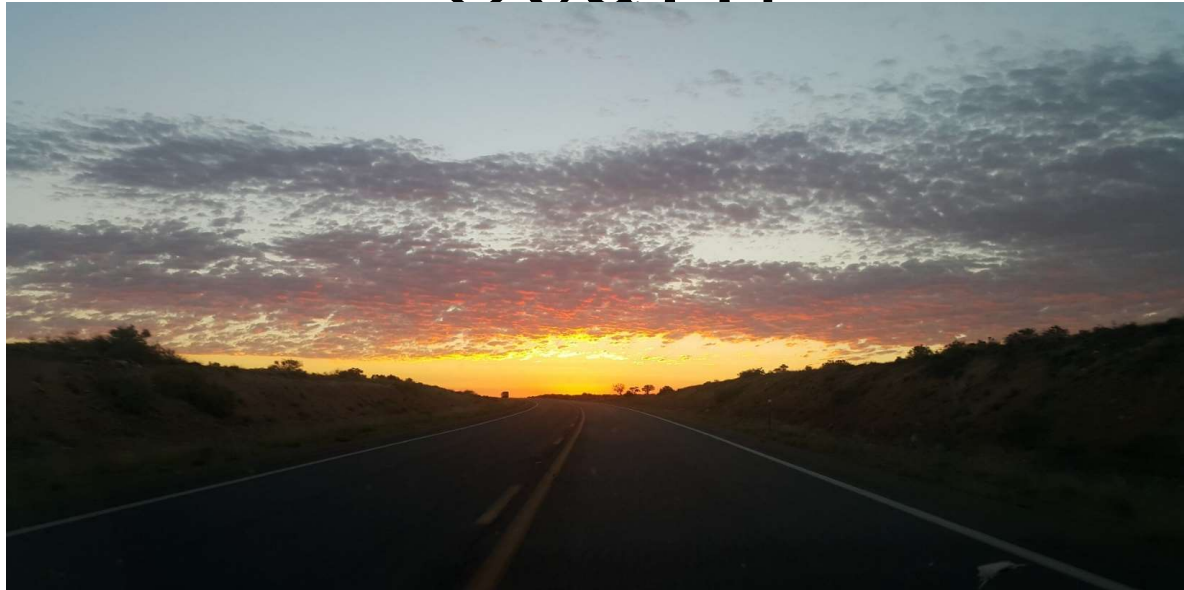


# Sh1bik'ehgo As'ah Ood11[



**A Journey with Wellness and Healthy Lifestyle  
Guided by the Sun**

Chinle Service Unit, Red Mesa Service Unit, Community Members, Navajo Area HPDP

*revised 2020*

# Disclaimer Statement

The following Navajo Wellness Model Curriculum and sub-set curricula (Navajo Cultural Leadership, Diné Healthy Aging, and Diné Positive Kinship) materials **may not** be disclosed or shared without proper training, education, and written/verbal approval of Shawnell Damon, HPDP Coordinator, 928.871.1338 or [shawnell.damon@ihs.gov](mailto:shawnell.damon@ihs.gov)

Interested parties may contact Shawnell Damon, HPDP Coordinator, 928.871.1338 or [shawnell.damon@ihs.gov](mailto:shawnell.damon@ihs.gov) with any inquiries about arranging a training on the Navajo Wellness Model Curricula.

# Sh1bik'ehgo As'ah Ood11[

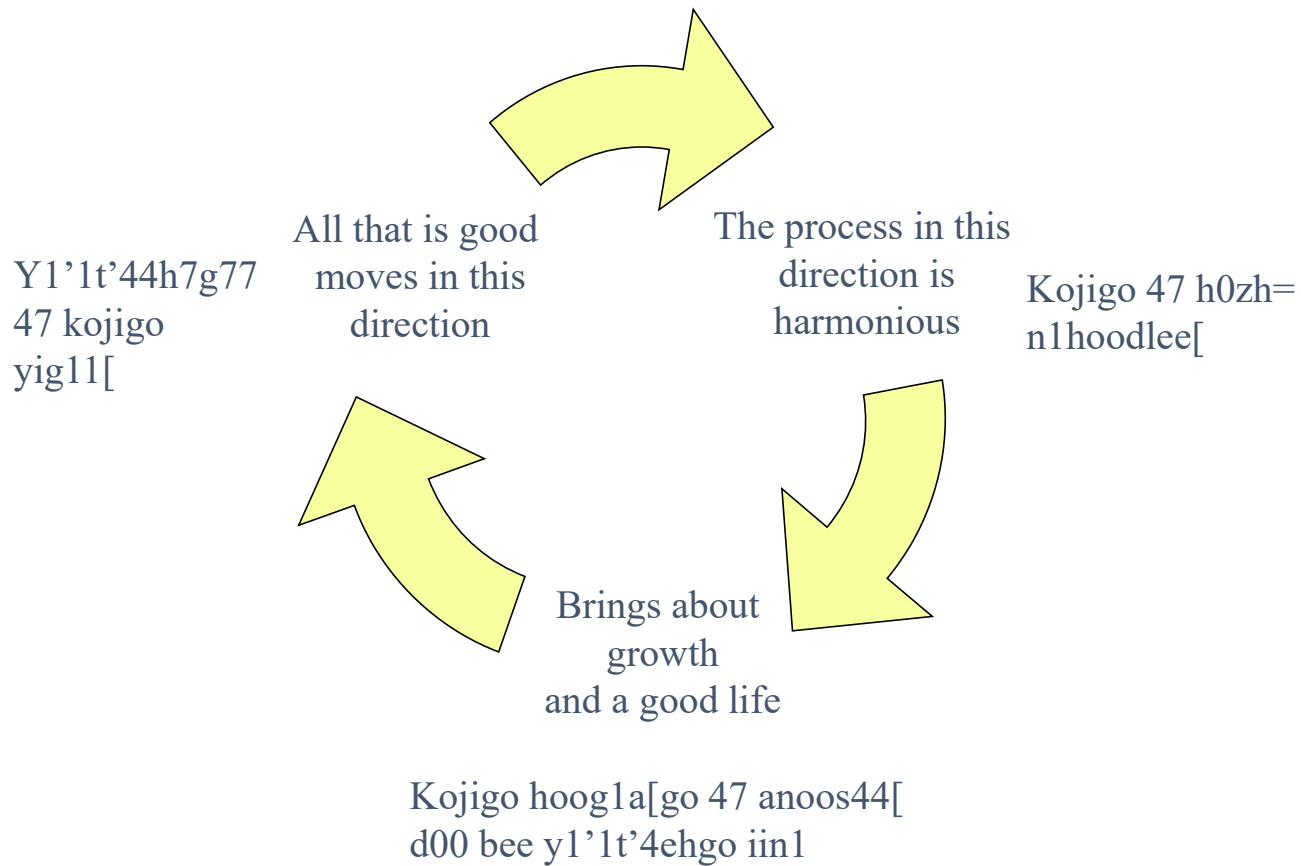


UNIT 1 – DEFINING AND DESCRIBING

SH!BIK'EHGO AS'AH OOD!!{

# Sh1bik'ehgo

## When in a Southern direction



# Sh1d1ahjigo Against the Path of the Sun

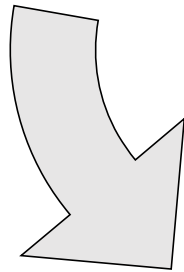


The process in this  
direction is not  
harmonious.

*Nichx== '7g77 kojigo yig11[*

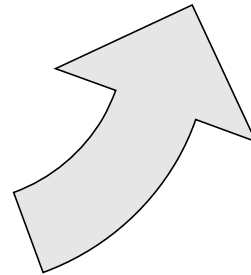
All that are negative  
moves in this direction

*Doo yl '1daat'4eh7g77  
Kojigo nidaalnish*



Brings about  
problems

*Bits '33d00  
An1h00t'i' hoolee[*



# Sh1bik'ehgo As'ah Ood11[

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

- Sh1bik'ehgo
  - According to the daily journey of the Sun
  - According to the southern 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; staying well
- Ood11[
  - The personal travel or journey

# As'ah Ood11[ A Journey with Health and Wellness

- N7zaadg00 jiin1adoo; *living a life for a long time*
- Jidina'go n7zaadg00 joog1a[ doo; *when one lives with a sound body*
- S3 bee biih n7zhdood1a[; *when one will go to old age*

# As'ah Ood11[ (Wellness)

- As'ah na'ad1;
  - Y1'1t'4ehgo jiin1; *living a healthy lifestyle*
  - Hats'77s doo b22h t4ehdah; *physically healthy*
  - H0[dzilee nits7dz7kees; *having mental strength*
  - H1ni' bidziil; *having emotional strength*



# Sh1bik'ehgo As'ah Ood11[



UNIT 2 – THE REASONS WHY  
WELLNESS IS NOT PRACTICED

# Biniinaa doo as'ah neid1h7g77, Reasons for lack of wellness

- Nihi[ h0y44'; *we are lazy*
- T'00 aha'77n7idl7; *we avoid our responsibility*
- Sh7 hani shik'ehdii dii'n7; *we ignore responsibility*
- Ha'1t'7i da doo 1d77d7n7ilt'i' da; *we refuse our responsibility*

# Biniinaa doo as'ah neid1h7g77, Reasons for lack of wellness

- Da'ahiiniilch'99d; *we are envious and resent each other*
- Naay44' shee iin1a doo dad7iniid7g77 doo baa 1koniidzin da; *we are unaware of the correct way to live among potentially harmful elements spared*

Naay44' n7da' oozkan7g77

*Spared harmful elements*

- I[ h0y44' (Laziness)

*We are lazy with little motivation, negative attitude, excuses, avoidance, and no self discipline*

- T4'4'9 (Poverty)

*Our thoughts, actions, and language do not emphasize work toward the good. We think it's not important to be healthy and have a good home, valuables, positive relationships.*

# Naay44' n7da' oozkan7g77

## *Spared harmful elements*

- Dichin (Hunger); we are to provide our own food and eat properly  
*We eat too much and have poor diet (sweets, fat, starch), which causes obesity and health issues*
- Bi[ (Sleep); sleep just enough to rest the body  
*We sleep too much or we lack sleep which causes laziness and fatigue*
- {e' (Jealousy); use just enough of this natural attitude to protect yourself and your family.  
*Jealousy and suspicion cause domestic violence*

Naay44' n7da' oozkan7g77

*Spared harmful elements*

- Yaa' (Lice); we are to practice good personal hygiene
  - *Lack of personal hygiene brings viruses, bacteria, and diseases*
  - *Uncleanliness and neglect of personal care*
- S3 (Old Age); all life goes to old age. We should reach old age and complete our life cycle.
  - *We must respect old age and practice as'ah na'adl*

Sh1bik'ehgo As'ah Ood11[



UNIT 3 – NAVAJO WELLNESS MODEL