

# Revitalizing Yupik Language and Mental Health: Creative Arts for Community Well-being

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## Overview

This project aims to address mental health challenges within the Yupik community of St. Lawrence Island, Alaska, by developing culturally relevant resources to promote well-being. Crafted in the Yupik language, these materials support both mental health awareness and the revitalization of the community's endangered language. The goal is to provide accessible resources that resonate deeply with the community's cultural heritage.

## Language Introduction

Yupik (popularly known as Akuzipik within the community) is an endangered Indigenous language spoken by the Yupik people in a portion of Siberia in Russia and in parts of Alaska in the USA. Akuzipik is also known as Yupigestun, (Central) Siberian Yupik, St. Lawrence Island Yupik (the variety spoken on the Island) and Chaplinski Yupik (the variety spoken in Chukotka, Russia). It belongs to the Inuit-Yupik-Unangan (otherwise known as, EskimoAleut) language family.

## GOALS

- ❑ **Language Revitalization:** Preserve and promote the Akuzipik language through mental health resources.
- ❑ **Mental Health Promotion:** Foster mental well-being among community members, especially the younger generation.

## Creative Arts for Mental Health

### Resources Developed:

- ❑ Posters and infographics in the Akuzipik language
- ❑ Content includes wellness strategies, affirmations, self-care tips, and essential mental health information.

## Methodology

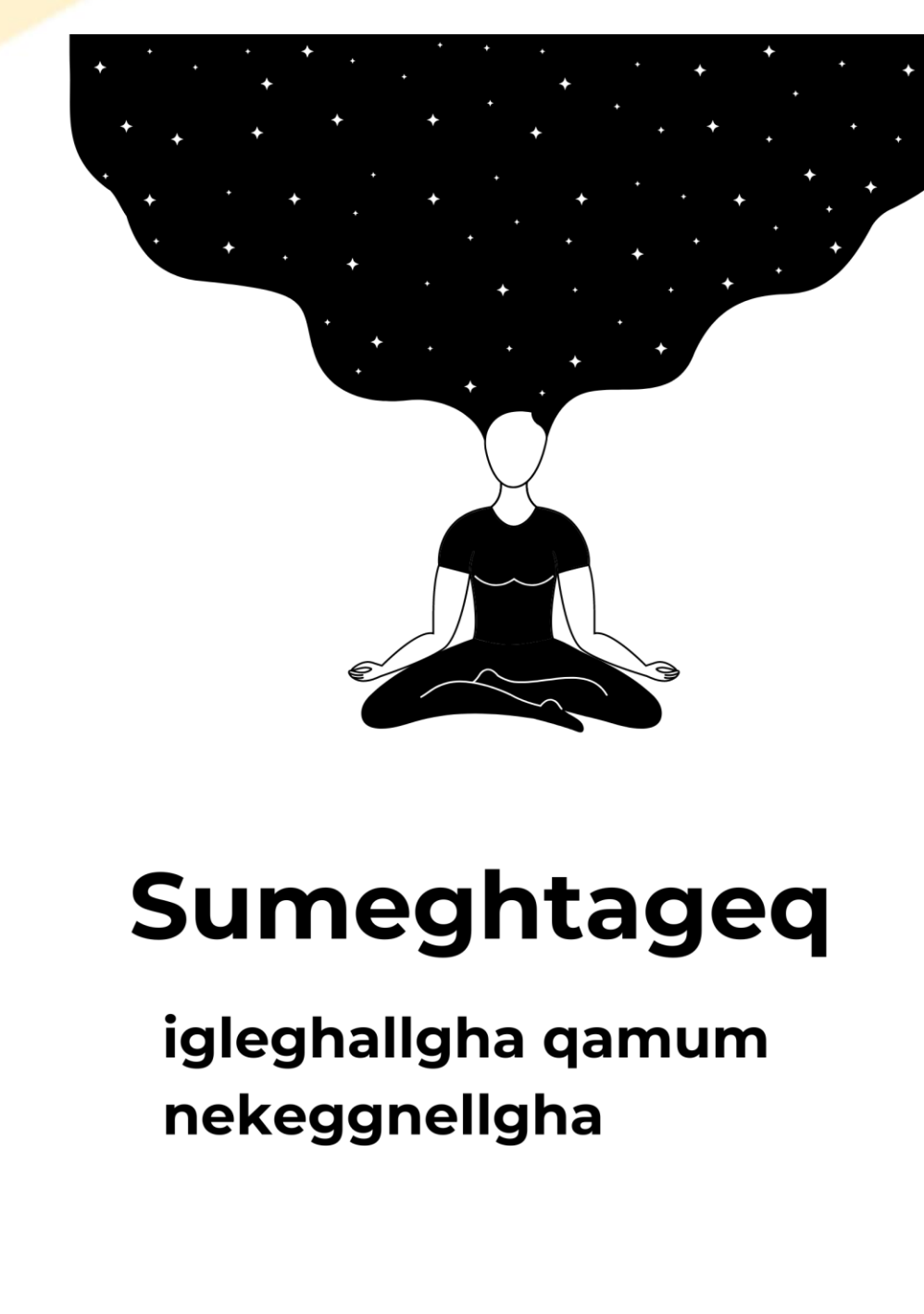
- ❑ **Community-Driven Approach:** Collaboration with community members to identify key themes for resources. Some sentences were provided by me for translation, while others were brainstormed by the community members.
- ❑ **Language Integration:** Crafting resources in Akuzipik, ensuring accessibility, and honoring cultural identity.
- ❑ **Creative Arts Techniques:** Use of culturally significant symbols (whale, ice, mountain, etc.), artwork, and language in the materials.



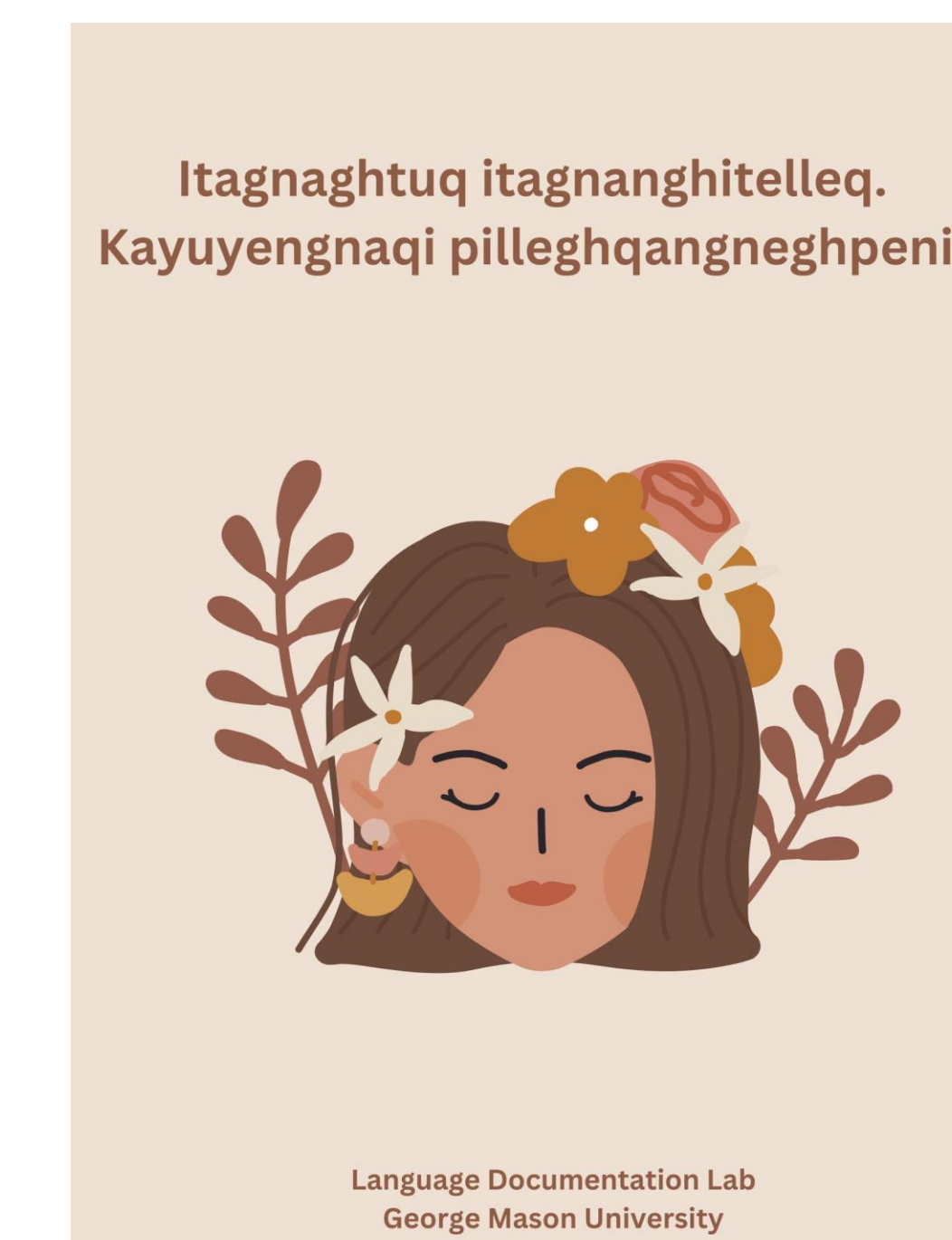
Inhale courage, exhale stress.



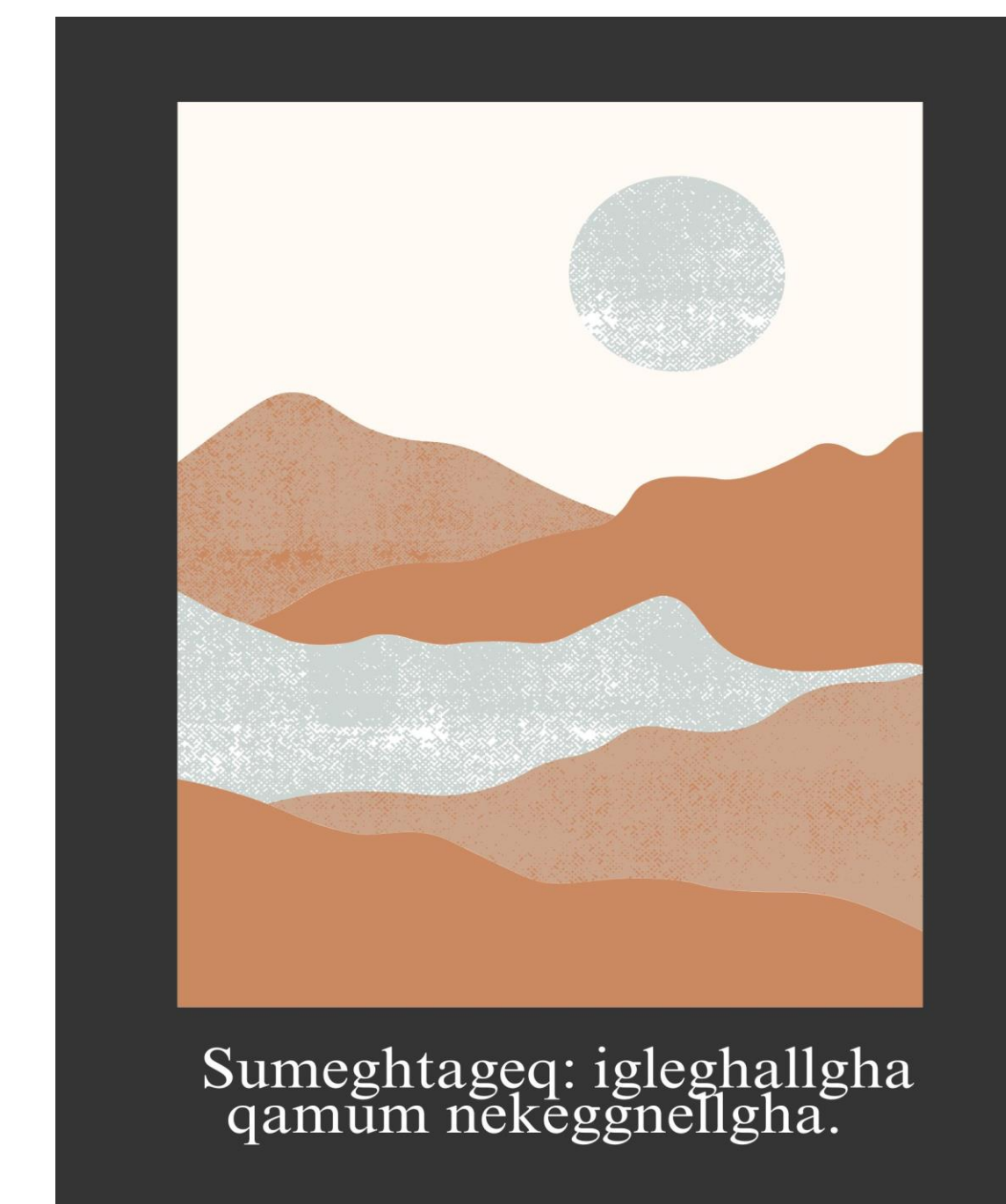
Be Kind to your mind.



Mindfulness: a journey to inner peace.



It's okay not to be okay – seek support when you need it.



Mindfulness: a journey to inner peace.



Self-care ideas for a bad day. Go for a long walk. Breathe deeply. Exercise. Cook your favorite meal. Watch your favorite movies.



You matter. Nourish your mind with positive thoughts and self-love.



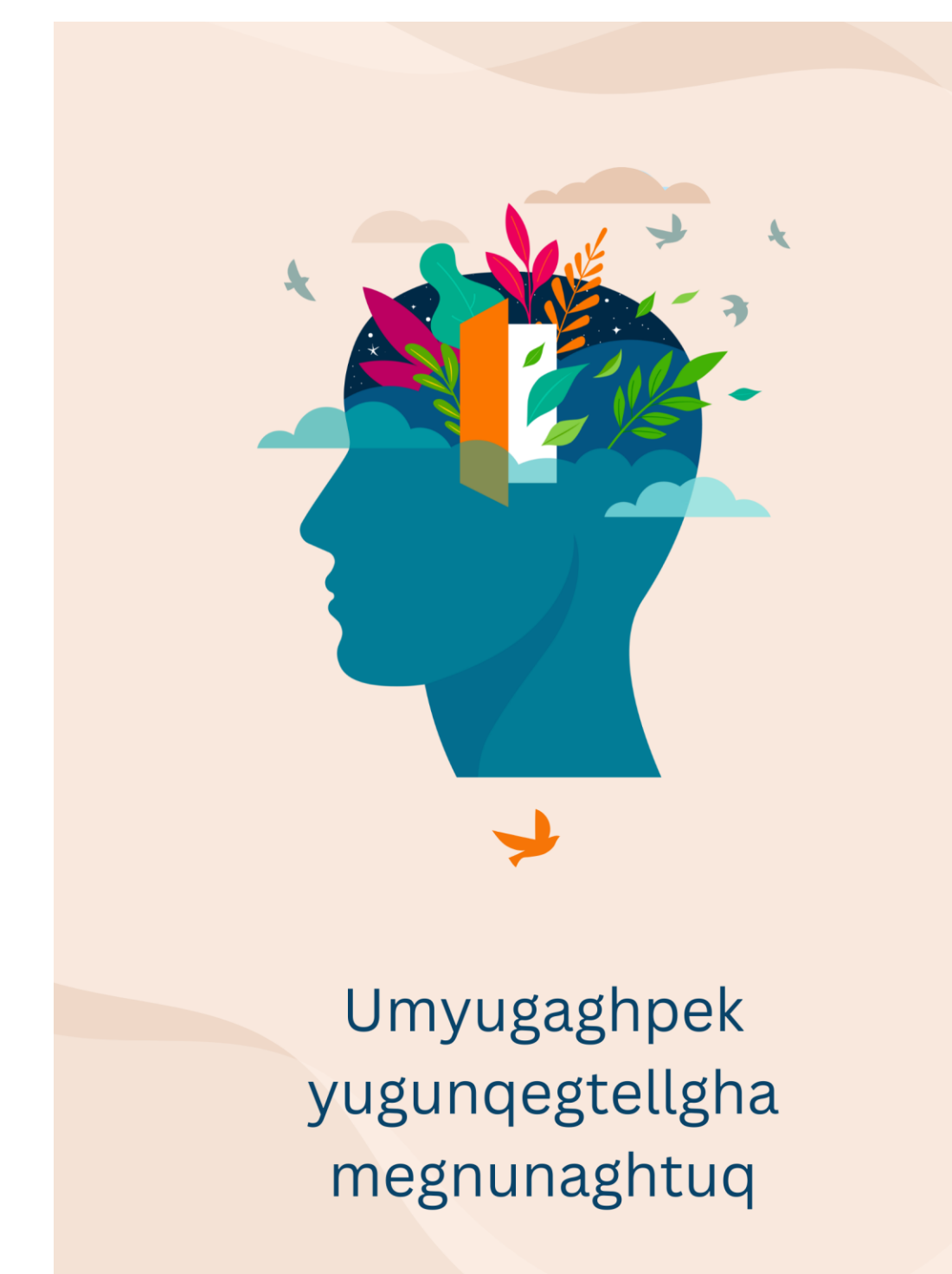
Keep going. You got this.



Umyugaghpek yugunqegtellgha piinliitnguuq elpeneng aflengakmengllu piniqmeng

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Mental wellness begins with self-kindness and compassion.



Your mental health is important.



Self-care ideas for a bad day. 1. Exercise. 2. Breathe deeply. 3. Go for a long walk.. 4. Watch your favorite movies.5. Cook your favorite meal.



Take a moment to take care of yourself. Small acts of self-care make a big difference for your mental well-being.

## ACKNOWLEDGEMENTS

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