**Table 1. Underlying Principles of Inuit Wellness Approaches.**

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| 1. **Support individual and collective self-determination**
 | * Trust that change comes from the communities themselves
* Support Inuit ways of knowing and doing in formal and informal contexts
* Recognize the contribution of every community members for collective wellbeing
* Take small actions towards change
* When desired, use the support of non-Inuit, who remain within support roles rather than decision-making roles
 |
| 1. **Enhance individual and collective strength and confidence**
 | * Focus on strengths of individuals, families and community
* Strengthen confidence in oneself, self-esteem and a feeling of pride
* Recognize the value of each and every person
* Use encouraging and positive approaches
* Focus on listening and being present for others
* Respect everyone's pace
* Support the potential of every child
* Act in the best interest of the community and of future generations
 |
| **3. Focus on the interconnection between family and community members, and the land** | * Place traditional Inuit values at the center of approaches
* Enhance intergenerational support
* Strengthen family and community connections
* Strengthen connections to the land
* Focus on building relationships in informal settings
* Support people in their roles as family members and community members (women, men, parents, youth, Elders, etc.)
* Share knowledge about family and community roles and their importance
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**Figure 1. Wellness: the intersection of multiple approaches**

