**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 |

**Figure 1. Wellness: the intersection of multiple approaches**

