



Video - Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth - Miley Melnyk

Description

The NCCIH undertook a national digital storytelling project, *Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth* to better understand what health and well-being mean to Indigenous young people. These resulted in eleven digital stories. The youth expressed multiple and intersecting topics in their digital stories related to their health and well-being.

Bio

Miley Melnyk

My name is Miley Melnyk, I am Anishinaabe from Sagkeeng First Nation (MB). My video is about friendships and personal connections because it's an important part of Indigenous health. I plan to graduate from high school in 2027 and to work towards a career in nursing.

Transcript

Miley Melnyk: When I hear the word health, I think of the ones all around health – so physically, mentally, emotionally, and spiritually – and I think every aspect of someone's health is equally important and valid.

For me personally, I value my mental and emotional health a lot. And one way I take care of myself is by spending time with my friends. I've valued every one of my friendships ever since I was little, and they've always been my escape from my home life. School is one of my most favorite places because I've bonded with so many unexpected people my whole life, and I'm so grateful for them all.

Currently, I have three main friends that are super close to me, and I have really unique bonds with each of them. I am so, so thankful to have them all in my life and I don't know what I would do without them.

Two of my best friends that I see as sisters are moving super far away in July, and my other friend is graduating and leaving for the summer. I think it's really sad that the people in my life that make me feel like I belong are just leaving, but that's just the way it is.



I think everyone should have a good mental and emotional support system, whether it's a friend, a family member, a therapist to talk to – even some alone time can be really helpful. I think having a sense of community is really good for your spirit and soul, and everyone deserves that. Someone's mental and emotional wellbeing is just as important as their physical health, and they should treat it that way.

I am so, forever, thankful for how loved my friends make me feel and I'll be really sad to see them leave.

-Music-

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