



Video - Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth - Halil Ibrahim Napatchie Noah Sundu

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

Halil Ibrahim Napatchie Noah Sundu

My name is Halil Ibrahim Napatchie Noah Sundu. My mom is from Iqaluit (NU) and I was born in Ottawa. I'm twenty years old and I am half Inuit and half Turkish. My main goal right now is to work towards working in heavy equipment operation.

Transcript

Halil Ibrahim Napatchie Noah Sundu: Want to be healthy? There are multiple layers to being healthy: physical health, mental health, emotional health, spirituality, just to name a few.

There are habits you can build to improve your health within each category. You can run to improve your physical health. You can improve your mental health by sleeping adequately or balancing your diet. To improve your emotional health, you can focus on self-compassion, build strong social connections, or even seek professional help. To improve spiritual health, you can meditate, spend time in nature, or connect with the community.

For me, playing basketball plays a big part in each category of health I listed. Consistently playing basketball greatly improves my physical health, shown by weight loss and increased stamina.

It also improves my mental health in many ways. By spending all that energy at the court, it turns sleepless nights into adequate rest and encourages me to drink more water as well. While in a game, nothing bad is going through my mind. It's complete peace – my only current goal being to win this game.



Basketball helps me, even with emotional health. It helps me improve with self-compassion to take care of my body. When I play basketball, I feel very happy. Everything bad or holding me down means nothing. When I play, the joy I feel after winning a game or making a good play is unmatched.

Playing basketball again has also built many strong connections with friends, new and old. It brought me closer to my friend of 15 years. It reconnects me with my friend from my neighborhood that I used to play every day with.

However, since where we play most games are 4-on-4, and only me and my friend of 15 years ago [play], we will need to find more people already there to play. This fact has helped me build new strong social connections, like meeting and befriending a fellow Turkish, and meeting new players my age that now play with us. We have also met older men who help us get better at the game and to share priceless knowledge built through experience.

Spiritual health is also an overshadowed part of it. Meditating can't necessarily be done while playing basketball. However, it has helped me spend time in nature and connect with a new, healthy community.

Health can take many forms. Find yours.

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